



www.parkwayucc.org

August 31, 2025

Contents

- 3 Birthdays and Anniversaries
- 4 10:00am Worship
- 10 Announcements
- 16 Prayer List

Limitless Love | Courageous Action | Spirited Inquiry

Purpose Statement

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

Congregational Statement

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

PARKWAY UNITED CHURCH of CHRIST

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

Lana Biondo, *President of the Church Council* [puccpresident@parkwayucc.org]

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

Gabriel Requadt, *Christian Education & Admin Support; Licensed Minister*
[gabriel@parkwayucc.org]

Amy Freeman, *Organist* [amy@parkwayucc.org]

Mona Smith Herberg, *Website and Graphic Design* [mona@parkwayucc.org]

Kathy Ferrell, *Building and Scheduling* [kathy@parkwayucc.org]

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

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

Katie Hertfelder and Kara Atterberry, *Nursery* [gabriel@parkwayucc.org]

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

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

Polly Rutherford, *Environmental Justice/Eco Stewards* [pollyrutherford@gmail.com]

John Nourse, *Pastor Emeritus*

Welcome *to* Parkway

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

Flowers given by Jean Mueller for friendship and family.

Treats after worship provided by Lana Biondo.

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

All word and service music reprint permission covered under CCLI License #2464265; CLCLI Streaming License #21357331

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

9/1 Rick Hasler

9/5 Julie Stappenbeck

9/5 Vivian Allison

Anniversaries

9/1 Lara & Jared Reed

12th Sunday *after* Pentecost

Sunday, August 31, 2025 | 10:00am | Sanctuary & YouTube Live

Prelude *De Colores* (Traditional, arr. Raffi)

Welcome Let us know you are here!

Meditation You are never too old to set another goal or to dream a new dream. ~C.S. Lewis

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 #2272—*Holy Ground* | [Blue Songbook](#)

The musical score is written on six staves in G major (one sharp) and 4/4 time. The lyrics are: "We are stand - ing on ho - ly ground, and I know that there are an - gels all a - round; let us praise Je - sus now; we are stand - ing in his pres - ence on ho - ly ground." The melody is simple and hymn-like, with some notes beamed together and others held as half notes or whole notes.

Scripture Luke 14:1, 7-14 | New Revised Standard Version Updated Edition

On one occasion when Jesus was going to the house of a leader of the Pharisees to eat a meal on the Sabbath, they were watching him closely... When he noticed how the guests chose the places of honor, he told them a parable:

“When you are invited by someone to a wedding banquet, do not sit down at the place of honor, in case someone more distinguished than you has been invited by your host, and the host who invited both of you may come and say to you, ‘Give this person your place,’ and then in disgrace you would start to take the lowest place. But when you are invited, go and sit down at the lowest place, so that when your host comes, he may say to you,

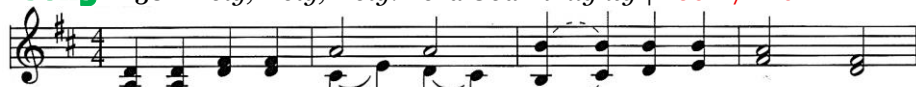
‘Friend, move up higher’; then you will be honored in the presence of all who sit at the table with you. For all who exalt themselves will be humbled, and those who humble themselves will be exalted.”

Jesus said also to the one who had invited him, “When you give a luncheon or a dinner, do not invite your friends or your brothers and sisters or your relatives or rich neighbors, in case they may invite you in return, and you would be repaid. But when you give a banquet, invite the poor, the crippled, the lame, and the blind. And you will be blessed because they cannot repay you, for you will be repaid at the resurrection of the righteous.”

***Call to Worship** based on words by Cheryl Lindsay

One:	Come, beloved community, for we are invited here by the Holy.
Many:	Here there is room for everyone, and no one is turned away.
One:	In a world that prizes status and power, Jesus calls us to take the lower seat.
Many:	We come to learn humility, to walk gently, and to serve with generous love that leads us out of the center.
One:	In the Spirit’s presence and power, the poor, the forgotten, the stranger, and the exiled are all honored guests.
Many:	We come to feast on grace, where the last are first and the first are made whole.
One:	Come, for God is making all things new.
Many:	We come with open hearts, ready to be transformed by love.
All:	Let us worship our God together - Creator, Christ and Spirit.

***Song** #138—*Holy, Holy, Holy! Lord God Almighty* | Red Hymnal



1. Ho - ly, ho - ly, ho - ly! Lord God Al - might - y!
2. Ho - ly, ho - ly, ho - ly! all the saints a - dore Thee,
3. Ho - ly, ho - ly, ho - ly! though the dark-ness hide Thee,
4. Ho - ly, ho - ly, ho - ly! Lord God Al - might - y!



Ear - ly in the morn - ing our song shall rise to Thee;
 Cast - ing down their gold - en crowns a - round the glass - y sea;
 Though the eye of sin - ful - ness Thy glo - ry may not see,
 All Thy works shall praise Thy name, in earth and sky and sea;



Ho - ly, ho - ly, ho - ly! mer - ci - ful and might - y!
 Cher - u - bim and ser - a - phim fall - ing down be - fore Thee,
 On - ly Thou art ho - ly; there is none be - side Thee
 Ho - ly, ho - ly, ho - ly! mer - ci - ful and might - y!



God in three Per - sons, bless - ed Trin - i - ty!
 Who wert, and art, and ev - er - more shalt be.
 Per - fect in power, in love and pu - ri - ty.
 God in three Per - sons, bless - ed Trin - i - ty!

***Opening Prayer** based on Hebrews 13:1-8

Holy One, You are the same yesterday, today, and forever, and yet Your Spirit is always moving, calling us into deeper love and wider welcome. Open our hearts to embody compassion: to love one another as siblings, to show hospitality to strangers, to remember those who suffer as if we share in their pain. In a world that divides, make us builders of belonging. In a time that fears scarcity, make us people of generous grace. Root us in Christ's steadfast love so that our lives proclaim the good news: Your presence is here, Your mercy is unending, and Your table is wide enough for all. Amen.

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

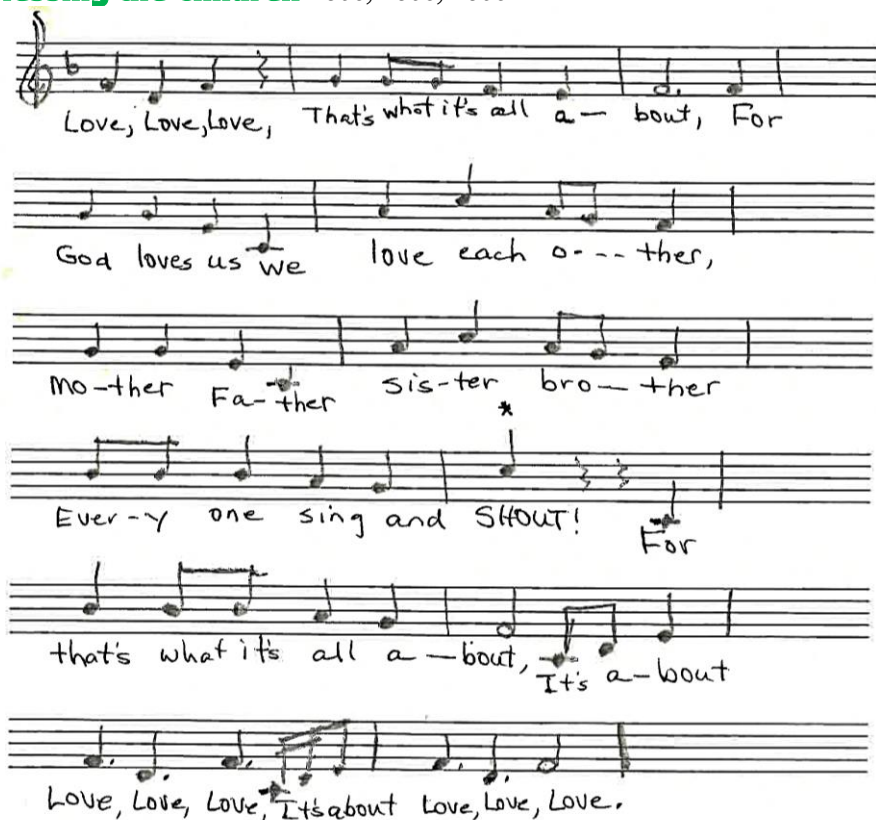
**Spirit of the living God fall afresh on me;
 Spirit of the living God fall afresh on me.
 Melt me, mold me, fill me, use me!
 Spirit of the living God fall afresh on me.**

Children's Time BBQ for Ben written by Marsha Peek performed by third through fifth graders

For children under the age of 3, parents are invited to take them to Room 09 (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 09., 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.

Dedication of Personal Health Kits

Blessing the Children *Love, Love, Love*



Scripture Hebrews 13:1-8 | Common English Bible

Keep loving each other like family. Don't neglect to open up your homes to guests, because by doing this some have been hosts to angels without knowing it. Remember prisoners as if you were in prison with them, and people who are mistreated as if you were in their place. Marriage must be honored in every respect, with no cheating on the relationship, because God will judge the sexually immoral person and the person who commits adultery. Your way of life should be free from the love of money, and you should be content with what you have. After all, God has said, *'I will never leave you or abandon you.'* This is why we can confidently say,

"The Lord is my helper, and I won't be afraid. What can people do to me?"

Remember your leaders who spoke God's word to you. Imitate their faith as you consider the way their lives turned out. Jesus Christ is the same yesterday, today, and forever!

Moment of Silent Reflection

Celebrating our Nonagenarians

Nancy Darland

Mildred Hoxie

Gerre Langton

Skip Larson

Ruth Peace

Naomi Runtz

Peg Sant'Ambrogio

Florence Simonson

Gladys Sims

Charlotte Smith

Don Wandless

A Time of Prayer #438—Blest Be the Tie that Binds v1, 3, 4 | Red Hymnal



1. Blest be the tie that binds Our hearts in Chris-tian love;
2. Be - fore our Ma - ker's throne We pour our ar - dent prayers;
3. We share our mu - tual woes, Our mu - tual bur - dens bear,
4. From sor - row, toil, and pain, And sin we shall be free;



The fel - low - ship of kin - dred minds Is like to that a - bove.
Our fears, our hopes, our aims are one, Our com-forts and our cares.
And of - ten for each oth - er flows The sym - pa - thiz-ing tear.
And per - fect love and friend-ship reign Through all e - ter - ni - ty.

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 *Servant Song* by Donna Marie McGargill, OSM

*Response *Doxology*

Praise God for love we all may share.

Praise God for beauty everywhere.

Praise God for hope of good to be.

Praise God for truth that makes us free. Amen.

*Prayer of Dedication Cheryl Lindsay

Holy, Holy, Holy God, be magnified in our giving. Receive and multiply these gifts so that needs will be met, communities transformed, and lives renewed. We dedicate them in your precious name. Amen.

*Song of Parting #210—*Our God, Our Help in Ages Past* | Red Hymnal



1. Our God, our help in a - ges past, Our hope for years to come,
2. Be - fore the hills in or - der stood, Or earth re - ceived its frame,
3. A thou - sand a - ges in Thy sight Are like an eve - ning gone;
4. Time, like an ev - er roll - ing stream, Soon bears us all a - way;



Our shel - ter from the storm - y blast, And our e - ter - nal home:
From ev - er - last - ing Thou art God, To end - less years the same.
Short as the watch that ends the night Be - fore the ris - ing sun.
We fly for - got - ten, as a dream Dies at the o - pening day.

*Benediction & Response *O For a World* (Tune by Wesley)

Prayer Partner Before and After Worship this Sunday

PUCCEr Lynn Mark is available in the front left corner of the sanctuary after worship today to pray confidentially with individuals. She is a trained prayer chaplain. She will call on the presence of God and help create a safe spiritual space. Lynn will listen to you as you tell her a bit about your prayer request. She will offer an affirmative prayer out loud, reminding you of your inner strengths rather than ask God for a specific outcome. She will pray that you are guided by God's infinite love, presence and support... and that any joy or gratitude will be multiplied and any fear or doubt will be transformed into peace and confidence.

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](#). There is a subscribe button under the main heading and brief description of our church. Thank you! Questions? Please contact barbharris@charter.net or cynthiaouri@gmail.com

BBQ For Ben PUCC Carnival Picnic

TODAY | 11:15am | Fellowship Hall

VBS is being capped off with a carnival and picnic! After worship today, we'll have a BBQ. The church will cover the hot dogs and sloppy joes, fun carnival games, a chicken petting zoo, and an ice cream truck.

We will need people to help with set up and tear down, and food prep.

August Church Council Highlights

- ONA Team | LGBTQ+ Faith Alliance: Deb Reinhardt presented past and future events and advocacy.
- Council agreed to host a Town Hall on 9/14/2025, after worship.
- Amy Yakel has agreed to be the new Treasurer as John Dwyer is retiring. John, thanks for your years of great service to the church.
- The Goal writing team will reconvene on 9/28/2025 to write the next set of goals for the church.
- After reviewing the Resolutions passed by General Synod, a committee was formed to help Council decide whether to accept them as written and then also how to operationalize them to Parkway.

Respect MO Voters

Shortly after Labor Day we'll start collecting signatures for Respect MO Voters. It's a cross partisan, volunteer group dedicated to getting an amendment on the MO ballot 11/26. This amendment will prohibit the legislature from undoing the will of the majority of voters, as was done after the 11/24 vote. This was also done in the past regarding puppy mills, clean Missouri, and several other issues the citizens of MO voted for. It was also tried in the 80s when democrats were in the majority. This is why it's cross partisan. Whichever side of the aisle you identify with, the majority will of the people should prevail.

Please stop by our table in the gathering space before or after Sunday services. Take some information about the group, consider joining the movement, and sign the petition. For more info, contact Michelle Singer mrsinger71@gmail.com

Tuesday Afternoon Dialogue

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 Tuesday Afternoon Dialogue, TAD, for our next book starting **Tuesday, September 2** - *Inspired: Slaying Giants, Walking on Water, and Loving the Bible Again* by Rachel Held Evans. Rachel Held Evans was a progressive Christian writer, blogger, and speaker known for challenging conservative evangelical beliefs and advocating for women and LGBTQ+ rights within Christianity. Her writing explored a more inclusive and questioning approach to faith.

From the book jacket, "Drawing on the best in recent scholarship and using her well-honed literary expertise, Evans examines some of our favorite Bible stories and possible interpretations, retelling them through memoir, original poetry, short stories, soliloquies, and even a short screenplay. Undaunted by the Bible's most difficult passages, Evans wrestles through the process of doubting, imagining, and debating Scripture's mysteries." Please join us for fellowship and discussion. We'd love to have you! Fellowship starts at 1:45pm and book discussion is from 2-3 pm.

For more info, please contact jeiffert2@gmail.com

Adventurous Men Out Early

Adventurous Men Out Early meets this **Thursday, September 4**, at 9:15am in the Heritage Room. All are welcome for coffee, conversation, and pastry.

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

Speaker Series Occasional opportunities after worship at 11:15am "Transition Stories," by Lynn Mark, former hospice nurse and Parkway member.

Sunday, September 7 | 11:15am | Heritage Room

As a hospice nurse for over 15 years, Lynn Mark accompanied many people on that universal final voyage. Each person traveled their road much like they had lived their one individual life. Facing the unknown, patients and the people who loved and cared for them bravely lived through each day. Because we are all fellow travelers you are invited to share their journeys.

Come and hear stories of faith and courage from patients and the people that traveled the path with them.

"The Fiddle: Why We Love it," by Cindi Nouri and Rich Race.

Sunday, September 21 | 11:15am | Heritage Room

Do you remember a melody or jingle or rhyme that makes you feel happy? Have you ever wanted to play an instrument? Parkway members, Cynthia Nouri and Rich Race will present "Hand Me Down Music" where they will play and discuss the social origins and popularity of folk and old time music. Join us for a special musical edition of the Speakers Series, where Rich and Cindy will tell us why the fiddle brings magic and music to their hearts and, who knows, maybe they will favor us with a few tunes.

All programs start after worship service at approximately 11:15 AM in the Heritage Room.

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

Tuesday Evening Dialogue

2nd and 4th Tuesdays | 6-8pm | Heritage Room

Zoom Meeting ID: 849 4403 9731; Passcode: 792617

Please join us at TED for friendship and lively book discussions. Our current book is *West With Giraffes* by Lynda Rutledge. It is an emotional, rousing novel inspired by the incredible true story of two giraffes who made headlines and won the hearts of Depression-era America. We will be discussing the Chapters 6-11 at our next session on **Sept 9**.

We read a variety of books in TED related to social justice, spirituality, different faiths, history, relationships, current events and nature. We also may choose some random books just for fun. Most books take three or four sessions to complete. Newcomers are always welcome!

Bring a dish to share for the potluck & join us for our next conversation! For questions, please contact Helen Race at **raceh@att.net**.

Fall Friendship Dinners Sign up by September 14

It's time once again to schedule our Fall Friendship Dinners. You can sign up to be both a host and a guest, or just sign up to be a host or a guest. Please also indicate if you are interested in a family-friendly potluck event to be held at the church. There is a sign-up poster in the Gathering Space, or you can sign up using One Church. Please provide your contact information; hosts need to indicate how many guests they can accommodate. The deadline to sign up is **Sunday, September 14**. Scan or click the QR to register.



The Friendship Committee will meet to organize the groups. Dinners are being planned for September, October, or November. IDEAS: host a potluck dinner, meet at a restaurant, or have an appetizer meal. For additional information or to sign up, please contact Kathy Burcham at **kathleenburcham@sbcglobal.net**

AWOL—Adventurous Women Out Late

Come build relationships with other PUCCers.

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, September 20:

The Grand Finale of Downton Abbey!

We will attend the 2pm showing at the Marcus Theatre in Des Peres.

RSVP deadline has passed, but reach out to see if we can secure any additional tickets.



Saturday, November 8 from 9:30am-12:00pm

Explore some historical highlights of St Louis architecture and how they changed the area from blighted to monumental. Tour begins at Union Station. Click or scan QR code to register.

Saturday, December 6 from 2-4pm

Come enjoy live theater with us - *Emma* the play - based on the novel by Jane Austen at The Rep. Click or scan QR code to register.



Question? Contact Carmen Bumgarner at **cfbum@charter.net**

Prayer Corner an opportunity to pray with someone

Monday, September 22 | 4-6pm | 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**; 314-872-9330

Coffee and Conversation at Panera

Wednesday, September 24 | 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

St. Louis Metro Area Crop Hunger Walk

Sunday, September 28 | 2-3pm | 475 E. Lockwood Ave, Webster Groves, MO

This year's Crop Hunger Walk is at Eden Seminary in lovely Webster Groves.

Registration begins at 1:30pm and step-off for the walk is at

2pm. Do not worry if you don't want to walk. You can gather

that day, volunteer to help us or join Parkway's team and

donate online. Click or scan the QR code to register, or go to

www.crophungerwalk/saintlouismo and add Parkway

UCC to the upper right search bar. The money raised goes to

local partners and around the world through Church World Service. For more

info, contact Sue Moellering **susieqslp@sbcglobal.net**



Furniture available free from Parkway UCC

Desk and 3 chairs from gathering space need a new home. More details are available in the eNews. Email Gabriel at **gabriel@parkwayucc.org** to let him know what you are planning on taking.

Looking for another way to support immigrants and refugees?

Jennifer Owens founded the Forai initiative 16 years ago. Forai, Inc., partners with local refugee and immigrant women to enable the realization of economic, educational, and social goals through training and peer support, and by expanding market opportunities for artisans to help refugee women develop/monetize skills by making items to sell - mostly jewelry and sewn items. The faith-based, Christian 501(c)3 organization recently opened a store in Kirkwood at 211 S. Kirkwood Road. For further info, feel free to email Lisa Mason, **lmason624@sbcglobal.net**

PUCC SCAM ALERT

Important Notice: We understand that a fresh batch of scam/phish messages are being sent to PUCCers. Ugh! No staff member of Parkway United Church of Christ will ever reach out via email, text or social media to ask for financial help. If you receive a request appearing to be from PUCC staff requesting financial help or other personal information – or any suspicious message – please don't click on any links or engage with the sender. You may want to report this to your email service provider or the appropriate social media service. Block texts from scammers/phishers. Also, keep your antivirus/anti-malware software up to date for protection. Questions? Concerns? Need clarification? Reach out to our staff via **contact@parkwayucc.org** or 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.

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 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**

Procedures for Giving to Parkway

Members and friends can give to Parkway in ways other than cash contributions. You may wish to consider these other ways, which may have tax advantages for you.

~You can give appreciated securities (stocks or mutual funds), directly to Parkway UCC. You will not pay income tax on any unrealized capital gains, and you will get a receipt from Parkway UCC for the full market value of the securities on the date they are received. That amount may be claimed as a charitable deduction on your federal and state taxes.

~You can give to Parkway UCC directly from your Individual Retirement Account (IRA). This gift will count as a Qualified Charitable Distribution (QCD). The QCD will count toward your Required Minimum Distribution (RMA), but you will not have to pay federal tax on the amount of your QCDs.

Gifts of Stocks or Mutual Funds

Parkway UCC works with United Church Funds, a UCC agency, for donations of stocks or other exchange-traded securities to the church.

If you wish to give stocks, bonds, or mutual funds to Parkway UCC, you can do so by following these steps:

1. Send UCF (by email to info@ucfunds.org or by Fax to 332-219-8758) either a current account statement, or information about the securities you wish to donate and the account in which they is held. Specify that you intend to make a gift to Parkway UCC, Town & Country, Missouri. UCF will review your information and contact you about the next steps.
2. Ask your broker or financial institution to transfer the securities to UCF using the information below:
BNYM/Pershing, LLC, DTC# 0443,
Account # N7M001442
Account name: United Church Funds, Inc.
For Further Credit To: (Parkway United Church of Christ / Account No. 381574)
3. Notify both UCF and Dawn Friedmann, Parkway's bookkeeper (dawn@parkwayucc.org) once you have requested the transfer. After this process is complete, your donated securities will be immediately sold, and the proceeds will be deposited into Parkway's account at UCF. Because UCF is a non-profit and ministry of the UCC, it does not charge for its services, although an SEC fee and broker fee is applied at the time of sale.

Your gift will be acknowledged in writing by PUCC. The amount of a charitable tax deduction is usually based on the average price of the security on the date of donation.

**Gifts from Individual Retirement Accounts (IRAs)
Known as Qualified Charitable Distribution (QCDs)**

If you are 70½ or older, you can give any amount up to \$108,000 in 2025 from your IRA directly to Parkway.

To make a Qualified Charitable Distribution (QCD), the donation must go directly from the custodian of your Individual Retirement Account (IRA) to Parkway UCC, as the charitable recipient. That is, you may not make a personal withdrawal from your IRA and then pass that on to Parkway; only contributions made directly from the IRA to Parkway qualify as QCDs.

Generally, the procedure for making a QCD is to contact the administrator of your IRA and ask that a gift be made directly from the IRA to Parkway. If you have check-writing features on your IRA, you can write a check on the IRA directly to Parkway.

The funds must be removed from your account by December 31. Parkway will provide you with a written receipt for your gift made through your IRA.

Recommendation: Seek Professional Advice

Regardless of the means you employ in making your gift, we recommend that you consult with your tax or legal advisor to make sure you have followed the proper procedures, and that the means you have used fit with your tax and estate planning objectives.

Prayer List

Wednesday, August 27, 2025

Celebrations

Students, families, teachers, admins, staff - back to school.
Becca Palmgren & Justin Nienhaus - baby girl has arrived!
Jean Mueller - moving to Cape Albeon in Valley Park this weekend.
Nancy Litzinger - healing well; grateful for all the prayers and support.
Celebrating our NONAGENARIANS this Sunday in worship!

Concerns

Cindy Changyit Levin and family - mom's serious health struggles.
Kathy and Bill Hilgeman - her complications after knee surgery.
Cathy and Rick Hasler - both recuperating from surgery... meal support
<https://www.mealtrain.com/trains/o3lr25>
Emi - 5 year-old undergoing chemo at Children's Hospital (McConnell).
Elaine - healing after cancer surgery (Melanie Muchnick's mom).
Ongoing chaos and grief in the Middle East.
The continuing war with Ukraine and Russia.
Our St Louis neighbors after the tornado in May.

Continuing

John & Dottie Dwyer - gaining strength after his heart procedure; PT.
Carol & Harold Cobb - healing after her hip replacement surgery.
Janie Pillai's mother as she recuperates from hip surgery.
Karla Beck - as her brother seeks care and the family shares peace.
Paige Penico and Family - as they grieve and give thanks for Steve.
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).
Tina -healing after hospitalization (stepmom of Dawn Jones-Goldstein).
Ron Mudica - receiving hospice care; stage 4 cancer (Akers).
Derek - dying from alcoholism; grace for his father David (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.

A Note from Carol Cobb During my recent hip replacement surgery and rehab, which continues, I so appreciate all the kindnesses expressed from Parkway UCC congregation members. From food to flowers to cards, all the gestures were appreciated. I have always served on the card ministry and find joy in sending cards, and now I know the thrill of receiving them. I also love the tradition of flowers from the previous worship service, divided up for home bound members. What a delight to receive one of them. Many thanks also to those of you who supported me in my long wait for the surgery. That was always appreciated. ~Carol Cobb

I'm 90 Now: Joys and Challenges

Katharine Esty

Old Age is Different than I Expected

"You have made it, Katharine, into the 1%," my friend told me the other day. She wasn't telling me I was among the country's richest, but that I am now in the oldest 1% of people in the entire world. In the United States, only 4.7% of people are over 90. Much to ponder right there. While people in their nineties may not know these statistics, we know we are lucky.

I expected to face new challenges in my nineties, and I have. However, what has truly surprised me is the unexpected number of joys, some new, I am experiencing. I want to share with all of you, dear readers, a sense of what the touch and feel of my life is like today — this ongoing stream of joys and challenges.

The Joy of More Being

I still have a To-Do list, but I have only one list, and it is shorter nowadays. In the past, I always focused on *doing* — looking after my family, friends, co-workers, and clients — and trying to be successful in all aspects of my work.

This agenda kept me busy, always busy. At 90, I try to take on only a few responsibilities: writing my monthly blog, serving on a few committees at my retirement community, and staying in touch with my friends and family. This is the right amount of *doing* for 90-year-old-me.

Other ninety-somethings report similar re-balancing. One man explained, "I still keep my brain busy, but I am happy not to have much to do. I enjoy just kind of riding along." A woman who manages a tutoring program told me, "At 93, I still want to be of use and have purposeful things to do. I feel lucky that I have a project that is possible for me and keeps me really involved."

Challenging Health Issues

As some of you know, in the six months since I turned ninety, I had a second bout of COVID-19 and fell twice in my own apartment. I keep wondering if this is how my life is going to be? However, I am quite healthy right now. I have occasional nights when I can't get to sleep and I notice I have less energy than I used to.

I've observed that the days of most ninety-somethings are filled with scheduling and attending appointments concerning our health. For example, in the last six months, I have seen my PCP, a dermatologist, a hearing specialist, an ophthalmologist, and an orthopedist. This is the new normal.

At Peace with the Past

Like most of us who are over 90, I have few regrets. I no longer regret that I took so few science and economics courses or that I never lived abroad. I am truly grateful for my family and the life I have lived. This sense of gratitude is relatively new for me.

Throughout my life, there were many conflicts between my older sister and me. I always felt she was critical of me and my choices. Even though she died ten years ago, during this last year, I began to reflect on the difficult circumstances she faced. As a result, I could let go of my resentment and forgive her. I've come to understand that forgiveness doesn't have to involve both parties. And now I feel relieved of a burden.

Forgetfulness, Technology Problems, and Losing My Grip

This week I completely forgot about my writers' group weekly meeting. This kind of forgetting happens to me more often now. I plan to set an alarm for my meetings, but, ironically, I forget to do that as well. When I learn something new on my phone or computer, often a few days later my understanding has gone with the wind. Another frustration. Sometimes, I forget to save a document and I lose all my work. Additionally, my hands don't work like they used to. For instance, one morning, two glasses had slipped out of my hands and were broken before the end of breakfast. It takes me longer to open packages, too. In fact, everything takes me a little longer.

More Self-Compassion

A newfound joy is my increased compassion for my many imperfections, including my memory lapses. I rarely lecture myself or engage in negative self-talk, as we psychologists call it. Instead, I try to treat myself with the same kindness I would offer to a friend.

I remind myself that mindfulness is the key to aging well. I highly recommend Ellen Langer's classic book entitled *Mindfulness*. It focuses on being aware and present in the moment. It changed my life and my attitude about aging.

Loss of Spouses, Family, and Friends

The biggest challenge for ninety-year-olds is coping with the loss of so many family members and friends. I lost my husband of 59 years ten years ago, and more recently, my partner of five years. I've also lost many wonderful friends. Like most ninety-somethings, I have learned how to mourn and then how to keep going after a loss. We live with constant reminders that life doesn't last forever. From time to time, we realize that it's time to address our own end-of-life issues. Unfortunately, too many of us procrastinate on this important matter. I will share more on both these topics, grief and end-of-life issues, in a future blog.

The Surprise and Joy of Being Content

A surprising joy for me in my 90s is that I feel content almost all of the time. The critical judge within me seems to be working fewer hours, allowing me to enjoy myself more often. I no longer find myself wishing I were somewhere else or wishing I was with some other people. I am enjoying my ordinary activities like sipping my morning coffee and attending an exercise class. One ninety-somethings I talked with recently shared, "I love waking up each morning and I feel grateful that I am still here." Another person mentioned that one of her daily pleasures is going to bed at night—just getting into her warm and cozy bed. I feel the same way.

I want to conclude with a quote from a recent letter in the *New York Times* that succinctly sums up an imperative for all of us at any age:

"Be who you are and do what you can."

Three Strikes and You Are... Still Loved

Matt Laney

A lawyer stood up to test Jesus. “Teacher,” he said, “what must I do to inherit eternal life?” He said to them, “What is written in the law? What do you read there?” - Luke 10:25-26 (NRSV)

I asked AI to summarize the Christian Bible in one sentence. It said: “The Bible is the story of God’s ongoing work to redeem and restore creation through covenant, prophets, and finally Jesus Christ.” Not bad.

We don’t need AI to summarize the gospel. Jesus already did.

When a lawyer asked, “What must I do to inherit eternal life?” Jesus didn’t say, “Believe in me.” He pointed away from himself and asked, “What’s written in the law?”

The lawyer answered, “Love the Lord your God with all your heart, and your neighbor as yourself.”

Jesus replied, “Exactly! Do this, and you will live.”

No altar call. No doctrinal test. Just wholehearted, embodied, difficult love.

What’s difficult? Those three loves are interconnected:

We can only love God to the degree we love self and others.

We can only love ourselves to the degree we love God and others.

We can only love others to the degree we love ourselves and God.

Self-love, I believe, is the linchpin.

Which is not exactly encouraging because most of us don’t love ourselves super well. We’re our own harshest critics. If someone spoke to us the way we sometimes speak to ourselves, we’d call it bullying. A lack of self-love reduces our capacity to love God and others.

Good news: Although our ability to love God and others begins at home, it’s God’s love for us that matters most, even when we strike out.

Prayer

Help me love myself as You do: unconditionally and without fail.

Consider signing up to receive these UCC daily devotions
from our God is Still Speaking writers:

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

