





www.parkwayucc.org

January 11, 2026

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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.

A special welcome to our guest musician Barry Luedloff!

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 Greg Schmelig.

Flowers are given by Kathleen Tarr in celebration of her birthday.

Treats are provided by Carol Cobb.



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

1/11 Kathleen Tarr

1/11 Kacey Brueggemann

1/12 Ashley Milam

1/14 Marsha Peek

1/14 Janie Pillai

1/17 Bobbi Miller

Baptism of Christ Sunday

Sunday, January 11, 2026 | 10:00am | Sanctuary & YouTube Live

Prelude *Joyful, Joyful, We Adore Thee* - arr. by Lani Smith, based on the tune "Ode (Hymn) to Joy" by Ludwig von Beethoven

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Welcome Let us know you are here!

Meditation Reciprocity is the heartbeat of human connection. ~Brene Brown

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 *Gather Us In*

Here in this place new light is stream-ing,
now is the dark - ness van - ished a - way,
see in this space our fears and our dream-ings,
brought here to you in the light of this day. —
Gath-er us in — the lost and for - sak - en, gath-er us in — the
blind and the lame; call to us now, and we shall a - wak-en,
we shall a - rise at the sound of our name. —

Scripture Isaiah 42:1-9 | New Revised Standard Updated Edition (NRSVUE)

Here is my servant, whom I uphold,
 my chosen, in whom my soul delights;
I have put my spirit upon him;
 he will bring forth justice to the nations.
He will not cry out or lift up his voice
 or make it heard in the street;
a bruised reed he will not break,
 and a dimly burning wick he will not quench;
 he will faithfully bring forth justice.

He will not grow faint or be crushed
 until he has established justice in the earth,
 and the coastlands wait for his teaching.

Thus says God, the Lord,
 who created the heavens and stretched them out,
 who spread out the earth and what comes from it,
who gives breath to the people upon it
 and spirit to those who walk in it:

I am the Lord; I have called you in righteousness;
 I have taken you by the hand and kept you;

I have given you as a covenant to the people,
 a light to the nations,
 to open the eyes that are blind,
to bring out the prisoners from the dungeon,
 from the prison those who sit in darkness.

I am the Lord; that is my name;
 my glory I give to no other,
 nor my praise to idols.

See, the former things have come to pass,
 and new things I now declare;
before they spring forth,
 I tell you of them.

***Call to Worship**

One:	We have heard the voice of God, calling forth a servant who brings justice without shouting, hope without harm, and light without domination.
Many:	We come to worship the God who lifts up the weary and does not break what is already bruised.
One:	God calls us not to overwhelm, but to be faithful; not to control, but to serve.
Many:	We worship the One who opens eyes, loosens chains, and invites all people into dignity and freedom.
One:	This is the God who says, "You are precious. You are called. You are not forgotten."
Many:	We come to worship - ready to listen, ready to be changed, ready to walk in the way of justice and compassion.

One:	We come because Jesus is compelling. We model ourselves after him, trusting that he will guide, correct and be patient with us.
Many:	The Spirit washes over us and bubbles up within us. The Spirit equips us and steadies us for serving.
All:	Let us worship our God together - Creator, Christ and Spirit.

***Song** *You Have Searched Me, Lord, And Known Me*
(tune: *Come, Thou Fount of Every Blessing*)

You have searched me, Lord, and known me!

All my life is in your care.

When I lie awake in evening,

You are always with me there.

When I rise to greet the morning

In an attitude of praise,

What I learn from you is humbling:

You already know my ways.

Lord, you know the song I'm singing
and my words before I pray.

You're behind me and before me

As I travel through each day.

You once knit me all together;

You created me by grace.

In your eyes, you see and love me

As you treasure all my days.

Lord, I try to learn your wisdom,
But I cannot understand.

Yet your love is all around me;

I am part of all you've planned.

Let me sing your praise each morning,

Let me serve you all day through,

And in evening, make me peaceful,

Knowing this: I'm loved by you!

***Opening Prayer**

Holy One, on this Baptism of Christ Sunday, you meet us at the water's edge - not to test us, but to claim us. As Jesus stepped into the river with ordinary people, you spoke a word that still echoes: *You are my beloved.* Speak that word again today - over this community, over those who feel uncertain or unworthy, over all who long to begin again. Stir these waters of worship. Remind us that baptism is not a private moment, but a public promise - to seek justice, to love without fear, and to live as signs of your mercy in the world. Ground us in belovedness. Send us into faithfulness. May this worship renew our courage to follow where love leads. Amen.

*Response *Spirit of the Living God*

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

Children's Time For children under the age of 3, parents are invited to take them to Room 06 (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 06, 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 to the Fellowship Hall for Grace Place after class.

Blessing the Children *Jesus' Hands Were Kind Hands*



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

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

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

Scripture Matthew 3:13-17 | NRSVUE

Then Jesus came from Galilee to John at the Jordan, to be baptized by him. John would have prevented him, saying, “I need to be baptized by you, and do you come to me?”

But Jesus answered him, “Let it be so now, for it is proper for us in this way to fulfill all righteousness.” Then he consented.

And when Jesus had been baptized, just as he came up from the water, suddenly the heavens were opened to him and he saw God’s Spirit descending like a dove and alighting on him.

And a voice from the heavens said, “This is my Son, the Beloved, with whom I am well pleased.”

Moment of Silent Reflection

Sermon

A Time of Prayer *What A Friend We Have in Jesus*



1. What a friend we have in Je-sus, All our sins and griefs to bear!
2. Have we tri-als and temp-ta-tions? Is there trou-ble an-y-where?
What a priv-i-leg to car-ry Ev-ery-thing to God in prayer!
We should nev-er be dis-cour-aged: Take it to the Lord in prayer!
O what peace we of-ten for-feit, O what need-less pain we bear,
Can we find a friend so faith-ful, Who will all our sor-rows share?
All be-cause we do not car-ry Ev-ery-thing to God in prayer!
Je-sus knows our ev-ery weak-ness; Take it to the Lord in prayer!

Pastoral Prayer & Prayers of the People

Lord's Prayer sung to the tune by Nate Stout

Our [Creator/Mother/Father/Holy One] **who art in Heaven, hallowed be thy name. Thy kingdom come, thy will be done on Earth as it is in Heaven. Give us this day our daily bread; and forgive us our debts as we forgive our debtors; and lead us not into temptation but deliver us from evil. For thine is the Kingdom and the power and the glory forever. Amen.**

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

Offering Our Gifts to God



If you have an offering today, please place it in the plate on the 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 *God of Grace* - piano arr. by Molly James, based on the song by Keith Getty and Jonathan Rea.

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*Response

Praise God the Source of life and birth.
Praise God the Word, who came to earth.
Praise God the Spirit, holy flame.
All glory, honor to God's name! Amen.

*Prayer of Dedication

Holy One, we offer these gifts not to earn your favor, but in gratitude - for you have already named us *Beloved*. As these offerings are received, may they become signs of your baptismal promise: waters that heal, voices that speak truth, and hands that work for justice. Bless what we give and bless what we keep, so that all we are and all we have flows toward love, dignity, and liberation. Send us from this place rooted in belovedness, bold in compassion, and faithful to the work of renewing the world. Amen.

*Song of Parting *This is My Song*



1. This is my song, O God of all the na-tions,
2. My coun-try's skies are blu - er than the o - cean,
3. This is my prayer, O Rul - er of all na-tions:

a song of peace for lands a - far and mine.
and sun - light beams on clo - ver - leaf and pine;
let thy reign come; on earth thy will be done.

This is my home, the coun - try where my heart is;
but oth - er lands have sun - light too, and clo - ver,
In peace may all earth's peo - ple draw to - geth - er,

here are my hopes, my dreams, my ho - ly shrine;
and skies are ev - ery - where as blue as mine.
and hearts u - nit - ed learn to live as one.

but oth - er hearts in oth - er lands are beat-ing
O hear my song, thou God of all the na-tions,
O hear my prayer, thou God of all the na-tions;

with hopes and dreams as true and high as mine.
a song of peace for their land and for mine.
my - self I give thee; let thy will be done.

***Benediction**

***God's Light Goes Forth**

***Music for Going Forth** *Processional* by Robert J. Hughes.

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PUCC Spiritual Gifts Inventory available for you

A Spiritual Gifts Inventory can help you identify God's Spirit at work in and through you. Rate yourself on a number of areas including

Compassion & Care - nurturing, healing, accompanying.

Justice & Advocacy - challenging systems, truth telling.

Hospitality & Inclusion - welcoming strangers, building community.

Teaching & Guiding - sharing insight, nurturing learning.

Peacemaking & Reconciliation - healing relationships, building unity.

Creativity & the Arts - communicating God's love through the senses.

Leadership & Organizing - guiding, empowering, envisioning.

Encouragement & Affirmation - uplifting others, sustaining community.

Stewardship & Sustainability - caring for creation, practicing generosity.

Prayer & Spiritual Discernment - listening as God moves and guides us.

Building & Property as Ministry - bricks and mortar as mission.

Technology as Connection & Inclusion - science mingles with the Spirit.

Communications as Storytelling & Witness - words matter.

UCC Identity & Denominational Connection - covenant and autonomy.

You are invited to use a scale of 1–5 (1 = rarely true, 5 = very often true).

Add your scores together in each section to see which spiritual gifts resonate most in you.

Interpret your results and ask yourself some questions:

Which gifts surprised you? Which felt deeply true?

Where do you see your spiritual gifts at work in your life?

How do your gifts complement (not compete with) the gifts of others?

Where do you sense God's invitation or nudge in this inventory?

What is one small, faithful step you could take to try out a gift not used?

How could you share these gifts more fully in your relationships, in our church, in the wider community and in the world?

Prayer: *God of many gifts, help me trust what you are growing in me, release what no longer serves love, and offer my gifts so that more people will feel included and cherished. Amen.*

Scan QR code to print out and fill it in at home.

* There are paper copies available in the Gathering Space as well.



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

Girl Scout Sales

Girl Scouts cookies are on sale at PUCC! Be on the lookout after worship to buy some from our PUCCer Girl Scouts to support them, as well as purchase some extra ones for the collegians that we'll send to later. More details on how to purchase online are in the eNews or reach out to gabriel@parkwayucc.org

Coffee and Conversation at Panera

Monday, January 12 | 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:

Monday, Feb 23 at 10am;
Wednesday, March 25 at 2pm;
Friday, April 17 at 10am;
Tuesday, May 12 at 2pm;
Monday, June 29 at 7pm

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

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 next meeting is Tuesday **Jan 13** and we will be discussing the book *Lula Dean's Little Library of Banned Books* by Kirsten Miller. This novel will make you laugh out loud, but it also brings to life how much books can change how you think and look at life. The author works in pertinent issues of our times including censorship, racism, homophobia and misogyny among others. We will be covering the first 100 pages when we meet on **Jan 13**. We read a variety of books in TED related to social justice, spirituality, different faiths, history, relationships, current events and nature. Bring a dish to share for the potluck & join us for our next conversation! Newcomers are always welcome!

Please join us in person at 6pm or on Zoom starting at 6:45pm.

Contact Helen Race at raceh@att.net for questions.

Adventurers Meet Up at the Old Spaghetti Factory

Thursday, January 15 | 11:30am-1:30pm | 17384 Chesterfield Airport Rd

Are you hungry for pasta and conversation? Please join us and meet some PUCC friends as we get together for lunch at the Old Spaghetti Factory in Chesterfield. We'll meet at the restaurant right as it opens at 11:30am. Please RSVP by **Tuesday, January 13** to Jackie Eiffert, jeiffert2@gmail.com

Intertwine Interfaith: Speed Faithing and Soup Slurping

Saturday, January 17 | 5:15pm | Shaare Emeth at Ballas and Ladue Rds

Please save the date for an interesting evening of delicious soups and meaningful conversation with our Jewish friends from Shaare Emeth Congregation and our Muslim friends from TASOM – the Turkish American Society of Missouri). We will have the opportunity to really intertwine as we engage in brief conversations around a variety of topics. This will be a very meaningful and memorable event that you don't want to miss!

For more info, contact Lisa Mason lmason624@sbcglobal.net

Speaker Series Occasional opportunities after worship at 11:15am

"Bletchley Park; the Home of WWII's Codebreakers," by Parks Smith.

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

Bletchley Park, in England, was the top-secret home of the World War II "Codebreakers." a term for the over 9,000 men and women who intercepted and cracked German war messages. Winston Churchill referred to the Bletchley staff as "the geese who laid the golden eggs and never cackled." Our speakers, Parks Smith, is a retired St. Louisan historian, who often speaks at the St. Louis History Museum.

Mr. Smith will explore Bletchley Park's history from 1939 to 1946, sharing stories of those who worked there and detailing how German messages were captured and decoded during the Battle of the Atlantic. This mighty effort included breaking the German Enigma and Lorenz codes and developing the Colossus computer.

Questions? Please email Richard Scherrer at 9ofivetpr@gmail.com

Day of Service in honor of Martin Luther King, Jr. Day

Monday, January 19 | 9:30am-12pm | 3752 Giles Ave., St. Louis, 63116

Youth 12-17 years of age are welcome to join Interfaith Partnerships Youth on Martin Luther King, Jr. Day to serve the unhoused. The youth will prepare a meal and set up cots/bedding for the unhoused. They will offer team and peace-building games as well. Space is limited and you must register by letting Kevin know you are interested. Kevin will be leading the youth from PUCC. Contact him at kevin@parkwayucc.org for more info or to sign up.

Tuesday Afternoon Dialogue on Zoom

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 with TAD as we read and discuss *Tom Lake*, a novel by Ann Patchett, in two more sessions on **January 20 and February 3**. We'd love to have you! In the spring of 2020, during the COVID-19 pandemic, Lara's three daughters return to the family's orchard in Northern Michigan. While picking cherries, they beg their mother to tell them the story of her life years before at a theater company called Tom Lake. As Lara recalls the past, her daughters examine their own lives and relationship with their mother and are forced to reconsider the world and everything they thought they knew.

Fellowship starts at 1:45pm and the book discussion is from 2-3pm. For more info, please contact jeiffert2@gmail.com

Come Support PUCCer Youth Zoe Lyons in *Swix*

Friday, January 23 | 6:30-8pm | Kirkwood High School

Come show your support for PUCCer's very own Zoe as she stars in the student-led production of *Swix*. They'll be carpooling from the church at 6pm, but you're welcome to meet at the school. Ice Cream at Andy's afterwards! Liz Lyons is leading this, so please RSVP with her at lizardstifel@gmail.com to let her know you're coming! You can also click or scan the QR code.



PUCCer youth Avery also has a production as well you are invited to attend! *Night of One Acts*. St. Charles High School; 7pm on Jan 23/24. 2pm on Jan 25

Lunch with Marthoma Congregation after worship Jan 25

Plan to stay after worship for a meal, friendship and a brief mission project!

Go AWOL this Winter – Adventurous Women Out Late

Saturday, January 24 | 4pm | Heritage Room

Join other PUCC women for a crafty/snacky late afternoon! PUCC will provide an 18" wire heart frame and some craft items to peruse. Please bring other craft items to share: cloth, old clothes to cut up, felt, baubles, ribbons, fake flowers, or anything else you have cluttering up your house and you might picture on a heart wreath... and a glue gun if you have one!)

\$10 donation requested for supplies when you sign up via One Church. Scan or click QR code to register.

Please bring an appetizer or finger food to share also!

(Stay afterwards for the ONA photo exhibit kick-off beginning at 7pm that same evening!)



Look for other upcoming events:

Sunday, February 22 @2pm Primary Trust at The Repertory

Theater. Join us as we experience the winner of the 2024 Pulitzer Prize for Drama, Eboni Booth's hilarious and heartwarming play offers up a modern, tiki-lit homage to slices of Americana such as *Our Town*, *Harvey*, and *It's a Wonderful Life*. Kenneth's predictable life - Mai Tais at his favorite bar and a steady job at a local bookstore - begins to unravel, forcing him to confront a



childhood loss and the uncertainties of adulthood. With guidance from an imaginary friend, a kind waitress, and a splash of liquid courage, he discovers that trust, love, and friendship - much like the perfect Mai Tai - are best mixed in unexpected ways. Tickets are \$40. Click or scan QR code to register.

Friday, March 20 @5:30pm Dinner and Oscar-nominated Film.

Dine at Pierce Creek (<https://www.piercecreekstl.com/>), then enjoy an acclaimed movie (TBA) around the corner at AMC Crève Coeur. Please RSVP so we know how many tickets to purchase. (Carmen will purchase tix and you can Venmo her or give her cash.)

Sunday, April 19 @12pm Lunch and Spring Stroll. Bring your lunch to church and we'll eat together after worship and adult education (ECO Stewards are planning something to celebrate Earth Day), then carpool to the Missouri Botanical Garden to enjoy the spring flowers! Feel free to meet us there if that is better for you. We will pay our admission at the door since some people have memberships.

Sunday, May 17 @6pm Community Choir Concert. Enjoy one another's company and a great concert with our own Michelle Brueggemann at the renovated Powell Hall! Ticket prices TBA -- link to purchase will be shared as soon as available.

Questions? Contact Carmen Bumgarner - cfbum@charter.net

Authentic Selves: Celebrating Trans and Nonbinary People and Their Families

Saturday, January 24 | 7-8:30pm | Gathering Space

Join the Parkway ONA Team and the LGBTQ+ Faith Alliance in welcoming the Family Diversity Project's photo exhibit, "Authentic Selves," presented at Parkway UCC from January 24 through February 8. Opening Night Reception features guest Jordon Braxton, a longtime St. Louis advocate for trans rights and a member of the St. Louis City HIV Health Services Planning Council. Refreshments will be served. A second opening will be the next morning, January 25 from 9-10am with the opportunity to view the exhibit and enjoy a continental breakfast before worship. Please scan or click QR code to RSVP by Jan 23. For more info, contact Debbie Reinhardt deborahreinhardt@att.net



Witnessing Whiteness PUCC Study Group begins in January

We're forming a *Witnessing Whiteness* learning circle using Shelly Tochluk's book *Witnessing Whiteness: The Journey into Racial Awareness and Antiracist Action* as our framework. This approach was created here in St Louis through the YWCA and become timelier and more necessary after Michael Brown was killed over ten years ago.

It's a supportive, no-shame space where white-identifying people can explore identity, grow in self-awareness, and practice showing up with more courage, compassion, and clarity in our diverse and hurting world. White people need to learn what black, indigenous and people of color already know about their history and the systems that effect them every day in America.

No expertise is needed - just curiosity and a willingness to reflect in community. This will take place on Zoom - Mondays 6:30-8:30pm - so it doesn't matter where you live or if you travel.

There are examples of racist, xenophobic and deeply rooted prejudice in the news every day. Unfortunately, some of the most powerful people in our land are attempting to rewrite our nation's racial history and are continuing to create and sustain systems of bias. We cannot allow this to happen. This is not what love does.

We have the right and duty to do what we can to understand the roots of this behavior and to be very intentional about being as antiracist as we can be. Our

faith calls us to rise to this opportunity and responsibility. This group will help you find critical insights and guide you into being a more aware and justice minded/heARTed person.

If you're looking for a space to deepen your understanding, build stronger relationships, and align your actions with your values, we'd love to have you. *This experience is free.* We just ask that you purchase the book – let us know if you need help with that. More guidance will be provided by our three trained volunteer facilitators that have been assigned to shepherd our group.

Sessions: Jan 26; Feb 2, 9, 23; Mar 2, 9, 23, 30; Apr 6, 13, 20, 27; May 4, 11.

This is a big commitment that I believe is worth every moment in our efforts toward the common good.

We invite you to engage in this unique opportunity that supports our core values of limitless love, courageous action and spirited inquiry. The purpose of this group is to gain thought-provoking information and engage in meaningful conversations surrounding how White people can, and should, play an important role in the fight for racial justice.

I have participated in a *Witnessing Whiteness Group* in the past and will not be a part of this one. Please reach out to me with any questions or to sign up - kevin@parkwayucc.org

January 2026 Alzheimer's News The Brain – Belly Connection

New research shows that having too much body fat might play a direct role in the onset of Alzheimer's disease. Scientists from Houston Medical collected subcutaneous and visceral belly fat from both obese and lean people getting elective abdominal surgery. The researchers focused on extracellular vesicles (EVs) – tiny particles released by fat tissue that carry fats and other molecules around the body.

The Takeaway: These EVs can cross the blood-brain barrier and signal the brain to form amyloid B plaques a distinctive, harmful feature of Alzheimer's. The EVs collected from the participants with obesity sent out a different mix of fats from the ones in the non-obese participants. **These different fats in the obese participants appeared to speed up plaque formation.**

More research is needed, but future studies may focus on how drugs or other treatments can disrupt these EV signals to lower Alzheimer's risk in obese people.

For more details on current and future Alzheimer's research, visit alz.org/Research. 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 PUCC's Faith Outreach Ambassador with the Alzheimer's Association, Joyce Ruiz at joyceruiz7@gmail.com

Prayer Corner an opportunity to pray with someone

Wednesday February 11 | 7-9am | 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:

Tuesday, March 24 from 3-5pm;

Wednesday, April 29 from 6-8pm;

Monday, May 18 from 1-3pm;

Wednesday, June 17 from 9-11am

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

Rooted in Faith and Justice: Christian Calls to Conscience & Cries for Peace in Palestine

Thursdays, starting February 5 | 6pm | Zoom

In the December, the Church Council adopted a motion to the affirmation of certain principles from the General Synod 35 Resolution “Declaration for an End to Genocide in Palestine.” We *affirm* that all are made in God’s image and are deserving of life free from oppression, persecution, and violence. We *reject* any theology or ideology including Christian Zionism, Supercessionism, antisemitism, anti-Arab, anti-Palestinian, or anti-Islam bias that would privilege or exclude any one nation, race, culture or religion within God’s universal economy of grace.

Parkway United Church of Christ is encouraged to receive this Resolution as a prophetic call and commit to: Stand in solidarity with oppressed people, domestic and abroad, and to denounce any atrocities whether that be through the context of public witness, legislative advocacy, legal action, or non-violent direct action; and denounce hate and violence in all its forms including that rooted in Islamophobia, anti-Palestinian and anti-Arab bias, and antisemitism, as contrary to the teachings of Jesus and the love of God for all humanity.

In an effort to live into this, we'll be offering a five-week reading club of *Rooted in Faith and Justice* over Zoom. The book offers a powerful and enlightening perspective through the eyes of Palestinian Christian leaders and thinkers, helping us to understand the complexities and injustices of the Israeli-Palestinian conflict. Each week, we'll cover a different section, starting with section 1. Click or scan QR code to get a copy. Let Gabriel Requadt know you'll be attending by emailing him at gabriel@parkwayucc.org



Prayer List

Wednesday, January 7, 2026

Celebrations

Epiphany, epiphanies and The New Year.

Alvaro - as he finishes his semester here this week (Mike/Gerry Rogers).

Concerns

The Hoxie Kaplan Family as they grieve and give thanks for Mildred.

Diane Doty - hospitalized; cancer testing (Grant's mom).

Jeff Wentworth - nearing the end of his life; hospice care (Grove).

Howard - just diagnosed with cancer of the tongue (Svenson).

Senobia and Joe Martin - grieving their daughter; Joe is ill (Grove).

Derek - end stage alcoholism; grace for his father David (Akers).

Ongoing chaos/grief in the Middle East.

The continuing war with Ukraine and Russia.

The people and leaders of Venezuela.

Our St Louis neighbors finding their way after tornado in May.

Continuing

Pam Walker - healing after recent surgery.

Alex Wiseman - seeking diagnosis/treatment for health concern.

Rebecca - continued healing after recent brain surgery (Bowermaster).

Virginia Krus - healing after leg amputation (Evelyn Buretta's sister).

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

Lori Connors - healing and strengthening.

Karla Beck - as her family seeks peace and her brother receives care.

Tina - complications of Legionaries' disease (Jones-Goldstein).

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

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

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

Emi - 5 year-old with Children's Hospital for chemo (McConnell).

Kathy - diagnosed with lymphoma, preparing for surgery (Akers).

Ron Mudica - receiving hospice care; stage 4 cancer (Akers).

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

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

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

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

Danny Venverlo - awaiting a kidney transplant (McDougall).

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

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

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

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 [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]

Pat Owens - *Mason Pointe* - 13190 South Outer Forty Rd, #2303;
Town and Country, MO 63017; 314-323-7194 [birthdate: February 18]

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.

Prayer Chaplain Ministry here at Parkway UCC.

* **Mona Herberg** has completed her time with us after many years at PUCC. She was our full-time office administrator beginning in 2010 and was most recently handling our website and graphic design. She has been working from home for the last few years. If you would like to send her a warm note of gratitude and blessing, please ask **kevin@parkwayucc.org** for her address. Thank you.

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.



FUNDrive Planned for January-March 2026 Clean out your closets & cupboards -- Help TWO GOOD CAUSES!

Parkway United Church of Christ is sponsoring a FUNDrive for two organizations in our church: the Eco-Stewards, with funds going toward maintaining and improving the Wildflower Pollinator Garden and the Youth Group, with funds going toward their mission trips. We have bags and packing instruction available in the Gathering Space and will start collecting bags of clothing and household textiles, as well as boxes of small household goods, books, and media **TODAY**. The drive will continue through **March 7**. Start thinking now about what you can donate to support these causes and streamline your home to start the New Year! Drop off bags and boxes in the Fellowship Hall, to your right, when you walk in on Sundays. If dropping off items during the week, please coordinate with Gabriel at **gabriel@parkwayucc.org** for a time that works. Questions-contact Polly Rutherford, **pollyrutherford@gmail.com**

[Some have asked about donating furniture. This drive does not include furniture, so contact *Home Sweet Home* - <https://homesweethomestl.org/>]

Stewardship Campaign 2026

If you would like to make a financial pledge toward our mission and ministry for 2026, please visit <https://parkwayucc.org/giving/>

Your involvement helps keep our passion for limitless love, courageous action and spirited inquiry rooted in love and moving forward. We so appreciate your support! Parkway UCC strives to be an inclusive community embracing spiritual nourishment, open-minded inquiry, courageous action and interfaith partnerships to fulfill God's call to create a just world for all.



TODAY In Sunday School

Jesus' public ministry begins with a miracle at a wedding in Cana. When the wine runs out, Jesus transforms water into wine, providing more than enough for the needs of the feast (John 2:1-11).

THE POINT

Jesus' glory is revealed through a miracle.

BIBLE NUTS & BOLTS

Weddings in first-century Palestine were primarily a legal ceremony. There is little-to-no indication in the biblical texts that weddings were accompanied by a religious ceremony as they often are today. Other wedding traditions of Jesus' era included a dowry provided by the groom's family, a view that the engagement period was almost as legally binding as the wedding itself, and a multi-day celebration following the wedding ceremony. Thus, it would have been shameful to run out of wine early in the celebration.

STORY SUMMARY

Jesus, his mother, and his disciples attended a wedding in Cana of Galilee. When the wine ran out before the seven-day party was over, Jesus' mother called for him to help. Jesus told some servants to fill six large stone jars with water and then take some to the chief steward to taste. When they gave some of the liquid to the chief steward, he discovered it had become wine and was impressed that the hosts had saved their best wine for the end of the party. This was the first of the signs in the Gospel of John that Jesus did to reveal God's glory.

PRACTICE: Prayer

God often answers our prayers in surprising ways, over and above anything we imagined for ourselves. Sometimes, however, it feels like God is not answering us. This week, work together to identify things that are abundant in your lives. Be creative! Thank God each day for these.

NEXT WEEK In Sunday School

Jesus chases the moneychangers out of the temple and makes a prophecy about his own resurrection (John 2:13-25).

Want to go deeper with the lesson and learn more about what our Children and Youth are up? Scan or click the QR code!

