





www.parkwayucc.org

February 8, 2026

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]

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

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

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

Katie Hertfelder, *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 Emma Zyriek-Rhodes.

Flowers are given by the Flower Team.

Treats are provided by Evelyn Buretta.

Our Prayer Chaplain this morning is Gabriel Requadt.



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

2/9 David Hilgeman

2/9 Jennifer Degroote

2/14 Peggy Sieber

2/14 Donna Ruzicka

Anniversaries

2/13 Brian & Daphane Sableman

5th Sunday *after* Epiphany

Sunday, February 8, 2026 | 10:00am | Sanctuary & YouTube Live

Prelude *Raindrops*, written and composed by Rose Mary

Welcome Let us know you are here!

Meditation The cure for anything is salt water: sweat, tears or the sea.
~ Isak Dinesen

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 *When Morning Gilds the Skies* | #487, v1 and 3 Red Hymnal



1. When morn - ing gilds the skies, My heart a - wak - ing cries:
2. Does sad - ness fill my mind? A sol - ace here I find:
3. Let earth's wide cir - cle round In joy - ful notes re - sound:
4. Be this, while life is mine, My can - ti - cle di - vine:



May Je - sus Christ be praised! A - like at work and prayer
May Je - sus Christ be praised! Or fades my earth-ly bliss?
May Je - sus Christ be praised! Let air and sea and sky
May Je - sus Christ be praised! Be this the e - ter - nal song



To Je - sus I re - pair: May Je - sus Christ be praised!
My com - fort still is this: May Je - sus Christ be praised!
From depth to height re - ply: May Je - sus Christ be praised!
Through all the a - ges long: May Je - sus Christ be praised!

Scripture Matthew 5:13-20 | Common English Bible

Jesus said, “You are the salt of the earth. But if salt loses its saltiness, how will it become salty again? It’s good for nothing except to be thrown away and trampled under people’s feet.

“You are the light of the world. A city on top of a hill can’t be hidden. Neither do people light a lamp and put it under a basket. Instead, they put it on top of a lampstand, and it shines on all who are in the house. In the same way, let your light shine before people, so they can see the good things you do and praise God who is in heaven.

“Don’t even begin to think that I have come to do away with the Law and the Prophets. I haven’t come to do away with them but to fulfill them. I say to you very seriously that as long as heaven and earth exist, neither the smallest letter nor even the smallest stroke of a pen will be erased from the Law until everything there becomes a reality. Therefore, whoever ignores one of the least of these commands and teaches others to do the same will be called the lowest in the kingdom of heaven. But whoever keeps these commands and teaches people to keep them will be called great in the kingdom of heaven. I say to you that unless your righteousness is greater than the righteousness of the legal experts and the Pharisees, you will never enter the kingdom of heaven.”

***Call to Worship**

One:	We gather as ordinary people, living ordinary lives - yet Jesus calls us <i>salt of the earth</i> and <i>light of the world</i> .
Many:	We come, not to hide who we are, but to shine with compassion, courage, and care.
One:	We are not here to earn God’s love or to prove our worth.
Many:	We are here because God’s love is already at work in us, seasoning the world with justice and mercy.
One:	Let our light be shared, not hoarded; offered, not imposed.
Many:	May what we do together make life fuller, hope stronger, and love more visible.
One:	Come, let us worship the One who invites us to live love loud and at the same time to be respectful and clear.
Many:	We come to worship - ready to be salt, ready to be light.
All:	Let us worship our God together - Creator, Christ and Spirit.

***Song** *Christ Be Our Light*



1 Long-ing for light,
2 Long-ing for peace,
3 Long-ing for food,
4 Long-ing for shel-ter,
5 Man - y the gifts,

we wait in dark-ness.
our world is trou-bled.
man - y are hun - gry.
man - y are home-less.
man - y the peo - ple,

Long-ing for
Long-ing for
Long-ing for
Long-ing for
man - y the



truth,
hope,
wa - ter,
warmth,
hearts

we turn to you.
man - y de - spair.
man - y still thirst.
man - y are cold.
that yearn to be - long.

Make us your own,
Your word a - lone
Make us your bread,
Make us your build - ing,
Let us be ser - vants

5



your ho - ly peo - ple, light for the world to see.
has power to save us. Make us your liv - ing voice.
bro - ken for oth - ers, shared un - til all are fed.
shel - ter - ing oth - ers, walls made of liv - ing stone.
to one an - oth - er, mak - ing your king - dom come.

Refrain
Christ, be our light! Shine in our hearts. Shine through the
Refrain
dark - ness. Christ, be our light! Shine in your
church gath - ered to - day.

*Opening Prayer

God of light and love, you call us to be salt and you call us to shine.
Season our words with kindness, brighten our lives with justice.
Shape our faith beyond belief alone - into active courage,
compassion, and care. Let what we do reveal that we trust you, and
let our living reflect your love. Gather us, guide us, and send us as
light for the world. 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.

Recognizing our Scouts

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 *This Little Light of Mine*
This little light of mine, I'm gonna let it shine! (x3)
Let it shine, let it shine, let it shine!

Hide it under a bushel - no! I'm gonna let it shine! (x3)
Let it shine, let it shine, let it shine!

Don't let anyone blow it out! I'm gonna let it shine! (x3)
Let it shine, let it shine, let it shine!

Scripture Psalm 112:1-9 | Inclusive Language Psalter

Hallelujah! Happy are they who fear the Sovereign One and have great delight in their commandments! Their descendants will be mighty in the land; the generation of the upright will be blessed. Wealth and riches will be in their house, and their righteousness will last forever. Light shines in the darkness for the upright; the righteous are merciful and full of compassion. It is good for them to be generous in lending and to manage their affairs with justice. For they will never be shaken; the righteous will be kept in everlasting remembrance. They will not be afraid of any evil rumors; their heart is right; they put their trust in the Sovereign One. Their heart is established and will not shrink, until they see their desire upon their enemies. They have given freely to the poor, and their righteousness stands fast for ever; they will hold up their head with honor.

Moment of Silent Reflection

Sermon

A Time of Prayer *Be Still and Know that I Am God*



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 Instrumental cover of *Cold as Ice* by Foreigner

*Response *Praise God Whose Many Names Abound*

**Praise God whose many names abound;
Our Peace, our Rock, Our Holy Ground,
Our Home, our All, Earth's Majesty,
Love, Spirit, Light and Mystery. Amen**

*Prayer of Dedication

Holy One of abundance, we bring these gifts as small grains of salt and flickers of light - ordinary offerings, made meaningful by love. Season them with your justice. Illuminate them with your hope. Use what we share to heal what is broken, to welcome those pushed aside, and to brighten places grown dim. May these gifts, and our lives with them, add flavor to compassion and light the way toward your beloved community. Amen.

*Song of Parting *Bring Forth the Kindom* | #2190 *Blue Songbook*



1. You	are	salt	for the earth,	O	peo-ple:	Salt	for the
2. You	are	a light	on the hill,	O	peo-ple:	Light	for the
3. You	are	a seed	of the Word,	O	peo-ple:	Bring	forth the
4. We	are	a blest	and a pil - grim	peo-ple:	Bound	for the	



Kin - dom	of	God!	Share	the	fla - vor	of	
Cit - y	of	God!	Shine	so	ho - ly	and	
Kin - dom	of	God!	Seeds	of	mer - cy	and	
Kin - dom	of	God!	Love	our	jour - ney	and	



life,	O	peo - ple:	Life	in	the	Kin - dom	of	God!
bright,	O	peo - ple:	Shine	for	the	Kin - dom	of	God!
seeds	of	jus - tice,	grow	in	the	Kin - dom	of	God!
love	our	home-land:	Love	is	the	Kin - dom	of	God!

Refrain

Bring forth the Kin-dom of mer-cy, bring forth the

Kin-dom of peace; bring forth the Kin-dom of jus-tice,

bring forth the Cit-y of God! _____

***Benediction**

***Announcements**

***God's Light Goes Forth**

Annual Budget Meeting

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](#). 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

Amendment 3: Know the Truth. Protect Abortion!

Monday, February 9 | 7pm | B'nai Amoona, 324 S. Mason Rd., St. Louis, MO
Join Congregation B'nai Amoona and the NCJWSTL Path Coalition to hear our very own Dana Sandweiss speak about the new Amendment 3 and what you need to know to protect abortion rights. RSVP date has passed, but if still interested, you're welcome to try signing up by emailing jkbernstein314@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 next meeting is **Tuesday, Feb 10**. This will be our second session on the book *Lula Dean's Little Library of Banned Books* by Kirsten Miller and we will be discussing Chapters 24 to end of book. 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 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.

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

Thursday, Feb 12 | 6pm | Zoom ID: 852 4980 9914 Passcode: 886683

Parkway UCC is offering a limited 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.

We'll be engaging with Section 2: Contextual Background next.

Click or scan QR code to get a copy. Let Gabriel Requadt know you'll be attending by emailing him at [**gabriel@parkwayucc.org**](mailto:gabriel@parkwayucc.org)



Faith Perspectives An Interfaith Conversation about Reproductive Justice

Saturday, February 14 | 9am | Shaare Emeth, 11645 Ladue Rd., St. Louis, MO

Join members of the Access MO Clergy Advisory Board for an interfaith panel discussion about reproductive rights and beliefs from different faiths.

The panel will include Rev. Kevin Cameron, Rabbi Andrea Goldstein, and Rev. Deborah Krause, and will be moderated by Access MO President & Co-Founder Dana Sandweiss.

Please park in the north parking lot and enter through the North Lobby. Coffee, tea, and light breakfast snacks will be served at 9am. Conversation begins at 9:30am.

Scan or click QR code to register.



Speaker Series Occasional opportunities after worship at 11:15am "Growing Up in St. Louis over the Last Century," by Ron Elz, aka Johnny Rabbitt.

Sunday, February 15 | 11:15am | Heritage Room

History comes alive with this program by St. Louis radio legend, Ron Elz, also known as Johnny Rabbitt. Mr. Elz was the first to use the Johnny Rabbitt moniker and helped popularize the name during the 1960's at the radio station KXOK. After some time away from the Rabbitt persona, Mr. Elz resumed using the Johnny Rabbitt name in 1975 and since has hosted the classic oldies show Route 66 on KMOX. He also has continued his legacy by presenting programs that explore interesting and novel nostalgic times in the River City.

What makes nostalgia so powerful? It's because of its bittersweet quality - a mix of happy recollections and a slight sadness for what is lost. Join us as Johnny/Ron takes us down memory lane with stories, legends and myths, fun photos, some trivia, and a few quips and jokes. Questions? Richard Scherrer at [**90fivetpr@gmail.com**](mailto:90fivetpr@gmail.com)

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 *The Lion Women of Tehran*, a novel by Marjan Kamali, in 3 sessions on February 17, March 3, and March 17. We'd love to have you! The book is a heartfelt, epic novel of friendship, betrayal, redemption, and the struggle for women's rights set against three transformative decades in Tehran, Iran. Fellowship starts at 1:45pm and the book discussion is from 2-3pm. For more info, please contact Jackie Eiffert at jeiffert2@gmail.com

Experience Ramadan at our annual Intertwine Interfaith Iftar!

Saturday, February 21 | 5:15-7:30pm | Parkway UCC

Share a delicious meal prepared by our friends from TASOM and learn about fasting and other Ramadan traditions. This is a meaningful opportunity to celebrate varying perspectives as well as the similarities that unite Muslims, Jews, and Christians.

Questions? Please reach out to Lisa Mason
lmason624@sbcglobal.net or Paige
Penico andipaige@hotmail.com

Click or scan QR code to Register.



Reproductive Healthcare Discussion Groups Small Group Discussions for women & men in the Heritage Room

Tuesday, February 24 from 7-8:30pm

Saturday, February 28 from 2-3:30pm

Our Church Council recently adopted several UCC General Synod Resolutions. One includes affirming the right of all people to access reproductive health care and that the choice to have and care for children is a sacred decision which should not be forced on anyone. Parkway is facilitating several opportunities to learn more about the political, personal, medical and family well-being implications of this issue.

Two small group discussions, each limited to 8 participants, on **Tues, Feb 24, 7-8:30pm**, and **Sat, Feb 28, 2-3:30pm**, will be facilitated by Ruth Huebner, PhD in Psychology & former child welfare research consultant for the US Children's Bureau. The purpose is to provide men and women the opportunity to share their views and experiences of reproductive healthcare. On **Saturday, March 21, 3-4:30pm**, in the Heritage Room, Ruth will present and lead discussion to build understanding of reproductive healthcare decisions in the context of families -- the possibility of medical complications, the long-term commitment of effective parenting, potential family challenges. RSVP to 827mariani@gmail.com or click or scan QR code for all these programs.



On **Sunday, March 1**, in the Heritage Room after worship, Lisa Williams will lead a program addressing “Who should make decisions about reproductive health?” Lisa is the St. Louis County organizer for Abortion Action Missouri. She has a Master of Divinity from Eden Seminary and a law degree from Washington University.

Go AWOL this Winter – Adventurous Women Out Late

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.



Coffee and Conversation at Panera

Monday, February 23 | 10am | 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, March 25 at 2pm

Tuesday, May 12 at 2pm

Friday, April 17 at 10am

Monday, June 29 at 7pm

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

Join With the Adventurers As We Head to Rawlings

Wednesday, February 25 | 10am-1:30pm | 462 W. Port Plaza Dr., 63146

Please join the Parkway Adventurers as we head to the Rawlings Experience in Westport Plaza. We'll meet at church at 9:30am for carpooling, or at Rawlings at 10am. We'll have lunch at a nearby restaurant TBD. From Rawlings' Webpage: "Rawlings, the number one baseball brand worldwide and creator of the iconic Rawlings Gold Glove Award, offers sports fans and athletes a truly memorable, immersive experience at its new world headquarters location. Visitors can swing the latest Rawlings bats, design their own custom glove, or explore priceless artifacts highlighting the game's greatest moments and careers." Everyone is welcome. Please come and meet some new Parkway friends! Contact Jackie Eiffert for questions and to RSVP, **jeiffert2@gmail.com**

Gospel Roots A Black History Month Celebration

Friday, February 27 | 7pm | Central Baptist Church

Back for an encore performance after last year's acclaimed debut, "Gospel Roots" is a powerful Black History Month concert celebrating the Black community's rich cultural heritage, history, and resilience through music and song. The concert features uplifting gospel performances by the 60-voice Community Gospel Choir, honoring the struggles and triumphs of Black Americans throughout history.

"Gospel Roots" commemorates Black history and celebrates the enduring power of music as a tool for bringing together our community.

This concert is free, but they are asking you to reserve your general admission seat and donate what you can per seat. They need your support to keep presenting this great music as a gift to the community. ***Last year's concert was standing room only, so reserve your seats now by clicking or scanning QR code.***



St. Pat's Dinner Come Support Habitat for Humanity

Saturday, February 28 | 4-7pm | Samuel UCC

Please bring family and friends! Call the church office for tickets 314-727-9540, or purchase at the door. If you can't make it, please consider sending a contribution! Tickets are \$20. Kids 6-10: \$6. Special thanks to the Kern Meat Company and others. Every cent goes to Habitat for Humanity!

February Alzheimer's News

There are positive results from the U.S. POINTER Study - The Alzheimer's Association U.S. Study to Protect Brain Health Through Lifestyle Intervention to Reduce Risk (U.S. POINTER) showed that lifestyle changes can help protect brain health in older adults at risk of cognitive decline. More than 2,000 older adults from diverse backgrounds across the country took part in this groundbreaking study investigating how a lifestyle program can benefit brain health. Participants were placed in two groups: a structured group or a self-guided group. Findings showed that both groups improved their brain health, but the structured group improved even more – demonstrating the importance of support and accountability. By the end of the study, participants in the structured program performed like people who were one to almost two years younger in age.

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**

Camp MoVal Trivia Night

Friday, March 6 | 6pm | St. Peter's UCC; Washington, MO

Get your kicks on Route 66 at a fun-filled Trivia Night benefiting Camp Moval! Join the fun at St. Peter's UCC, Washington, MO. Doors open at 6pm, with the first question at 7pm. Cost is **\$25 per person** (tables of 8), including soft drinks, beer, and wine. Presented by the Grape Country Cluster of UCC Churches.

For registration, donations for the silent auction, or more information, contact Jeff Remelius at **Bembemchurchpastor@gmail.com** or **573-437-3698**.

FUNDrive—Help Support Two Causes!

We encourage Parkway members and friends to join the Parkway Eco Stewards' FUNDrive, which is collecting clothing and household items. By participating, you will recover space, shoppers will find bargains, and the world will benefit from lower carbon emissions.

We accept the following materials: clothing, household textiles, small household goods, books, and media. Bags and boxes will be accepted until **March 8**, with funds going towards the Youth Group Mission Trips and Eco-Stewards Pollinator Garden. 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/>]

Girl Scout Cookie Sales

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

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.

Prayer List

Wednesday, February 4, 2026

Celebrations

The Baptism of **Payton Josephine Nienhaus**, daughter of Justin Nienhaus and Becca Palmgren (former PUCC Nursery Attendant).

Concerns

Clara Zander and family as she heals from last week's eye surgery.

Carol and Harold Cobb - as she recuperates from hip surgery.

Ellie Svenson - as she continues to grieve and give thanks for Howard.

Diane Doty - cancer diagnosis; care plan being created (Grant's mom).

Marianne - courage, strength, wisdom (Marilyn McDougall's sister)

The grief and groaning of Minneapolis and the nation over ICE.

Ongoing chaos/grief in the Middle East - including Iran.

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

Alex Wiseman - living with autoimmune challenges; new doctor appts.

Roger - lung failure (nephew/cousin of the Pleis-Eiffert family).

Edward Calcaterra - living with esophageal cancer (Litzinger).

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

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

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

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

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; healing after 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 [birthday: 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.

Both Straps On

Phiwa Langeni

[Jesus said,] “Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest. Put on my yoke, and learn from me. I’m gentle and humble. And you will find rest for yourselves. My yoke is easy to bear, and my burden is light.” - Matthew 11:28-30 (CEB)

Back when I was a teen, I used to wear my backpack slung over one shoulder, the bulk of the bag sliding halfway down my back. It supposedly looked cooler that way. Never mind the inconvenient readjusting or constant aches it put on my shoulder and back.

As the years went on, I learned the painful way that sustainability beats cool every time. Both straps on. Properly adjusted. Snug against my back. Turns out, backpacks work much better when used as designed to distribute the weight correctly.

And I haven’t gone back to using the single strap method since. The shift was permanent and simple, because it had nothing to do with my willpower or discipline. I finally came to understand what my body knew all along: I wasn’t made to carry things a certain way. Fighting against that design only left me in pain.

Jesus offers us a yoke. Not because we’re beasts of burden, but because yokes are designed for sharing weight between two. They fit. They balance. They turn solo struggling into partnered movement.

When we finally adjust both straps, when we finally accept the support we were designed to receive, our posture changes. While the weights never go away, the carrying of them changes. We stop performing independence and start experiencing the gentle, humble presence of Jesus redistributing what we cannot bear alone.

Responsibility is inevitable. And because of the Presence of proper support, rest is possible.

Prayer

Teach us to carry well, Jesus. Help us accept the yoke that fits instead of the burden that breaks. Amen.

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

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



TODAY in Sunday School

Jesus performs two miracles, including one from a distance. These miracles show Jesus to be the Messiah (John 4:46-54 [5:1-18]).

THE POINT

We are to open our eyes to see and hearts to believe.

BIBLE NUTS & BOLTS

What do miracle stories teach us about Jesus? The miracle stories can be divided into three groups. Healing stories contain accounts of a person with an identified need, Jesus' words or actions (touching the ill person or commanding the person to do something, such as walk), and the final healing of the person. Exorcisms are similar to healings but involve a personified evil, such as a demon. Natural miracles are those stories in which Jesus exerts power over nature, such as calming the sea or multiplying the loaves and fish. These miracles tell the stories of Jesus' compassion for those in need, his power over the forces of evil, and his command over nature.

STORY SUMMARY

As Jesus and the disciples return to Cana, a royal official approaches Jesus and asks him to travel with him to Capernaum to heal his son. Without even traveling, Jesus tells the man that his son has been healed. The man believes Jesus, and when he returns home, he finds that his son was healed at the very moment that Jesus spoke those words to him. Jesus then heals a man on the Sabbath, causing disagreements with religious officials. This man had been waiting to be healed when he encounters Jesus. Instead of going through the ritual at the pool for healing, Jesus simply speaks, commanding him to pick up his mat and walk, and this man is healed.

PRACTICE: Fellowship

John's Gospel calls Jesus' miracles "signs." However, most people never experience something as dramatic as the sudden and complete healing of an illness. Discuss as a family how you might see a sign of Jesus' touch even without a supernatural miracle. Each day, share one way you have seen or experienced Jesus' touch.

NEXT WEEK in Sunday School

Jesus performs another miracle by healing a man on the Sabbath who was born blind, causing division and doubt within the Pharisees (John 9:1-41).

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



GOING DEEPER

As you hear and study these stories each week, consider what God has to say to you and your family. What is God's message to us? Consider the following basic pattern as a way of forming family devotions:

- ❖ Light a candle to help you focus this time as "God time." Pray a simple prayer together.
- ❖ Take a moment to check in with each other; what are each person's "highs" and "lows" today?
- ❖ Read aloud from the Daily Bible Readings from below. Discuss the questions following each.
- ❖ End with a blessing, by simply tracing a cross on each other's forehead. The Lord's Prayer is a good way to end your devotion time. If you used a candle, extinguish it as a sign of the end of the devotions.

Note: This is only a suggested pattern. It will vary with your household's context and patterns. What works best for you? First thing in the morning? Over breakfast? Bedtime? Be creative and flexible with how you practice and keep your devotions!

DAILY BIBLE READINGS

SUNDAY: John 4:46-54

Jesus heals an official's son from a long distance. What is a miracle? Have you or someone you know experienced a miracle?

MONDAY: John 5:1-18

Jesus heals a man on the Sabbath, causing problems with the religious leaders. Why are the religious leader so upset when they think Jesus is working on the Sabbath?

TUESDAY: John 5:19-29

Jesus' authority comes from God. Jesus says that he is acting just like the Father does. What actions does Jesus say he copies from God?

WEDNESDAY: John 5:30-47

Jesus describes John as a light and one who points to Jesus. Scripture also testifies about him. What does Jesus testify about? What is your testimony about Jesus?

THURSDAY: John 6:1-15

Jesus feeds over 5,000 people with one boy's lunch. What do you think the Gospel writer is trying to teach us with this story?

FRIDAY: John 6:16-21

Jesus walks on water, initially frightening his disciples. Why were the disciples terrified?

SATURDAY: John 8:12-20

Jesus is the light of the world, but the leaders do not believe him. What do you think it would have been like to be someone in that crowd?