





www.parkwayucc.org

March 8, 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.

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 Sue Moellering.

Flowers are given by Sue and Nick McMillon in celebration of St. Patrick's Day.

Treats provided by Karen Mariani.

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

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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

3/8 Jeff Downing

3/11 Jameson Tallyn

Anniversaries

3/13 Melanie & Todd Muchnick

3rd Sunday in Lent

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

Prelude *Etude No. 22* by David Popper + *Rain is Falling* from children's curriculum *Making Music Playing Twice*, transcribed for piano

Welcome Let us know you are here!

Meditation The lesson here is clear: If you want people to understand that you value their contributions and that they are important, the recognition and praise you provide must have meaning that is specific to each individual.
~Tom Rath

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 *Lead Me, Guide Me*

Lead me, guide me, a - long the way,
for if you lead me, I can - not stray.
Lord, let me walk each day with thee.
Lead me, O Lord, lead me.

The musical score is written on four staves in 3/4 time with a key signature of two flats (Bb and Eb). The lyrics are placed below the notes. The first staff contains the first line of the song. The second staff contains the second line, with a triplet of eighth notes under 'if you lead me'. The third staff contains the third line, with a triplet of eighth notes under 'let me walk'. The fourth staff contains the final line, ending with a long horizontal line indicating a continuation of the melody.

Scripture John 4:5-42 | Common English Bible

Jesus came to a Samaritan city called Sychar, which was near the land Jacob had given to his son Joseph. Jacob's well was there. Jesus was tired from his journey, so he sat down at the well. It was about noon.

A Samaritan woman came to the well to draw water. Jesus said to her, "Give me some water to drink." His disciples had gone into the city to buy him some food.

The Samaritan woman asked, "Why do you, a Jewish man, ask for something to drink from me, a Samaritan woman?" (Jews and Samaritans didn't associate with each other.)

Jesus responded, "If you recognized God's gift and who is saying to you, 'Give me some water to drink,' you would be asking him and he would give you living water."

The woman said to him, "Sir, you don't have a bucket and the well is deep. Where would you get this living water? You aren't greater than our father Jacob, are you? He gave this well to us, and he drank from it himself, as did his sons and his livestock."

Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks from the water that I will give will never be thirsty again. The water that I give will become in those who drink it a spring of water that bubbles up into eternal life."

The woman said to him, "Sir, give me this water, so that I will never be thirsty and will never need to come here to draw water!"

Jesus said to her, "Go, get your husband, and come back here."

The woman replied, "I don't have a husband."

"You are right to say, 'I don't have a husband,'" Jesus answered. "You've had five husbands, and the man you are with now isn't your husband. You've spoken the truth."

The woman said, "Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you and your people say that it is necessary to worship in Jerusalem."

Jesus said to her, "Believe me, woman, the time is coming when you and your people will worship God neither on this mountain nor in Jerusalem. You and your people worship what you don't know; we worship what we know because salvation is from the Jews. But the time is coming - and is here! - when true worshippers will worship in spirit and truth. God looks for those who worship this way. God is spirit, and it is necessary to worship God in spirit and truth."

The woman said, "I know that the Messiah is coming, the one who is called the Christ. When he comes, he will teach everything to us."

Jesus said to her, "I Am - the one who speaks with you."

Just then, Jesus' disciples arrived and were shocked that he was talking with a woman. But no one asked, "What do you want?" or "Why are you talking with her?" The woman put down her water jar and went into the city. She said to the people, "Come and see a man who has told me everything I've done! Could this man be the Christ?" They left the city and were on their way to see Jesus.

In the meantime the disciples spoke to Jesus, saying, "Rabbi, eat."

Jesus said to them, "I have food to eat that you don't know about."

The disciples asked each other, "Has someone brought him food?"

Jesus said to them, “I am fed by doing the will of the one who sent me and by completing this work. Don’t you have a saying, ‘Four more months and then it’s time for harvest’? Look, I tell you: open your eyes and notice that the fields are already ripe for the harvest. Those who harvest are receiving their pay and gathering fruit for eternal life so that those who sow and those who harvest can celebrate together. This is a true saying, that one sows and another harvests. I have sent you to harvest what you didn’t work hard for; others worked hard, and you will share in their hard work.”

Many Samaritans in that city believed in Jesus because of the woman’s word when she testified, “He told me everything I’ve ever done.” So when the Samaritans came to Jesus, they asked him to stay with them, and he stayed there two days. Many more believed because of his word, and they said to the woman, “We no longer believe because of what you said, for we have heard for ourselves and know that this one is truly the savior of the world.”

***Call to Worship**

One:	Come, all who thirst - for living water flows here.
Many:	We come, seeking life that quenches more than our bodies.
One:	Come, all who carry burdens of shame, doubt, or exclusion.
Many:	We come, drawn by the voice that says, “You are seen. You are welcome.”
One:	Come, all who long for justice, peace, and understanding.
Many:	We come, ready to listen, to question, to grow, and to share God’s love.
One:	Here, at the well of Christ, we find hope in unlikely encounters and new life in unexpected places.
Many:	Let us drink deeply, let us speak boldly, and let us go to share the water that never runs dry.
One:	Here we are met by the One who breaks barriers, opens hearts, and invites all to belong.
All:	Let us worship our God together - Creator, Christ and Spirit.

***Song** *I've Got Peace Like a River* | #368 Red Hymnal



1. I've got peace like a riv - er, I've got peace like a
2. I've got joy like a foun-tain, I've got joy like a
3. I've got love like an o - cean, I've got love like an



riv - er, I've got peace like a riv - er in - a my
foun-tain, I've got joy like a foun-tain in - a my
o - cean, I've got love like an o - cean in - a my



soul. I've got riv - er in - a my soul.
soul. I've got foun-tain in - a my soul.
soul. I've got o - cean in - a my soul.

***Lenten Candles** Questions Shape Us...

Where do you get that living water?

We lit seven candles on Ash Wednesday as we embarked on this Lenten journey. We want the light of the Holy to illumine our path as we seek to be the words and ways of Jesus. We commit to being infused by the Spirit as we travel. Even as we know this is good and important work, we recognize that it isn't easy - and we will come upon the shadow side of humanity and some of our own unique darkness.

We extinguish one candle each time we worship this season, acknowledging that this can be tough and exhausting work. As we approach the desertion and depletion of Good Friday, we also prepare ourselves for the dawn and love of Easter morning... the light and love of God that never goes out.

***Prayer at the Candles**

Holy One, as we make this Lenten journey alone and together, we bring the questions that shape us, including: What are my limits? How can we be born anew? Where do we find living water? Who is to blame? Can these bones carry us? What do we believe? Who is this Jesus washing our feet? Why are we forsaken? Whom are we looking for? Who will roll the stone away? You meet us not with easy answers but with invitation - to new awareness that adds momentum to love, to heightened senses and unsealed wells, to dry bones moistened, to burdens seen through compassion, to stones rolled away in hope. In this season of deconstruction and rebuilding, letting go and beginning again - lead us, guide us. Lift our eyes to the hills, steady our steps in the valley, and make us brave enough to ask, humble enough to listen, and bold enough to follow. Form us into people oriented to justice, thirsting for mercy, alive in resurrection. Amen.

***Response** *Were You There When They Questioned?*

Were you there when they questioned Jesus Christ?
Were you there when he asked them questions too?
Oh, sometimes it causes me to wonder, ponder, discern.
Be with us as we question and respond.

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 2nd grade will then go to Room 12, children from 3rd to 5th grade will stay in Room 13, 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 back upstairs after class.

Blessing the Children *Weave*
Weave, weave, weave us together
Weave us together in unity and love,
Weave, weave, weave us together
Weave us together, together in love.

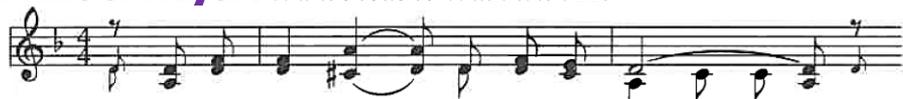
Scripture Exodus 17:1-7 | NRSVUE

From the wilderness of Sin, the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water, and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do for this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

Moment of Silent Reflection

Sermon

A Time of Prayer *I Want Jesus to Walk with Me*



1. I want Je - sus to walk with me; (Walk with me)
2. In my tri - als, Lord, walk with me;
3. When I'm in trou - ble, Lord, walk with me; When



I want Je - sus to walk with me; (Walk with me)
In my tri - als, Lord, walk with me;
I'm in trou - ble, Lord, walk with me;



All a - long my pil - grim jour - ney,
When my heart is al - most break - ing,
When my head is bowed in sor - row,



1.2.3. Lord, I want Je - sus to walk with me. (with me)

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.]

Mission Moment 2nd Mile Lent/Easter Cindy Changyit-Levin

Heifer Int'l | Lydia's House | Unleashing Potential | **Bread for the World**

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 Improvisation on *Nothing Left to Show* by Hawk Nelson

***Response** *Praise God from Whom All Blessings Flow* | #593 Red Hymnal

Musical score for the hymn "Praise God from Whom All Blessings Flow". The score is written on a single treble clef staff in 4/4 time, with a key signature of one flat (B-flat). The melody is simple and hymn-like. The lyrics are: "Praise God, from whom all blessings flow; Praise God, all creatures here be-low; Praise God a-bove, ye heaven-ly host; Praise Fa-ther, Son, and Ho-ly Ghost. A - men. A - men." The lyrics are placed below the notes, with hyphens indicating syllables that span across multiple notes.

***Prayer of Dedication**

Holy One, we come to You with open hands and thirsty hearts. You meet us in our need, providing life even in the driest places. Bless these gifts and use them to bring justice, hope, and compassion to a world that longs for Your living water. May we, like Moses at the rock, be instruments of Your love, sharing sustenance, courage, and faith wherever we go. Amen.

***Song of Parting** *The Water God Gives Us* by Carolyn Winfrey Gillette
(tune: *How Firm a Foundation*)

The water God gives us in wondrous supply
Is water that's living and never runs dry.
For everyone drinks and is thirsty again,
But God's living water gives life without end.

O God, we confess that we seek empty things;
We strive after wealth and the comfort it brings.
We buy things in hopes that our spirits will soar
Yet still we are thirsty and left wanting more.

Then just like that woman who went to the well,
We hear you, O Christ, and the truth that you tell.
You know who we are and you know what we've been;
You know us and love us in spite of our sin.

The gift that you give is the greatest of wealth;
You give living water! You give us yourself!
May we, like that woman, go back where we live
And tell those we know of the life that you give.

*Benediction

*God's Light Goes Forth

***Music for Going Forth** *Forgive Me* by Nadeem Mohammed, transcribed for pipe organ

After the service on the Third Sunday of the month - next week - we will have a choir/instrumentalist practice for Easter! In the future, third Sundays will be an opportunity for anyone to come sing the hymns scheduled for the next month. This is an effort to become a congregation that sings with more umph! Questions? Please contact amy@parkwayucc.org or kevin@parkwayucc.org

Annual Chili Cookoff/Brownie Smackdown sponsored by PUC Youth to raise funds for mission week

TODAY | 11:15am | Fellowship Hall

LET'S GET READY TO RUMBLE!!!! It's time for our annual Chili Cookoff/Brownie Smackdown! The event is **today**, happening closely before St. Patrick's Day weekend, following the worship service. \$5 for event.

So, we hope you're wearing your green, and you brought your best chili and/or brownies, and with a wee bit o' luck, you will be the 2026 champion and receive the coveted trophy (ribbon for the brownies) and braggin' rights for the next year!

This is a fundraiser for the youth to raise money for their annual mission projects; so come out, support our youth, and enjoy some fun, fellowship and good-natured competition!

Faith Communities & Immigration Detention... **From Understanding to Action**

TODAY | 1-2:30pm | 11645 Ladue Rd, St. Louis 63141

What is happening inside the U.S. immigration detention system-and what can communities of faith do in response? In this session, immigration expert Professor Austin Kocher offers a clear overview of how the U.S. immigration detention system's enforcement trends and detention conditions and the people most impacted. Professor Kocher grounds the conversation in evidence, helping participants understand the scale and human consequences of detention in the U.S. The session will also highlight how faith communities across the country are responding to this moment-through accompaniment, advocacy, rapid response, and moral witness. Participants will be invited to consider immigration detention and enforcement as deeply moral and spiritual questions. Time will be reserved for dialogue and discussion. This event is open to the community and is sponsored by Congregation Shaare Emeth and the Jewish Community Relations Council of St. Louis. Registration for each attendee is required by scanning or clicking QR code.



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

Tuesday Evening Dialogue

2nd and 4th Tuesdays | 6-8pm | Heritage Room
Zoom Meeting ID: 849 4403 9731; Passcode: 792617

Please join us as we continue our discussion on the book *Dinners with Ruth* by NPR's Nina Totenberg. This book is a memoir and covers the author's experiences as a young reporter starting out and moves through her life including her long friendship with Ruth Bader-Ginsberg. Please read up to chapter 13 for our next session on **March 10**. Bring a dish to share for the pot luck & join us for our next book conversation! Newcomers 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.

FUNDrive Loading/Unloading Parties

Please save the date for loading at the church on **March 13 at 4:30pm** and unloading at Savers in Ellisville on **March 14 at 1 pm**; we'll need help, vehicles (limit of five for drop-off), and possibly additional trucks depending on final totals. Thank you for your continued support!

Film & Discussion with St. Lucas UCC Social Justice Ministry

Saturday, March 14 | 10:30am | 11735 Denny Rd.

Father Gerald Kleba, a St. Louisan and a priest for over fifty-five years, takes you on a Black History Tour of St. Louis, MO. He highlights the role the Catholic Church played in the complex development of this city founded twelve years before the United States.

They will be joined by Father Gerald Kleba, who is featured in the film, and director Tony West for a discussion and Q&A. They will also have pizza following the film and discussion.

Questions? Contact Dan Herron at 314-616-9808.

Get Out the Vote Postcards

Sunday, March 15 | 11:15am | Gathering Space

We're gathering to write postcards from Informed Voters of America (an initiative of Postcards to Swing States) to our neighbors in Iowa ahead of their June 2, 2026, primary. Card writers follow a provided short script; addresses are provided, too. Postcards, pens, and stamps are provided but any donation to offset postage is appreciated. Can't stay after church? Pick up a pack of 5 or 10 postcard/addresses to take home (you are responsible for postage). Cards must be mailed on April 2, 2026. Questions? Contact Deb Reinhardt deborahreinhardt@att.net

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 one more session on **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

Go AWOL this Winter—Adventurous Women Out Late



Friday, March 20 @5:30pm Dinner and Oscar-nominated Film. Dine at Pierce Creek then enjoy an acclaimed movie (TBA) around the corner at AMC Crève Coeur. Please RSVP by clicking or scanning QR code so we know how many tickets to purchase. (Carmen will purchase tix and you can Venmo her or give her cash.)

Reproductive Healthcare

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 has facilitated several opportunities to learn more about the political, personal, medical and family well-being implications of this issue. We have one more coming up!

On **Saturday, March 21, 3-4:30pm**, Ruth Huebner, PhD in Psychology & former child welfare research consultant for the US Children's Bureau, will present and lead a 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 this program.



Speaker Series Occasional opportunities after worship at 11:15am

“The Psychology of Gun Violence: How Smart Choices Can Save Lives,” by Professor Janet S. Hyde.

March 22 | 11:15am | Heritage Room

Professor Hyde's presentation will update the audience on the gun debate and other insightful views on the subject not generally known to the public.

Among many accolades throughout her professional life, Professor Hyde received the Ernest R. Hilgard Lifetime Achievement Award presented by the American Psychological Association in 2016. She is also active in a national organization called "Every Town for Gun Safety." Please attend and keep yourself informed on matters that can be life or death. Our thanks to Nancy Litzinger for introducing Professor Hyde to the Speakers Series staff

Questions? Richard Scherrer at gofivetpr@gmail.com

Fun Items Needed for Easter Morning Egg Hunt!

During this year's Easter Morning Egg Hunt happening April 5, children will collect eggs filled with prize tickets, then visit a store to trade tickets for fun items! We're seeking new or like-new donations (valued at \$5 or less) for babies through 5th grade - no food, please. Ideas include books, fidget toys, and other kid-friendly goodies. Please place donations in the "PUCC Egg Hunt" basket in the Gathering Space by **March 22**. Questions? Contact Ingrid Scharf at scharf.ingrid@gmail.com. Thank you!

Prayer Corner an opportunity to pray with someone

Tuesday, March 24 | 3-5pm | 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:

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

Coffee and Conversation at Panera

Wednesday, March 25 | 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: Tuesday, May 12 at 2pm; Friday, April 17 at 10am;

Monday, June 29 at 7pm

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

2026 Community Easter Egg Hunt

Saturday, March 28 | 9:30am | Parkway UCC

This hunt is open to the community. It is a fun and fast event that both kids and adults enjoy. Over 300 eggs are stuffed every year so we are looking for donations of both plastic easter eggs and candy. We need

"fun bun" volunteers to both hide eggs outdoors, and inside helping with activities and taking photos. We also need someone to be the "Big Bun" this year. Sign-up either by click or scanning QR code or in the Gathering Space. Questions? contact the "fun bun crew" organizer, Karen Mariani ksmariani59@gmail.com



Easter Ferns for Sale

There will be 15 fern hanging baskets for sale to decorate the sanctuary on Easter. Please sign up on One Church, pay on the site or put \$20 in the collection plate with a notation of 'FERN'. The ferns may be taken home after worship on Easter morning. There will be not be a sign-up poster in The Gathering Space. Questions? Contact Carol Cobb ccjacob@aol.com

Spring Friendship Dinners

Spring is right around the corner, and so are Friendship Dinners. Sign up in The Gathering Space to be a host or guest. Hosts can also sign up to be a guest at another dinner.

We will also have a Family Friendly Potluck for families with children. This will be held at the church playground after Sunday service on April 26. More details to follow.

Dinner host volunteers should indicate how many guests they will invite. The Friendship Dinner team will organize the dinners at the end of March. The host provides the main dish, and guests bring a side dish or dessert. The host can also decide on a Dutch dinner at a local restaurant. Please look for the signup sheet at the Gathering Space or by scanning or clicking the QR code, or contact Cindy Wessel to sign up at cindywessel@yahoo.com by **March 22**.



St Louis County Emergency Legislative Town Hall Meeting

Thursday, March 12 | 6-7:30pm | Parkway UCC

Here in Missouri, we show up for each other, no matter what we look like, who we love, or how much is in our wallets. But certain politicians have shown us that they care more about corporate welfare than the welfare of the people.

WE ARE WORTH MORE. Join this statewide coalition of organizations supporting this meeting which include: Abortion Action MO;

MO Workers Center (low-wage workers, black, white and brown, urban and rural standing together across the state of Missouri to fight racism and win economic justice for all); MO Jobs with Justice (for an Economy and Democracy that works for ALL of us. So that we each have what we need from

cradle to grave); Indivisible and Indivisible St. Louis; Service Employees International Union, Missouri — SEIU Local 1

Together - regardless of races, genders, or backgrounds - we will demand a state budget that respects the will of the people, invests in our futures, and makes the welfare of the people the supreme law.

Sign up: <https://tinyurl.com/3afa6e94>

Respect MO Voters: Sign, Volunteer, Donate 60 Days to Get 100,000 Signatures!

Many have signed Respect MO Voter's petition for a ballot initiative to secure and strengthen the initiative petition process in Missouri which is currently under attack by our legislature. Our time is running out to get the required number of signatures and are in great need of volunteers and signatures immediately. This petition is nonpartisan. Will you give a few hours to help protect initiative petition rights for all Missouri voters? If we sit this one out, the right could be taken forever. If we act now, we can preserve it. Let's not look back and wish we would have done more. Please sign up at respectmovoters.org/join or contact Michelle Singer (mrsinger71@gmail.com) or Cindy Nouri (cynthianouri@gmail.com).

March 2026 Alzheimer's News A Cup or 3 of Caffeinated Coffee May Reduce Dementia Risk: Study Finds

A study published in February suggests that drinking caffeinated cups of coffee or tea could help reduce the risk of developing dementia.

Researchers tracked nearly 132,000 healthy adults for up to 43 years and found that people who regularly drank two to three cups of caffeinated coffee, or one to two cups of caffeinated tea per day had a lower dementia risk than those who drank little or none.

Among the participants, individuals who drank the most caffeinated coffee had about an 18% lower risk of dementia compared to low or non-drinkers. For tea drinkers, those with the highest intake had a 14% lower risk than those who drank the least.

Lead author Yu Zhang cautioned against making any sudden changes. "We are not recommending that people who don't drink coffee or tea start drinking. We are just seeing that for people who already drink coffee or tea, the results are really reassuring," he said in a statement to NBC News.

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**

Holy Week and Easter

Palm Sunday: March 29 at 10am. This is a Fifth Sunday of the month, so expect palms in the cross and something unique to celebrate this exciting day. The people said, "Who is this?" as Jesus entered Jerusalem.

Maundy Thursday: April 2 at 6pm. We will move with the disciples ... share a simple soup supper around tables in the Gathering Space, go into the sanctuary for scripture about communion and foot washing, sing a bit and then finish our evening outdoors like Jesus and the disciples did. (We are looking for a couple of people who would be willing to coordinate the supper.)

Good Friday Prayer Service: April 3 at noon in the Historic Sanctuary.

Good Friday Evening: April 3 at 7pm in the Sanctuary. We will hear Jesus ask, "God, why have you forsaken me?"

Easter Prayer Vigil from the close of Good Friday worship for 36 hours. We are asking for people to be our PUCC prayer partner in one hour slots. Please sign up - <https://pucc.onechurchsoftware.com/public/events/20140>

Easter Sunrise: April 5 at 6:30am in the cemetery behind the Historic Sanctuary. The angels and Jesus ask the women some questions.

Easter Worship: April 5 at 10am. The women ask, "Who will roll the stone away for us?" and we wonder what the disciples will do next.

Questions? Please reach out to kevin@parkwayucc.org

Prayer List

Wednesday, March 4, 2026

Celebrations

Nathan Rauscher and Jo Patterson – newlyweds!
ONA Convocation here this weekend.

Concerns

Dwyers - Leah's mother's serious head injury; Jeff's broken leg.
Rita Holly (Nouri) - waiting for a heart transplant (Cindy Nouri).
Michael Tappy - as he needs a heart transplant (Schmelig).
The grief and groaning of Minneapolis and the nation over ICE.
Ongoing chaos in the Middle East - including the people of Iran.
The continuing war with Ukraine and Russia.
Our St Louis neighbors finding their way after tornado in May.

Continuing

Alex Wiseman - living with autoimmune challenges; new doctor appts.
Christopher Haack - healing small fractures, ligament injury in foot.
Diane Doty - hospice care after cancer diagnosis (Grant's mom).
Carole Gwyn - ongoing health issues (David's mother).
Randy Cosby - healing as multiple myeloma has returned (Reinhardt).
Marilyn Zucker - healing after a fall and hip surgery (Litzinger).
Ed Calcaterra - optimistic as immune therapy commences (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 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).
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).
Pam and David - divorced after 55 years of marriage (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).
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]

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

Sera, Wyatt Watkins & family as she is deployed until end of 2026.

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.

PUCF 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.

2nd Mile Lent & Easter 2026

Heifer International heifer.org

Heifer International does more than put food in the mouths of hungry people. Heifer helps people to feed themselves. The goal of every Heifer project is sustainability -- project partners achieving self-reliance. And year after year, as partner families “pass on the gift” of knowledge and one or more of their animals’ offspring to others in need, they become links in a network of hope, dignity and self-reliance that helps hundreds of others care for themselves.

Lydia’s House lydiashouse.org

Lydia’s House offers secure housing and immediate community for women and children who are victims of domestic violence. We have 50 confidentially located, fully furnished apartments where families can find refuge, safety and support. Our transitional housing is one of the largest in the country and the only program of its kind in eastern Missouri.

Each family at Lydia’s House is provided an advocate to help guide them through the process of recovering from abuse. All family members are connected to support services, including individual and group resources, to help them build the skills that are necessary not only for surviving but thriving in the wake of trauma.

UP - *Unleashing Potential* [formerly Neighborhood Houses] upstl.org

Neighborhood Houses has loved children in St Louis and helped resilient families to be even more so since 1913.

Strengthening Resilient Families: partners with families to strengthen their core foundation with sustainable resources to build stability. Our program focuses on building bridges between schools and families and empowering families with resources, education, and support to advance social-emotional and financial well-being while enabling children to focus on learning.

After School Programs: UP provides before and after school care for kids from Atlas Elementary (charter school), all elementary schools in the University City School District, and at Immanuel UCC for the

Ferguson/Florissant School District... fun & creative activities, homework assistance, character education, cultural awareness, health & fitness focus, arts & crafts, supervised recreation, and much more!

GeoQuest Program: expands access to education, hands-on learning, and skill training in geospatial technology for children in K-8 grades.

Bread for the World bread.org

We can end hunger in our time. Bread for the World is a Christian advocacy organization urging U.S. decision makers to do all they can to pursue a world without hunger. Bread's mission is to educate and equip people to advocate for policies and programs that can help end hunger in the U.S. and around the world.

Food banks are essential - and we must focus on advocacy. Why?

Because federal nutrition programs provide roughly 10 times as much food assistance as private churches and charities combined. With the stroke of a pen, our government leaders have the power to create policies and programs that impact millions of people at once.

Our faith in Jesus is the foundation for our mission and compels us to love our neighbors near and far. We are led by the values of our faith to stand up for those experiencing hunger all over.

“Open your mouth for those who cannot speak, and for the rights of those who are left without help.” --Proverbs 31:8a

If you have a gift for 2nd Mile please mark it 2nd Mile.

Thank you.

Pro Voice Support Group on Zoom

In our current political climate, conversations about abortion - particularly for those who have had abortions personally - can feel overwhelming. This support group offers a confidential affinity space for those who have experienced abortion to share their stories and perspectives *without conditions or expectations*. ALL perspectives, emotions, and stories are welcome. This group is facilitated by a PUCCer with experience.

What Does it Mean to be Pro-Voice? In our society, conversations around abortion are highly polarized and emotionally charged, and often focus on systemic impact rather than individual stories. For those who have personally experienced abortion, it can be difficult to find stigma-free spaces to express the full range of possible feelings that may come with that experience-- relief, grief, gratitude, guilt, empowerment, regret, etc. A pro-voice model centers the needs and stories of those who have had abortions without requiring them to adopt a prescribed set of emotions or beliefs about their experience.

Who can attend this group? This space is open to anyone who has had an abortion at any point in their life. In order to ensure group confidentiality and safety, we ask that those who have not personally experienced abortion (e.g. family, partners, loved ones) to abstain from participating in this group.

How can I attend? For more information (including meeting info and logistics), please reach out via this form by scanning or clicking QR code:

