





www.parkwayucc.org

May 10, 2026

## Contents

- 3 Birthdays and Anniversaries
- 4 10:00am Worship
- 12 Announcements
- 17 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]

Aria Thome, *Music Director* [aria@parkwayucc.org]

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

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

Katie Hertfelder & Lakita Wofford-Bates, *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]

Deb Reinhardt, *LGBTQ+ Faith Alliance* [lgbtfaithalliance@aol.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 Kari Borgmann.

**Flowers** given by Winston Halverson & Paul Reigelsberger in honor of their mothers, Marlies & Imelda, and all mothers past, present, & future.

**Treats** provided by Lana and Joe Biondo.

**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](http://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](http://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

5/10 Matthew Russell

5/10 Kollyns Lawson

5/10 Paige Penico

5/12 Will Stappenbeck

5/12 Angie Downing

5/14 Scott Masterson

5/15 Michelle

Brueggemann

5/15 Andrew Wessel

5/15 Elin Patel

## Anniversaries

5/10 Shaine & Gabriel  
Requadt

5/12 Kevin & Steffanie  
Rauscher

5/16 Will & Kelly Lawson

# 6<sup>th</sup> Sunday of Easter

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

When you see the (\*), please rise in body or spirit - depending on your comfort.

**Prelude** *Improvisation on a Mother's Ponderings*

**Welcome** Let us know you are here!

**Meditation** God is not something you prove. God is something you experience. ~ Anne Lamott

## 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** *You Are Welcome Here*

The musical score is written for a single melodic line in treble clef, 4/4 time, with a key signature of one sharp (F#). The lyrics are: "You are wel - come here... no mat-ter who you are... no mat - ter where you are... on life's jour - ney... You are wel - come here... no mat - ter who you are... come and join with us... in our U - ni - ted Church of Christ...". The score consists of eight staves of music, with lyrics placed below the notes. The final note of the piece is a whole note on the G line of the staff.

**Scripture** Acts 17:22-29 | New Revised Standard Version - Updated Edition

Then Paul stood in front of the Areopagus and said, “Athenians, I see how extremely spiritual you are in every way. For as I went through the city and looked carefully at the objects of your worship, I found among them an altar with the inscription, ‘*To an unknown god.*’ What therefore you worship as unknown, this I proclaim to you. The God who made the world and everything in it, the one who is Lord of heaven and earth, does not live in shrines made by human hands, nor is our God served by human hands, as though God needed anything, since God gives to all mortals life and breath and all things. From one ancestor God made all peoples to inhabit the whole earth, and allotted the times of their existence and the boundaries of the places where they would live, so that they would search for God and perhaps fumble about for God and find God - though indeed God is not far from each one of us. For ‘In God we live and move and have our being’; as even some of your own poets have said, ‘For we, too, are God’s offspring.’  
“Since we are God’s offspring, we ought not to think that the deity is like gold or silver or stone, an image formed by the art and imagination of mortals.”

### **\*Call to Worship**

One: We gather in the presence of the Mysterious One - the God we have named, and the God beyond all names.

**Many: The One who is not confined to temples made by human hands, yet who meets us in this space, in the signs and symbols around us... and in one another.**

One: We come with our senses open - to the flicker of candlelight, the swell of music, the rhythm of the breath within and around us.

**Many: We come to encounter the Holy in scripture, poetry and prayer... in memory and longing, in touch and taste.**

One: On this day, we honor those who have mothered us - in body, in spirit, in community.

**Many: And we honor the Holy who births life within and among us all the time.**

One: Come, let us bless the One who holds us in every season.

**Many: We will sing praise to the Mysterious Love in whom we live and move and have our being.**

**All: Let us worship our God together - Creator, Christ and Spirit.**

**\*Song** *Bring Many Names* | #11 New Century Hymnal



1 Bring man-y names,	beau-ti-ful and good,	cel-e-brate, in
2 Strong moth-er God,	work-ing night and day,	plan-ning all the
3 Warm fa-ther God,	hug-ging ev-ery child,	feel-ing all the
4 Old, ach-ing God,	grey with end-less care,	calm-ly pierc-ing



par-a-ble and sto-ry, ho-li-ness in glo-ry, liv-ing, lov-ing God.  
 won-ders of cre-a-tion, set-ting each e-qua-tion, gen-i-us at play:  
 strains of hu-man liv-ing, car-ing and for-giv-ing till we're rec-on-ciled:  
 e-vil's new dis-guis-es, glad of good sur-pris-es, wis-er than de-spair:



Hail and Ho-san-na!	bring man-y names!	great, liv-ing God!
Hail and Ho-san-na,	strong moth-er God!	
Hail and Ho-san-na,	warm fa-ther God!	
Hail and Ho-san-na,	old, ach-ing God!	

5 Young, grow-ing God, ea-ger,  
 on the move,  
 say-ing no to false-hood and  
 un-kind-ness,  
 cry-ing out for jus-tice,  
 giv-ing all you have:  
 Hail and Ho-san-na,  
 young, grow-ing God!

6 Great, liv-ing God, nev-er ful-ly known,  
 joy-ful dark-ness far be-yond our see-ing,  
 clos-er yet than breath-ing,  
 ev-er-last-ing home:  
 Hail and Ho-san-na,  
 great, liv-ing God!

**\*Opening Prayer**

**Mysterious and Ever-Present God, You are closer to us than our own breath, yet wider than the farthest reaches of the cosmos. We try to name and understand You in words, in doctrines, in familiar images - yet You continue to surprise us, meeting us in places we did not expect: in art and silence, in music and memory, in the warmth of a hand, in the ache of longing, in the beauty of this day. Open all of our senses now. Let us feel your presence in the air we breathe, see you in the faces around us, hear you in the stories we share, taste your goodness at the table, and know you in the depths of our being. On this Mother's Day, we give thanks for those who have nurtured us - through birth, through care, through courage, through love. Hold tenderly those for whom this day carries grief, complicated memories, or quiet absence. Draw us deeper into your mystery, the One in whom we live and move and belong. Amen.**

**\*Response** *Ubi Caritas ~ Live in Charity* | #2179 *Blue Songbook*

Live in char - i - ty and stead - fast love,  
U - bi ca - ri - tas et a - mor,

live in char - i - ty; God will dwell with you.  
u - bi ca - ri - tas De - us i - bi est.

The image shows two staves of musical notation in 2/4 time. The first staff contains the first line of lyrics, and the second staff contains the second line. The music is in a simple, hymn-like style with a key signature of one flat.

**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 2<sup>nd</sup> grade will then go to Room 12, children from 3<sup>rd</sup> to 5<sup>th</sup> grade will stay in Room 13, and youth from 6<sup>th</sup> to 12<sup>th</sup> 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** *This is Where Children Belong* | #2233 *Blue Songbook*

This, this is where chil-dren be-long, wel-comed as part of the  
wor - ship - ing throng. Wa - ter, God's Word, bread and  
cup, prayer, and song: This is where chil-dren be - long.

The image shows three staves of musical notation in 6/8 time. The first staff contains the first line of lyrics, the second staff contains the second line, and the third staff contains the third line. The music is in a simple, hymn-like style with a key signature of one flat.

**Scripture** Psalm 66:8-20 | Inclusive Language Psalter

Who holds our souls in life, will not allow our feet to slip. For you, O God, have proved us; you have tried us just as silver is tried. You brought us into the snare; you laid heavy burdens upon our backs. You let enemies ride over our heads; we went through fire and water - but you brought us out into a place of refreshment.

I will enter your house with burnt-offerings and will pay you my vows, which I promised with my lips and spoke with my mouth when I was in trouble. I will offer you sacrifices of fat beasts with the smoke of rams; I will give you oxen and goats.

Come and listen, all you who fear God, and I will tell you what God has done for me. I called out to God with my mouth, and God's praise was on my tongue. If I had found evil in my heart, the Sovereign One would not have heard me; But in truth God has heard me; God has attended to the voice of my prayer.

Blessed be God, who has not rejected my prayer, nor withheld divine love from me.

## Moment of Silent Reflection

### Sermon

#### A Time of Prayer *Mothering God, You Gave Me Birth* | #2050 *Blue Songbook*



1. Moth-er - ing God, you gave me birth in the bright  
2. Moth-er - ing Christ, you took my form, of - fer - ing  
3. Moth-er - ing Spir - it, nur - t'ring one, in arms of



morn - ing of this world. Cre - at - or, source of  
me your food of light, grain of life, and  
pa - tience hold me close, so that in faith I



ev - ery breath, you are my rain, my wind, my sun.  
grape of love, your ver - y bod - y for my peace.  
root and grow un - til I flow'r, un - til I know.

#### **Litany** *A Wide Continuum of Mothering*—based on [messymiddle.com](http://messymiddle.com)

**One:** To those who gave birth this year to their first child or expanded their family...

**Many:** **We celebrate with you.**

**One:** To those who lost a child this year...

**Many:** **We mourn with you.**

**One:** To those who are in the trenches with little ones every day and wear the badge of food stains and are sometimes afraid they don't know what they are doing...

**Many:** **We see you and appreciate you.**

**One:** To those who experienced loss through miscarriage, adoption or running away and may feel they have failed...

**Many:** **We ache with you.**

- One: To those who walk the hard path of infertility, fraught with pokes, prods, tears, and disappointment...
- Many: We walk with you. Forgive us when we say foolish things. We don't mean to make this harder than it already is.**
- One: To those who are foster moms, mentor moms, and spiritual moms...
- Many: We need you.**
- One: To those who have warm and close relationships with your children...
- Many: We give thanks with you.**
- One: To those who have disappointment, complications and distance or separation from your children...
- Many: We sit with you.**
- One: To those who lost their mothers this year and may feel lonely in their lives and in their mothering...
- Many: We grieve with you.**
- One: To those who experienced abuse at the hands of their own mother and therefore didn't have a healthy model for mothering...
- Many: We acknowledge your experience.**
- One: To those who lived through driving tests, medical tests, and the overall testing of motherhood...
- Many: We are better for having you in our midst.**
- One: To those who have aborted children or who became mothers against their will...
- Many: We pray for you this day and every day.**
- One: To those who are not mothers and do not want to be.
- Many: We respect and celebrate your decisions.**
- One: To those who are single or married and want to be parenting...
- Many: We sigh with you that life has not turned out the way you long for it to be.**
- One: To those who step-parent...
- Many: We walk with you on these complex paths.**
- One: To those who envisioned lavishing love on grandchildren, yet that dream is not to be...
- Many: We come to grips with you.**
- One: To those who will have emptier nests in the upcoming year...
- Many: We grieve and rejoice with you.**
- One: To those who are pregnant with new life, expected and surprising...
- Many: We anticipate with you.**

## 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](http://www.parkwayucc.org/giving)

### Offering Interlude *Lies With the Morning Dew*

#### \*Response *Weave*

Musical notation for the 'Weave' response, consisting of three staves of music in a 6/8 time signature with a key signature of two flats. The lyrics are written below the notes.

Weave, weave, weave us to - geth - er. Weave us to ge - ther in  
u - ni - ty and love. Weave, weave, weave us to - ge - ther. Weave us to - ge - ther, to -  
- ge - ther in love.---

#### \*Prayer of Dedication

**Generous God, from you all things come. Receive these gifts - and receive us: our lives, our creativity, our compassion. Bless what we offer, that it may become love made real - in care, in justice, in hope. Open our eyes to your presence everywhere, and shape our lives into offerings of praise. Amen.**

## **\*Song of Parting** *God of the Women*

(tune: *Be Thou My Vision* #339 *Red Hymnal*) words by Carolyn Winfrey Gillette

God of the women who answered your call,  
Trusting your promises, giving their all,  
Women like Sarah and Hannah and Ruth -  
Give us their courage to live in your truth.

God of the women who walked Jesus' Way,  
Giving their resources, learning to pray,  
Mary, Joanna, Susanna, and more -  
May we give freely as they did before.

God of the women long put to the test,  
Left out of stories, forgotten, oppressed,  
Quietly asking: "Who smiled at my birth?" -  
In Jesus' dying you show us our worth.

God of the women who ran from the tomb,  
Prayed with the others in that upper room,  
Then felt your Spirit on Pentecost Day -  
May we so gladly proclaim you today.

O God of Phoebe and ministers all,  
May we be joyful in answering your call.  
Give us the strength of your Spirit so near  
That we may share in your ministry here.

## **\*Benediction**

### **\*God's Light Goes Forth**

**\*Music for Going Forth** *Jesus, Redeemer, Mary's Child* (Words by Michael Perry)

## **Mother's Day Brunch**

TODAY after worship in the Fellowship Hall

We would love for you to join us right *after* this worship service **today**, for a delicious meal - pancakes, bacon, sausage, scrambled eggs, and your choice of beverage, including orange juice, apple juice, coffee, or water. It's a great opportunity to celebrate motherhood and enjoy a tasty brunch with friends and family.

To show our appreciation, mothers and children 12 and under eat free. For all others, we kindly request a donation of \$5 per person. Your contributions will help us cover the costs of the event.

# Announcements

Please use the form at [www.parkwayucc.org/communications](http://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](mailto:barbharris@charter.net) or [cynthianouri@gmail.com](mailto:cynthianouri@gmail.com)

## Coffee and Conversation at Panera

Tuesday, May 12 | 2pm | Panera on Manchester Rd, Des Peres by 270  
Join us for a beverage and sweet treat. Come connect! No need to RSVP - just show up!

### Upcoming dates:

Monday, June 29 at 7pm	Wednesday, July 15 at 2pm
Friday, August 21 at 10am	Monday, September 21 at 2pm
Tuesday, October 20 at 2pm	Wednesday, November 11 at 10am
Monday, December 7 at 2pm	Wednesday, January 20 at 10am

Questions? Contact [kevin@parkwayucc.org](mailto: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 our last session on *The Borrowed Life of Frederick Fife* by Anna Johnston on **May 12**. Described as bittersweet and remarkably perceptive, this book is a hilarious, feel-good, clever novel about grief, forgiveness, redemption and finding family.

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](mailto:raceh@att.net) for questions.

## Common Ground ~ visions of unity, purpose & joy: Paintings & Poetry by Angela L. Chostner

Thursday, May 14 | 4:30-7:30pm | Longview Farmhouse Art Gallery  
Celebrate the strength of the human spirit and rediscover the ways we are all connected! Meditative paintings and poetry by St. Louis artist (and PUCer) Angela L. Chostner invite viewers to journey within. This solo exhibition features vibrant acrylic paintings, poems to reflect upon, and a participatory room for self-expression. Consider what happens when we choose not to weigh the world, but to create a new way. Art Opening free, all are welcome.

## Back on the Ballot

### How to Defeat New Attacks on Repro & Trans Rights

Thursday, May 14 | 7pm | Center of Clayton

Missouri lawmakers are pushing deceptive ballot measures that could severely restrict abortion rights, transgender healthcare, and your power to influence future laws. Join us to understand what's at stake and how you can help share accurate information ahead of the vote. Scan or click QR code to learn more!



## NAMI Walk for Mental Health

Saturday, May 16 | 9am | Creve Coeur Park



To celebrate Mental Health Month hundreds of people will be walking the beautiful path around Creve Coeur Lake to raise money for mental awareness. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives. You can come and walk or donate on Dan

Connor's walk page by clicking or scanning the QR code. For more info, reach out to [connorsd@aol.com](mailto:connorsd@aol.com)

## Faith Into Action in the Public Square: STL County, St. Peters

Signs, signs, everywhere a sign! Let's put our new library of signs to use at some of these weekly demonstrations in south and west St. Louis County, as well as St. Peters. The **Saturday, May 16** events are:

- Wildwood, from 10am-12pm, walking bridge over state Highway 100. Park at the Schnucks Wildwood Crossing lot or near Vallarta Mexican restaurant. Organized by Indivisible St. Louis.
- South County, from 11am-1pm, Ronnie's Plaza at S. Lindbergh Blvd. and Baptist Church Road. Organized by Indivisible St. Louis.
- St. Peters, 12-1:30pm, 200 Mid Rivers Mall Drive. Organized by Democracy Squad

On **Sunday, May 17**, people asking for healthy communication and accountability from elected officials meet from 1 to 3 p.m. in Ballwin at the corner of Weidman and Manchester Road. For more information or to list a protest, visit [facebook.com/groups/speakupstl](https://facebook.com/groups/speakupstl)

## Choir and Music Ministry Invitation

Sunday, May 17 | 9am | Choir Loft in the Sanctuary

We are excited to share that a new chapter in music ministry has begun at Parkway UCC! Aria and Amy warmly invite current singers, former choir members, and anyone who has ever been curious about singing to join us! This invitation is extended to instrumentalists, too!

Whether you have years of experience or simply a desire to explore your voice, you are welcome! This is an open invitation to help shape a renewed vision for our music ministry as we discover new possibilities together.

All are welcome - come as you are and add your voice to something new as possibilities organically grow. Questions? [aria@parkwayucc.org](mailto:aria@parkwayucc.org)

## **Mental Health Sunday ~ Free Consultations**

Staff from the *Center for Mindfulness and CBT* will be available next **Sunday, May 17** after worship, 11am-12:30pm, in the Gathering Space with screeners for anxiety, depression and alcohol abuse. Private space in Kevin's office and Aria's office, just beyond the restrooms, will be used. These counselors will be available for brief one-on-one consultations for support and sharing of information about appropriate follow-up with community resources. They will also demystify therapy and help answer questions on how to seek and approach mental health care for yourself or a loved one.

## **Speaker Series Occasional opportunities after worship at 11:15am "Mental Health Sunday: Understanding the Journey Toward Wellness," by Dr. Jeremy Shuman.**

May 17 | 11:15am | Heritage Room

Join us for a special Mental Health Sunday presentation as we fulfill the United Church of Christ's mission to provide education, compassion, and support for those navigating mental health challenges. We welcome Dr. Jeremy Shuman, a licensed psychologist and Clinical Director. With over a decade of experience in the field, Dr. Shuman will lead an informative session designed to demystify the complexities of mental healthcare, including debunking the mistaken trope that "everything happens for a reason," but reaffirming how faith can bolster resilience. During this program, Dr. Shuman will address several vital questions: What exactly are mental disorders? Roots and Risks: What causes these conditions, and who is most at risk? How are mental health disorders diagnosed? What evidence-based treatments are available today?

Questions? Richard Scherrer at [90fivetpr@gmail.com](mailto:90fivetpr@gmail.com)

## **Go AWOL this Spring—Adventurous Women Out Late Sunday, May 17 @4pm St Louis County Community Choir Concert.**

Enjoy one another's company and a great concert with our own Michelle Brueggemann in the STLCCC at the renovated Powell Hall! Ticket prices \$40 -- Carpool from church at 3pm. Concert at 4pm. Click or scan QR code to sign up. Questions? Contact Carmen

Bumgarner [cfbum@charter.net](mailto:cfbum@charter.net)



## **Prayer Corner an opportunity to pray with someone**

Monday, May 18 | 1-3pm | 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, June 17 from 9-11am

Monday, Aug 31 from 7-9pm

Saturday, Oct 10 from 8-10am

Monday, Dec 14 from 7-9pm

Friday, July 31 from 1-3pm

Friday, Sept 25 from 6:30-8:30am

Tuesday, Nov 17 from 3-5pm

Wednesday, Jan 13 from 10am-12pm

We can arrange a phone call or Zoom for another time if you'd like.

Just reach out to [kevin@parkwayucc.org](mailto:kevin@parkwayucc.org); 314-872-9330

## 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 on **May 19** as we discuss what our next book will be.

Fellowship starts at 1:45 pm, and book discussion is from 2-3 pm. For more info, please contact Jackie Eiffert at [jeiffert2@gmail.com](mailto:jeiffert2@gmail.com)

## PHOTO OP: Affordable Photos for Families, Couples, Individuals

We're excited to be hosting portrait photographer Tim Barrick in our community. He works with churches across North America, creating relaxed, welcoming photo experiences that focus on real connection.

**On Saturday, May 30**, he'll be offering Pay-What-You-Can outdoor mini sessions for individuals, couples, and families. These sessions are simple, meaningful, and tend to fill quickly, so sign up soon.

**On Sunday, May 31**, he'll also offer a limited number of simple headshots available after service (great for job searches, profiles, or anyone needing an updated photo).

### Mini Sessions Saturday, May 30

9 am-7 pm

Drace Park--2310 Cedar Valley Rd.,

Town and Country, MO— just east of

Interstate 270 and south of Clayton Road.

(Art Museum in case of rain.)

To schedule a session, scan or click QR code to contact Tim.



## Bread for the World Offering of Letters

Sunday, May 31 | 9-11am | Gathering Space

We will hold our annual Bread for the World Offering of Letters event during the Sunday, 5/31 Jesus Has Left the Building (JHLTB) service project event. The Offering of Letters is our opportunity to join people of faith nationwide in a campaign to hand-write thousands of letters to members of Congress about nutrition programs in the U.S. and around the world. When we combine our stacks of letters from PUCC with other Missouri churches, our voices are amplified! There will be many ways to provide hands-on service for the JHLTB Sunday, so we encourage you to write your letters in one of the 5 following ways. Then, we can include your letters in our personal delivery to congressional offices!

1. Write Before Sunday: Hand-write letters from home and bring them to church on 5/31
2. Come early to write: Come to church early on 5/31 and write letters at the tables in the gathering space before worship and service projects
3. Write during the service: Write reasons why you care about fighting hunger on a pre-printed letter template provided at church and submit an online letter via smartphone during the offertory
4. Write for JHLTB project : Write after the service at the tables in the gathering space as your participation in JHLTB service

5. Write after Sunday: Bring in your handwritten letters on Sunday, June 7 and put them in the basket in the gathering space Online letters can be submitted by scanning or clicking the QR code.  
For how to get more involved, contact Cindy Levin [changyit@icloud.com](mailto:changyit@icloud.com)



## May 2026 Alzheimer's News

*Let the Sunshine In:* You might've heard that vitamin D is good for your bones, but researchers are increasingly interested in what the "sunshine vitamin" might be doing for your brain, too. A new study suggests that your levels during midlife could actually influence what's happening in your brain decades later.

Researchers followed nearly 800 adults for 16 years, measuring vitamin D levels once in midlife. Then, at the end of the study, researchers scanned participants' brains for buildup of certain proteins considered biological markers of Alzheimer's disease. People with higher vitamin D levels in their 30s and 40s showed lower tau protein levels years later.

Midlife appears to be a window where keeping your vitamin D levels within a healthy range could have a real payoff for your brain decades later. Whether that means spending more time in the sunshine or looking into supplementation.

The study only captured vitamin D levels at a single point in time rather than tracking them across the years, and a link between two things isn't the same as one causing the other.

For more details on current and future Alzheimer's research, visit [alz.org/Research](http://alz.org/Research). You can learn more by going to [www.alz.org/help-support/resources](http://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 in StL? Visit [www.alz.org](http://www.alz.org) and/or contact PUCC's Faith Outreach Ambassador with the Alzheimer's Association, Joyce Ruiz at [joyceruiz7@gmail.com](mailto:joyceruiz7@gmail.com)

## Every Child's Hope: Hope Rising Black & White Gala

Saturday, June 13 | 5pm | Ameristar Casino, St. Charles  
You are cordially invited to an uplifting evening that celebrates the hope ECH brings to every child, the healing we offer to every family, every day. Scan or click QR code to register!



## SAVE THE DATE Habitat for Humanity Workdays



On both of Parkway's UCC Habitat workdays, **July 11** and **August 1**, continue Parkway UCC's hands on support of 40 years of Habitat since our members were heavily involved in bringing it to St. Louis. Click or scan QR to register. You can also use this link: <https://tinyurl.com/3e4c6j5d>. For more info, reach out to Tom McKenzie at [mckenzie1947@att.net](mailto:mckenzie1947@att.net)

# Prayer List

Wednesday, May 6, 2026

## Celebrations

**The Baptism of Estela Margarita Davila last Sunday** -parents Bethany and Enrique; grandmother Jackie Eiffert; g-grand Marion Pleis.

**High school seniors & collegians** - theses, finals, graduation, etc.

**Emily and Madi** - as they travel to Austria and Germany (Reinhardt).

## Concerns

**Rick & Cheryl Schrenker** - as they grieve his sister Jackie Jacklyn Toomey Obituary - Castle Rock, CO

**Kris/Tom McKenzie** - her breast cancer; treatment is underway.

**Ongoing chaos in the Middle East** - including for the people of Iran. **The continuing war with Ukraine and Russia.**

**Our St Louis neighbors finding their way after May '25 tornado**

**All lawfully present non-permanent refugees** who were legally resettled in the US prior to January 2025 who have lost their SNAP food benefits (May 1) and will lose their Medicaid benefits (October 1). They will also lose eligibility for ACA Marketplace subsidies (January 2027) because their Green Card applications have been paused (Livengood).

## Continuing

**Mike Rutherford, Pam Walker, Amy Yakel** - new knee strength!

**Kathleen Tarr** - healing after recent surgery in Ohio.

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

**Diane Doty** - hospice care after cancer diagnosis (Grant's mom).

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

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

**Jonathan McPeak** - head trauma during missile attack on his ship in Iran; home now in the US and doing better (nephew of Karla Beck).

**Bob & Jan** - health, wholeness, peace, joy (Laura Waite's grandparents).

**Ed and Mary Calcaterra** - as he receives hospice care (Litzinger).

**Laura Gywauli** - living with acute myeloma leukemia (Reinhardt).

**Rita Holly** - waiting for transplant match (Nouri).

**Randy Cosby** - healing as multiple myeloma has returned (Reinhardt).

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

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

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

**Phil & Amy, daughter B** - loving one another thru his cancer journey.

**Lori Connors** - healing and strengthening.

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

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

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

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

**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).  
**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**

**US military and their families** - including our own **Sera Watkins** deployed thru '26 and **Anthony Williams**, US marine involved in Iran.

**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.**

**PUCG 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.**

## **Hail Mary**

by Matthew Laney

*“Then Mary said, ‘Here am I, the servant of the Lord; let it be with me according to your word.’ Then the angel departed from her.” – Luke 1:38*

When many of us were growing up it was common for fathers to tell their children, especially boys:

“Son, I don’t care if you are a bricklayer or a CEO, just do your best, grab life by the horns and go for it!” Mothers on the other hand might say something like, “I don’t care what you do just as long as you’re happy.”

We can be sure that Mary’s parents had much less spectacular dreams for their daughter. To begin with, they wanted her to get married and not starve. Turning up pregnant-out-of-wedlock put all of that in profound jeopardy.

Yet the angel Gabriel greets her as if she has just won the vocational lottery. As an unwed teenager from an insignificant town in an unimportant province of an occupied nation, Mary was an odd pick for the job of “mother of God.” How’s her kid going to save the world with such lackluster pedigree?

For starters he had a strong, fearless, gutsy woman for a mother, a mother who was willing to take big risks, lay down her life for God and shake her fist at Rome. In every way, Jesus would not have been Jesus without her.

Protestants don’t pay much attention to Mary. That’s too bad. Jesus obviously did. So, let’s join our Catholic brothers and sisters and pray together...

### **Prayer:**

*Hail Mary full of Grace, the Lord is with thee. Blessed are thou among women and blessed is the fruit of thy womb Jesus... 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**

Despite his imprisonment for preaching the gospel, Paul rejoices in the Philippian and rejoices even more that the gospel of Christ continues to spread (Philippians 1:1-18a).

### **THE POINT**

**The proclamation of the gospel brings joy and thanksgiving even in difficult circumstances.**

### **BIBLE NUTS & BOLTS**

In the early church, leaders such as Paul traveled to different cities, teaching about Jesus and establishing house churches. They would keep in contact with those churches by writing letters to provide additional instruction, send greetings, or help to resolve conflicts. The letters were intended to be read aloud, so although they contain the usual parts of a letter, they also sound like a speech or a sermon that we might hear today. Letters written by Paul or in Paul's name make up a big portion of the New Testament, along with the four Gospels, the Book of Acts, letters written by other church leaders, and the Book of Revelation.

### **STORY SUMMARY**

Paul wrote this letter to the church in Philippi while he was imprisoned. He described remembering and praying for the church in Philippi and the joy that he received thinking about them because they too knew the good news of Jesus and worked to share it with others. Even while imprisoned and facing the possibility of death, Paul's primary concern was that Jesus be proclaimed to all people and glorified in Paul's obedience.

### **PRACTICE: Prayer**

Paul continues to engage in prayer even in jail, thanking God for the Christians in Philippi. These prayers bring him joy and comfort and enable him to look at this circumstances from a godly perspective instead of a human one. As a family, join together in prayer as Paul did: thank God and remember your friends and fellow believers; ask for insight and discernment; and pray that Jesus may be glorified in each of you.

## **NEXT WEEK in Sunday School**

Paul continues his letter explaining that, despite his equality with God, Jesus chose the path of humble humanity, for which God exalted him above everything in heaven and earth (Philippians 2:1-13).

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

