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Happening This Weekend

SAVE THE DATE! Gateway DNA Convocation 2026
Saturday, March 7 | 8:45am-3pm | Parkway UCC

Theme: Gain and Grow Following Sacred, Seen, and Called. This Annual Convocation is for members of local churches who are exploring or discerning a call to ministry. Join us for worship, workshops, and fellowship with clergy and lay leaders from across the Gateway Region.

Keynote Speaker: Rev. Derek Terry, charlotte's Acting Executive Director of Pro Open and Performing Evidence of the United Church of Christ. Rev. Derek is a pastor, author, and UCC conference minister committed to justice, inclusion, and creative resistance.

Come for a day of spiritual nourishment and fun. Worship begins at 9am. We are once again collecting canned goods to donate to Parkway's Food Pantry. Please bring a can of soup, beans, vegetables, or other pantry staples with you. Worship will be followed by a brief travel mug and empty refreshment during the day. Please complete a registration form and return it to the church office or to Pastor Jeff by March 1. Questions? Contact Pastor Jeff at pastorjeff@parkwayucc.org

Sunday, March 1 | 11:15am | Parkway UCC

LETS GET READY TO RUMBLE!!! Are you ready for the Annual Cookoff/Smoke Smackdown! Sunday, March 8 at 5pm. Sunday, March 8, happening closely before the Spring Forward. Questions? Contact Pastor Jeff.

Come in your green, bring your best chili and/or brownies, and join us for a fun night. Prizes for the 2026 champion and reverse champion (worst chili) will be announced and bragged on for the next year!

This is a fundraiser for the youth to raise money for their annual mission trip. Please help us support our youth, and enjoy some delicious chili and/or brownies! Questions? Contact Pastor Jeff in the Gathering Space. Sunday, March 8 | 5pm

For more info, reach out to Matt Fair, mfair@fairfuel.com

Get ready to spring forward! Daylight Saving Time begins on Sunday, March 8, at 2am, when clocks "spring forward" one hour to 3am. We lose an hour of sleep, but gain an hour of daylight. How do we share it with others?

It's the **Third Sunday of Lent.** Our scriptures are about flowing water with Moses and the Israelites in the wilderness (Exodus 17:1-7) and with Jesus and the Samaritan woman at the well (John 4:5-42). Jesus tells her that those who drink of the water he gives will never be thirsty again. How do we share it with others?

Lent is the **Green Season Shops Us.** As we travel this Lenten journey alone and together, we will ponder some of the questions that Jesus poses to those he encounters along the way. How do we share it with others?

Prayer Partner Before and After Worship this Sunday
Rachael Roquet is available to pray with you in the back corner of the sanctuary before and after worship to pray confidentially with you. Rachael is a Stephen Ministry leader and is available to pray with you about anything you would like to bring to God in prayer. Just look for the prayer partner sign in the back corner of the sanctuary and create a safe spiritual space with you. Edited: Rachael is also available to pray with you on the phone or via Zoom. We offer an affirmative prayer out loud, reminding you of your inner strength and God's presence. We can also pray silently with you. Please let us know if you would like prayer and we will connect with you. Please let us pray or gratitude will be multiplied, and the blessings will flow.

2nd Mile Lent & Easter 2026 partners for hunger here!

Holy Week and Easter
Palm Sunday is April 5 at 10am. This is a fifth Sunday of the month, so we will have Communion. Maundy Thursday is April 9 at 6pm in the exciting day. The people said, "Who is this?" as Jesus entered Jerusalem

Newsvoice

Adventurous Women Out Late

Go AWOL this Winter – Adventurous Women Out Late
Friday, March 20, 05:30pm Dinner and Oscar-nominated Film.

Join at Metro United Methodist Church (1226 Locust) for dinner (*Pizza around the corner at AMC Olive Crave. Please RSVP here* so we know how many tickets to purchase. (Carmen will purchase and you can venmo her or give her cash.)

Film will be after upcoming events:

Sunday, April 19 @12pm Lunch and Spring Event. Bring your lunch to church and we'll eat together. Then we'll go to the education (ED) Stewards are hosting a Spring Event (Easter Egg Hunt) they planned with the Missouri Botanical Garden to be held on the church grounds. We'll be there to help out with the event. We also will provide information for the ED Stewards about how many are coming and how many have kids.

Sunday, May 17 @6pm Community Choir Concert. Enjoy one another's company and a free concert with the Gateway Mobile Bruggeman at the Missouri History Museum. Parking is $10 but should be shared as soon as available. Here is the link to RSVP and more information.

Questions? Contact Jaime Bumgarner <jlbumgarner.net> or 314-973-5506.

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Other PUCC News

March 2026 Alzheimer's News | [Year or 3 of Caffeinated Coffee Mug](#)

Hello Everyone,

A study published in Nature's suggests that drinking caffeinated coffee may help slow the progression of Alzheimer's disease.

Researchers tracked nearly 132,000 healthy adults for up to 43 years and found that people who drank three to five cups of coffee a day, whether caffeinated coffee, or one to two cups of caffeinated tea per day had a lower risk of developing dementia later in life.

Among the participants, individuals who drank the most caffeinated coffee had about a 40% lower risk of dementia, and the association held for non-drinkers, for tea drinkers, those with the highest intake had a 14% lower risk of dementia later in life.

Last author Yu Zhang cautioned against making any sudden changes. "We are not recommending that people who do not drink coffee start drinking it. We are just saying that for people who already drink coffee, it may be a safe and potentially beneficial habit," Zhang told Medical News Today.

To learn more about this and current Alzheimer's research, visit alz.org/research, or for more help, go to alz.org, www.alz.org/mnwyoming/resources or the Alzheimer's Helpline where a counselor can be reached 24/7 to answer questions, provide support, and connect callers to assist with crisis situations, decision making, and disease education. Counselors are available in more than 200 languages.

Want to learn more about the Alzheimer's Association and what they do for you? Join us for a Virtual Lunch and Learn on Tuesday, April 21 at 12pm. Outreach Ambassador with the Alzheimer's Association, Joyce Ruiz at jmruiz@alz.org.

Parkway UCC DNA-Related Groups
There are different lines in our state and country for LGBTQIA2S+ — especially for transgender — citizens. Maybe you've lost yourself. Or maybe you've never found yourself. The Parkway UCC DNA Ministry can help.

There are two groups offered at Parkway UCC to connect members who are interested in advocating for the **LGBTQ+ people. The first is the Mission Ongoing—DNA Open and Affirming Group**. Members of this group will receive updates on legislation pertaining to LGBTQIA2S+ people and how to advocate. Contact Jaime Bumgarner <jlbumgarner.net> for more information.

The second group is the **LGBTQ+ Faith Alliance**. It includes representatives from St Faith Lutheran Church and Parkway UCC and meets monthly in-person or virtually on the 3rd Tuesday at 6pm.

For more information contact Jaime Bumgarner <jlbumgarner.net>.

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For more information contact Jaime Bumgarner <jlbumgarner.net>.

OUR MUSIC MINISTRY
As we continue to develop our partnership with Key Entertain as our new music ministry, we are excited to share that Key is now a 501c3 nonprofit. We're looking to fellowship with a God, who's heart is to sing with a group and/or to sing with the First Sunday Choir each month. Please reach out to Key at keyentertain@gmail.com to learn more about scheduling and how to get involved. If you're interested in joining a band/praise choir. Please reach out to jamie@parkwaycc.org today.

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PUCC Marketplace

PUCC Shirts Available for Sale! Do you want to show off your PUCC pride? Do you want to go! Our new church t-shirts are available for sale! We have everything from Sunday worship shirts to Pride shirts. Check out the options and let us know if you can wear your faith out loud and proud. Shirts are $20 and come in a variety of styles. Visit our PUCC shirt lindy here!

For any questions, contact Gabriel gabriel@parkwaycc.org

New Book! *Advocacy Made Easy: A Guide to Effective Action* by Jaime Bumgarner and Joyce Ruiz. How to Turn Civic Frustration into Meaningful Change. Now available. This concise, 70-page guide offers practical, nonpartisan strategies and actionable steps to help anyone effectively engage with elected officials and advocate for change. It includes updated guidance on writing op-eds, testifying in city meetings, and crafting persuasive messages for today's digital landscape. Signed copies and inscriptions are available for $15 (cash or check). Contact Joyce for more information or to pre-order launch team, email gemlab@icloud.com.

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Community Happenings

St Louis County Emergency Management Agency (EMA) Thursday, March 12 | 6:30pm | Fellowship UCC

Here in Missouri, we show up for each other. We know how to look like, who we love, or how we worship doesn't change that we're neighbors. We know that they care more about corporate profits than our well-being. We're people. WE ARE WORTH MORE. Join us for a conversation about the current political climate in the state of Missouri to fight racism and white supremacy. We will unite with Jews for Racial and Economic Justice, Missouri – Sin Losa! Let's fight fascism together. Whether you're a citizen or immigrant – we will demand a state budget that reflects the values of the people who live in our futures, and not the welfare of the people the GOP wants to oppress.

https://tinyurl.com/3a5a6e68

Film & Discussion with St. Lucas UCC Social Justice Ministry Saturday, March 14 | 10:30am | 1 Ferguson Ave, 63135

Father Gerald Weiss, a St. Louis native and a priest for over fifty-five years, takes you on a Black History Tour of St. Louis. The film highlights the role the Catholic Church played in the complex development of this city between the twenty-five years before the United States Civil War and the twenty-five years after. Father Gerald Weiss, who is featured in the film, and director Jim Kiefer will be present for a discussion of the film after the screening. Questions? Contact Gail Herrera at 314-616-9808.

Citizen Link
Join us on the **March 5** Christian Education newsletter here! If you would like to be included in the Citizens mailing list, please just contact gabriel@parkwaycc.org.

Taking the Story Home
Would you like to bring the Easter story to go deeper with the lesson or your children's sermon? Check out this here! We'll also have ample photos from events that the children & youth do through the year.

Join the Sunday School Mailing List
We're looking for two volunteers to help teach Sunday School. If you enjoy working with kids and youth, this is a great way to serve—time commitment, just one or two Sundays a month.

Questions? Contact Gabriel Lopez, Director of Christian Education, at gabriel@parkwaycc.org or 314-827-9200 x101.

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Christian Education Updates

Ponder for International Women's Day – March 8 each year

She Rises
© Sarah Kay Bierle
Bless the hands that have built
the world, the hands that have
labored, that have carried hope
through storms and silence.
Bless the hands that have cradled
life in their bellies, and those
who planted seeds in soil they might never see bloom,
who stood when the world told them to kneel.
Bless the women among us
who refused to be broken,
who kept singing songs
turning pain into poetry,
who fought for justice
for the girls becoming women—
may they inherit skies without ceilings,
may they know the weight of their worth,
may they know their worth before the world tries to measure it.
Bless the women who rise
and choose not to stand in fear,
but beside - lifting, learning, hearing,
and refusing to be silenced.
Bless the women who dare to dream
and live courageously,
who love fiercely and boldly,
who live with purpose,
who are unafraid to be seen,
who are unafraid to be heard,
who are unafraid to be free.
Bless the women who are tired
but still keep showing up,
who are grieving but still find joy,
who are healing but still help others heal,
who are learning but still teach others,
who are leading but still listen.
Bless the women who are rising
and the women who have risen
and the women who will rise
and the women who will never stop rising.
And so it is.

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Jokes

Here's a little comedy set about Jesus' birth. Hope you enjoy it!

The Pun
Why was Jesus born in a barn? Because it was too cold outside.

Q: Why did the nativity scene go to the bank?
A: Because it had so many four to three in its imagination.

Daylight Saving Time
Daylight Saving Time is the only event where we all agree to move our clocks forward. The only complaint about how mild we are is the amount of time it takes to get used to.

Questions of the Week

What refreshes you today?

What seats did you once come upon and you still give thanks?

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Taking Care of Business

Please use the form at https://saga.parkwaychurchofhope.com/pucc/forms/16 for all of your requests for Parkway UCC. Please include as much detail as possible about the request. Gabriel Lopez will receive the form and forward it to Jaime and Aimee Bradtmiller Hoon Monday. You should receive a confirmation email with a ticket number and a response within 24 hours.

Livestream Worship services at PUCC YouTube Channel HERE
Please let us know if you have any questions or concerns. Here's a description of our church. Thank you! Questions? Please contact gabriel@parkwaycc.org or 314-827-9200 x101.

PUCC GOOGLE REVIEW
Do you have a minute to review how great it is and how welcome they would be here? Help spread the word by writing a Google review.

Here's how to submit your review:
1. Open Google Maps and search for our Google account. You can do this by searching "Parkway United Church of Christ."
2. On a Google search for Parkway United Church of Christ. Among the search results should be a business listing for our church. At the top right of the page, look down this section to find and click on the "Write a review" button.
3. Write your review and click "Post."

Our online member directory is a feature many of you have been waiting for! We take your privacy seriously. The directory is accessible only to members who have signed in with a password you've created.

We have also begun using our new front door keypad installed on the side door of the church. Please see Gabriel Lopez for the code and your own unique code. Email gabriel@parkwaycc.org or call 314-827-9200 x101 so we can load it into the keypad and troubleshoot as needed.

We are happy to help you with anything and everything Our Church — please don't hesitate to reach out to gabriel@parkwaycc.org.

One Church Support
Do you have a question, video or laptop as our One Church Team Member? Please contact Gabriel Lopez for more information about our software and app more fruitful and enjoyable. People with at least 10 years of service to PUCC will receive a free iPad to use for the bulletin board in the Gathering Space before or after worship this summer. Contact Gabriel Lopez.

Volunteer Opportunities
Gabriel Lopez <pucc@parkwaycc.org>
Gabriel Request: gabriel@parkwaycc.org

Parkway United Church of Christ
Gabriel Lopez <pucc@parkwaycc.org>
2641 N Ballas Road
St. Louis, MO 63131

Please send any announcements of plans, quotes, photos, videos, weekly opportunities, scriptures that are important to you, hymn/song suggestions, poems, etc. to Gabriel Lopez at pucc@parkwaycc.org or gabriel@parkwaycc.org.

Staff Configuration and Hours
Gabriel is in the main office from 8:30am-4:30pm Monday thru Thursday. Gabriel is also in the office on Sundays from 8:30am-12:30pm. Gabriel is available for communications requests by email gabriel@parkwaycc.org.

Katie is our Nursery Childcare Provider, giving loving care to all of God's young on Sundays from 8:50am-12:20pm. **gabriel@parkwayucc.org**

Kathy is our building and calendar guru and is in the front entry office from 7:30-11:30am Wednesday - Thursday and available via email and phone other mornings.
kathy@parkwayucc.org

Dawn, our Bookkeeper, is in the office a few days each month and is available via email and phone from her home in Florida.
dawn@parkwayucc.org

Kevin is around each day but Thursday. He is available for emergencies 24/7/365 at 314-330-0629; **kevin@parkwayucc.org**