PARKWAY
UNITED CHURCH OF CHRIST
ALL ACCEPTED, NO EXCEPTIONS

LIMITLESS LOVE
COURAGEOUS ACTION
SPIRITED INQUIRY

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Happening This Weekend

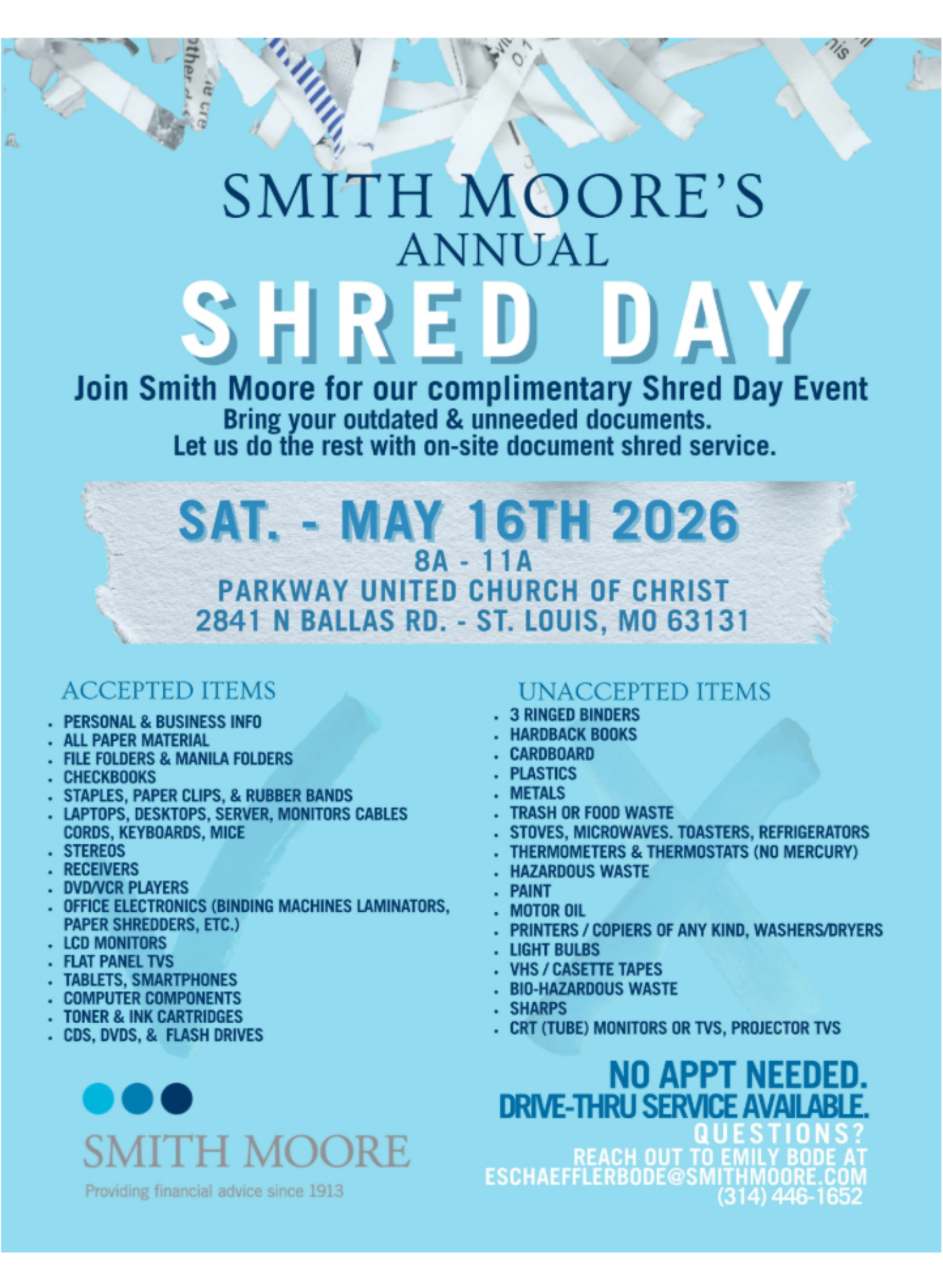
NAMI Walk for Mental Health
Saturday, May 16 | 9am | Creve Coeur Park

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 here. For more info, reach out to 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 or contact Deb Reinhardt deborahreinhardt@att.net



SMITH MOORE'S
ANNUAL
SHRED DAY
Join Smith Moore for our complimentary Shred Day Event
Bring your outdated & unneeded documents.
Let us do the rest with on-site document shred service.

SAT. - MAY 16TH 2026
8A - 11A
PARKWAY UNITED CHURCH OF CHRIST
2841 N BALLAS RD. - ST. LOUIS, MO 63131

ACCEPTED ITEMS
- PERSONAL & BUSINESS INFO
- ALL PAPER MATERIAL
- FILE FOLDERS & MANILA FOLDERS
- CHECKBOOKS
- STAPLES, PAPER CLIPS, & RUBBER BANDS
- LAPTOPS, DESKTOPS, SERVER, MONITORS CABLES CORDS, KEYBOARDS, MICE
- STEREOS
- RECEIVERS
- DVD/VCR PLAYERS
- OFFICE ELECTRONICS (BINDING MACHINES LAMINATORS, PAPER SHREDDERS, ETC.)
- LCD MONITORS
- FLAT PANEL TVS
- TABLETS, SMARTPHONES
- COMPUTER COMPONENTS
- TONER & INK CARTRIDGES
- CDS, DVDS, & FLASH DRIVES

UNACCEPTED ITEMS
- 3 RINGED BINDERS
- HARDBACK BOOKS
- CARDBOARD
- PLASTICS
- METALS
- TRASH OR FOOD WASTE
- STOVES, MICROWAVES. TOASTERS, REFRIGERATORS
- THERMOMETERS & THERMOSTATS (NO MERCURY)
- HAZARDOUS WASTE
- PAINT
- MOTOR OIL
- PRINTERS / COPIERS OF ANY KIND, WASHERS/DRYERS
- LIGHT BULBS
- VHS / CASETTE TAPES
- BIO-HAZARDOUS WASTE
- SHARPS
- CRT (TUBE) MONITORS OR TVS, PROJECTOR TVS

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DRIVE-THRU SERVICE AVAILABLE.
QUESTIONS?
REACH OUT TO EMILY BODE AT
ESCHAEFFLERBODE@SMITHMOORE.COM
(314) 446-1652

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

Go AWOL This Spring-- **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. Sign up here. Questions? Contact Carmen Bumgarner cfbum@charter.net

Worship with us this Sunday, May 17

eNews leading up to Sunday, May 17
Worship with us this Sunday at 10am! Join us here at PUCC or not YouTube Live (@parkwayuccstl)... or participate any time later on YouTube.

It's Mental Health Sunday, and our scripture passages will be John 16:25-33 and 2 Corinthians 12:1-10, where we'll consider how God's grace is sufficient in our weakness as we look to the Christ has overcome the world, the peace that embraces the depths of our soul.

Worship bulletin **here**!

Songs include: *Be Still, My Soul; It Is Well With My Soul; Song of Hope; Like a Mother Who Has Borne Us; Great Is Your Faithfulness; For the Healing of the Nations.*

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, our Music Director, warmly invites 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

Prayer Partner Before and After Worship this Sunday
PUCCer Emma Zyriek-Rhodes is available this Sunday in the front left corner of the sanctuary before and after worship to pray confidentially with individuals. She is a mother, seminary graduate, nonprofit leader, recent Saint Louis transplant, and chaplain-in-training at Barnes Jewish Hospital. She will call on the presence of God and help create a safe spiritual space with you. She will listen to you as you tell her a bit about your prayer request. Emma will offer an affirmative prayer out loud, reminding you of your inner strengths rather than ask God for a specific outcome. She will pray that you are guided by God's infinite love, presence and support... and that any joy or gratitude will be multiplied, and any fear or doubt will be transformed into peace and confidence.

WISE Team Inquiry: A United Church of Christ Ministry Mental Health Sunday doesn't have to end here! Our church is looking at the possibility of becoming a WISE church. We're only at the start of this journey, but we're hopeful it can be a blessed one. If you are interested in being a part of the WISE Team that would play a formative role in making this possible, please click **here**, thanks!
(WISE = Welcoming, Inclusive, Supportive, Engaged)

Prayer List Updates as of May 15

Dr. Emma Ross - DVM graduating from Mizzou CVM on May 15 and beginning her veterinary career at *Arch Animal Hospital* on June 1.
High school seniors & collegians - theses, finals, graduation, etc.
Emily and Madi - as they travel Austria and Germany (Reinhardt).
Rick & Cheryl Schrenker - as they grieve his sister Jackie.
Kris/Tom McKenzie - her breast cancer; treatment is underway.

Jennifer - upcoming cancer surgery then treatments (Lowenthal).
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).

Kathy Ferrell - no longer on staff here at PUCC. We offer our thanks and our blessings as she starts a new chapter in her life.

Drivers Needed
From time to time, PUCCers are in need of rides to medical appts when their usual circle of support is unavailable. Some in our church family also need help getting to worship. Please let kevin@parkwayucc.org know you are willing to help. You will be added to the list of potential drivers and will receive an email once we have a request for a ride.

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PUCC Announcements

PHOTO OP: Affordable Photos for Families, Couples, or 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, contact Tim **here**
Learn more about Tim and see his work **here**! *(Photos on left are examples of his work)*

breadfortheworld
HAVE FAITH. END HUNGER.

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 through **here**.

For how to get more involved, contact Cindy Levin changyit@icloud.com

LASAGNA LOVE
Feed families, spread kindness, strengthen communities.

Spread Kindness With Food | Lasagna Love
Lasagna Love is a global, volunteer-driven non-profit movement that delivers free, homemade lasagna to individuals and families in need. It is a neighbor-to-neighbor movement.
For our Sunday May 31 "Jesus has Left the Building" we plan to make 4 pans of lasagna and 4 batches of brownies to deliver to families. One way to participate is to donate non-perishable ingredients for the event. There will be a marked container in the gathering space for your donation. This is a list of needs:
· 4 boxes of oven-ready lasagna noodles (require no precooking). Dollar Tree carries these.
· 4 jars (approximately 28 oz) of pre-made marinara sauce (Plain)
· 4 cans (approximately 24 oz) of crushed tomatoes
· 4 cans of tomato paste
· 4 boxes of brownie mix
· 1 small jar of sweet basil
We will need about 6-7 volunteers to assemble the lasagnas on May 31.

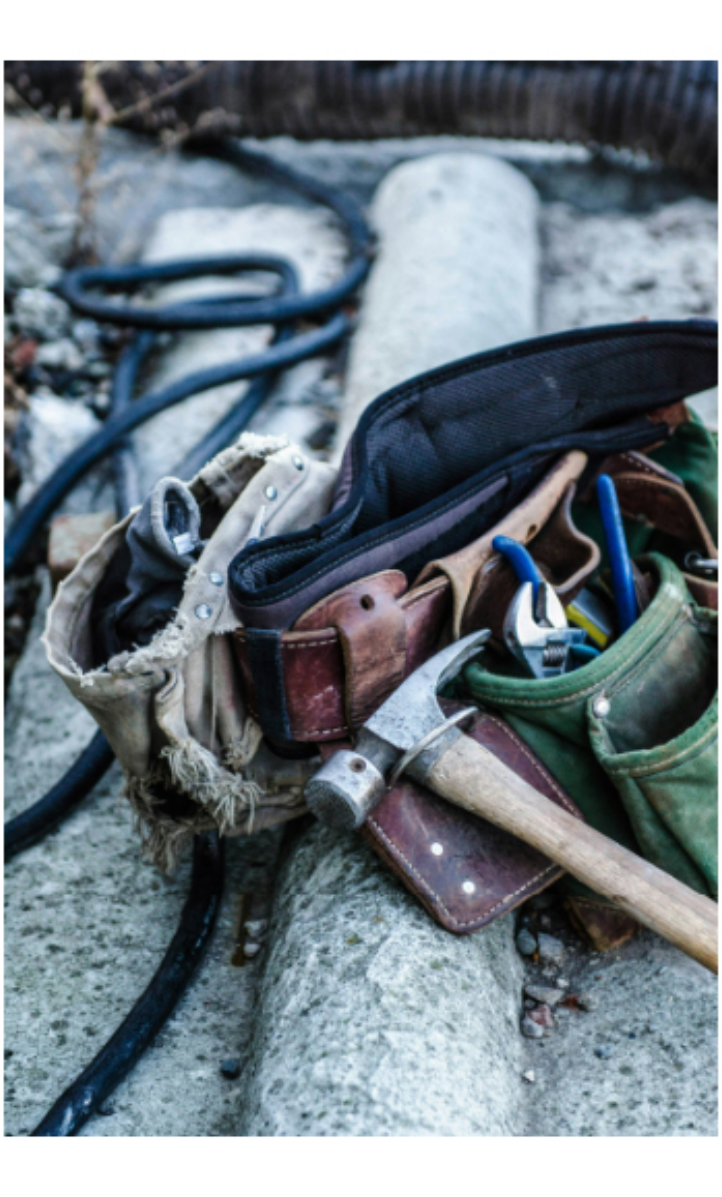
For more info on how to help, contact Ruth Huebner ruthhuebner@hotmail.com

Parkway Adventurers headed to National Museum of Transportation Planes, Trains, and Autombiles-- and more!
Wednesday, June 3 | 9:30am-1:30pm | 2933 Barrett Station Road

Join us for Planes, Trains, and Automobiles, plus much more. The Parkway Adventurers are off to The National Museum of Transportation in a neighborhood near us. This unique museum was founded in 1944 with 42 acres of all types of transportation. Included in their collection are steam, diesel, and electric locomotives, passenger and freight cars, automobiles, streetcars, buses and aircraft. The adults ticket price is $16 and for seniors is $14, although a discount can be obtained with Groupon. There is free parking and we will be doing a self-guided tour. Lunch following will be about 11:30am at The Corner Grill and Pub. 13645 Big Bend Rd Valley Park, Missouri. We will leave from the church at 9:30am or you can meet us at the museum at 10am. Any questions and RSVP contact Carol Cobb, ccjcobb@aol.com

ALS Walk 2026 - Loving the Penicos and Eifferts
Saturday, June 27 | 10am | Forest Park

Too many of us have been touched by the tragedy of amyotrophic lateral sclerosis, or ALS. Join us to raise awareness and funds for ALS research and patient/family support at this walk honoring those impacted by ALS. The event is full of community spirit and hope. Register now to join the ALS Walk **here**. Choose "join a team" and search for **PUCC Loving the Penicos and Eifferts**. On June 27, check in begins at 8:30am; walk begins at 10am. **NOTE:** Children of all ages can participate in the walk. For more info, contact Lisa Mason lmason624@sbcglobal.net



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 **here** to register. For more info, reach out to Tom McKenzie at mckenzie1947@att.net

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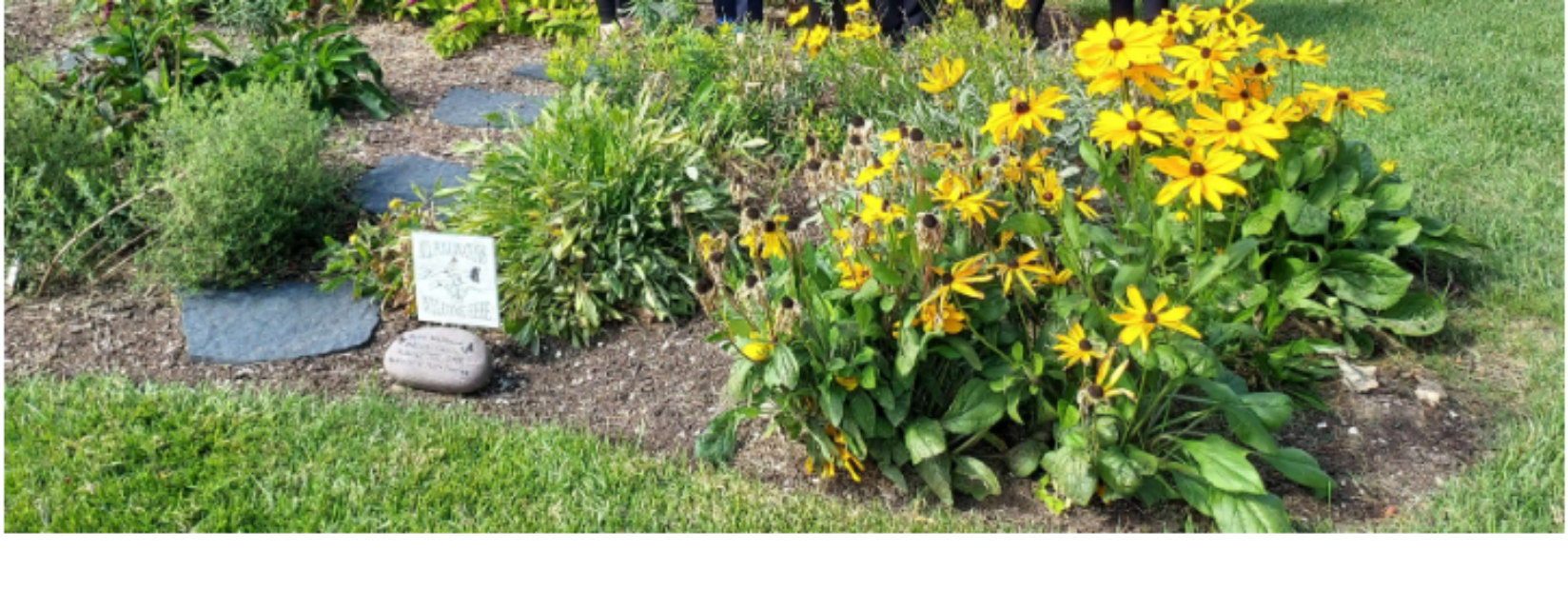
Recurring PUCC Events



POLLINATOR GARDEN Weeding and maintenance will happen on Mondays at 6:30pm, and will continue through the summer every Monday. Come and join us anytime! Want to know more about being a part of the Eco Steward Team or what they're all about? Contact Polly Rutherford pollyrutherford@gmail.com

Tuesday Afternoon Dialogue
1st & 3rd Tuesday | 1:45pm fellowship | 2:00-3:00pm discussion
Zoom Link (312) 626-6799;
Meeting ID: 836 7061 7428;
Passcode: 480007

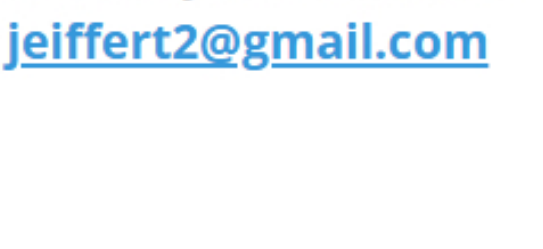
Please join with TAD as we read and discuss *The Henna Artist* in thirds, on **May 19, June 2,** and **June 16.** We'd love to have you! The Henna Artist is a tale of perseverance, history, self-worth, and forgiveness, highlighting the power of family. A young woman named Lakshmi makes her way from her 1950s rural village to the pink city of Jaipur, and becomes the henna artist in a society pivoting between the traditional and the modern. On May 19, we'll discuss the first 5 chapters.

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

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

Please join us on **May 26** for our first session on our next book, *Lab Girl* by Hope Jahren. This book is a 2016 memoir by geobiologist Hope Jahren, blending her personal story with the science of plants, trees and soil, and exploring her career, her friendship with her lab partner Bill Hagopian and her struggles with bipolar disorder. This book is celebrated for its unique combination of scientific insight, candid personal narrative and for winning the National Book Critics Circle Award and becoming a best seller. We will be covering Part One "Roots and Leaves" for our first session on **May 26.**

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.

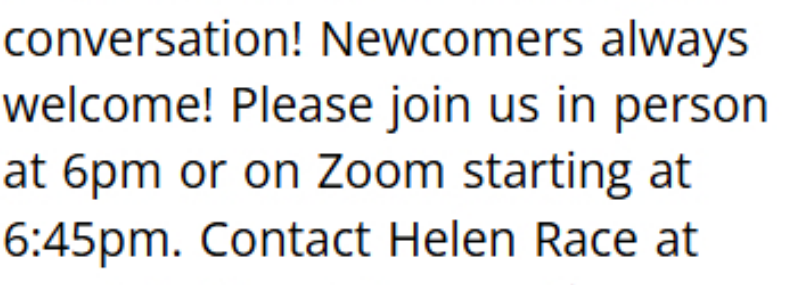


Coffee and Conversation at Panera
Monday, June 29 | 7pm
Panera on Manchester Rd, Des Peres

Join us for a beverage and sweet treat. Come connect! No need to RSVP - just show up!

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

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



Prayer Partner: an opportunity to pray with someone
Monday, May 18 | 1-3pm
Sanctuary

Drop-in Prayer Time.
Kevin will be at church.
Come on by if you'd like to pray together. Please text Kevin (314-330-0629) when you arrive.

Upcoming dates in the Sanctuary:
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

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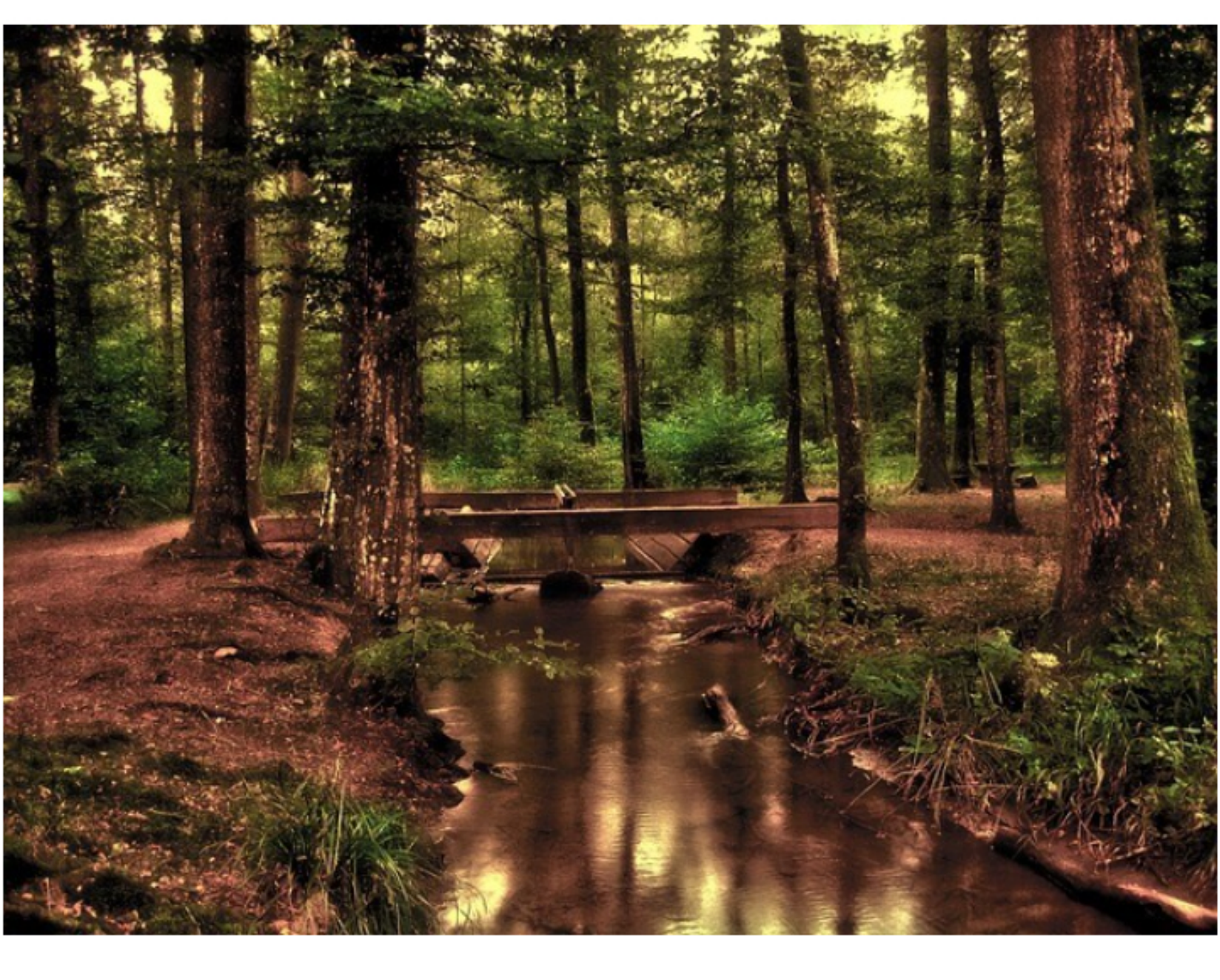
Other PUCC News

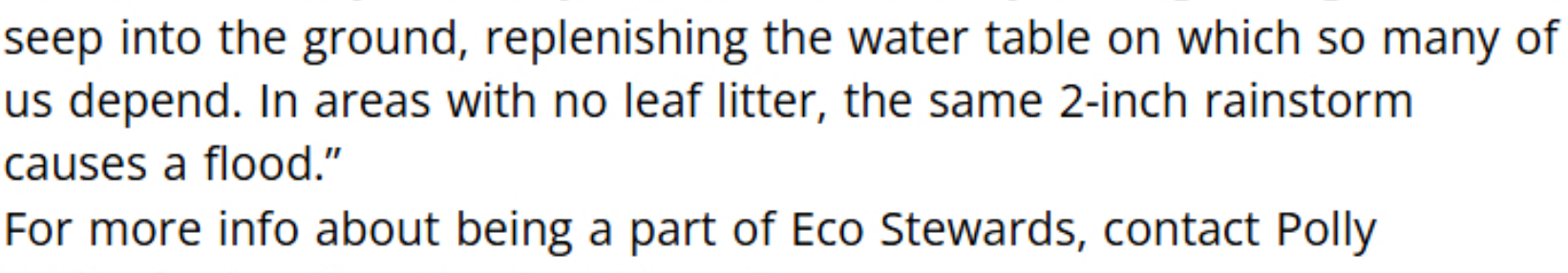


May Eco Stewards Newsletter
Now that our successful Saver's FUNDrive is over—guess what—we can still earn money. They have a referral program. If we refer to them a non-profit that completes their own FUNDrive, we receive another $50. That's for each referral and there is no expiration, they just need to use the link provided here, to sign up.

Please send this to any of your nonprofit connections that you think may qualify and be interested. Any schools, clubs, sports teams, organizations, etc. that you may or may not belong, might be looking for a way to earn money and have the time and space to promote this fundraiser. It's easy since everyone needs to declutter from time to time. Reach out to Polly if you have any questions about how this works. Copy and share your personal link with friends:

https://share.fundrive.savers.com/pollyrutherford

Those of us who watched our Earth Day film presentation by Douglas Tallamy were inspired by his insights and motivated to "act" to "make a difference". Here are a few quotes by Doug for you to ponder:
"Our privately owned land and the ecosystems upon it are essential to everyone's well-being, not just our own. Abusing land anywhere has negative ramifications for people everywhere."
"Your leaf litter can be home to a rich assortment of native plants while it is fertilizing, mulching, and watering your land."
"The water from a 2-inch downpour, for example – more than 54,000 gallons per acre – is captured almost entirely by an oak forest's leaf litter and the organic humus it creates. Litter and humus don't hold this water indefinitely, but they do corral it on-site just long enough for it to seep into the ground, replenishing the water table on which so many of us depend. In areas with no leaf litter, the same 2-inch rainstorm causes a flood."
For more info about being a part of Eco Stewards, contact Polly Rutherford pollyrutherford@gmail.com

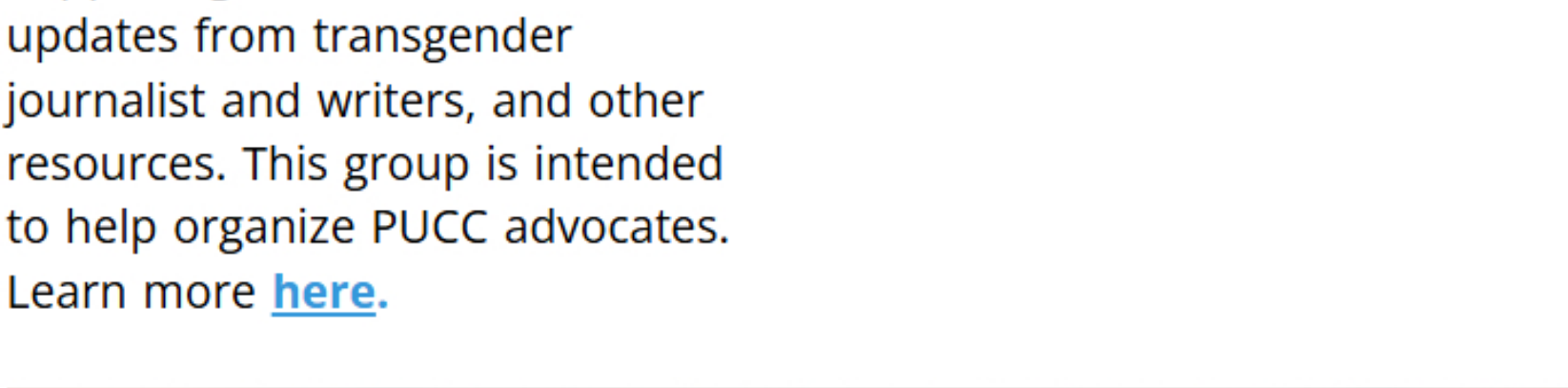


Parkway UCC ONA-Related Groups
These are difficult times in our state and country for LGBTQIA2S+ — especially for transgender — citizens. Maybe you've said to yourself, "I wish there was something I could do to help." Well, there is something.

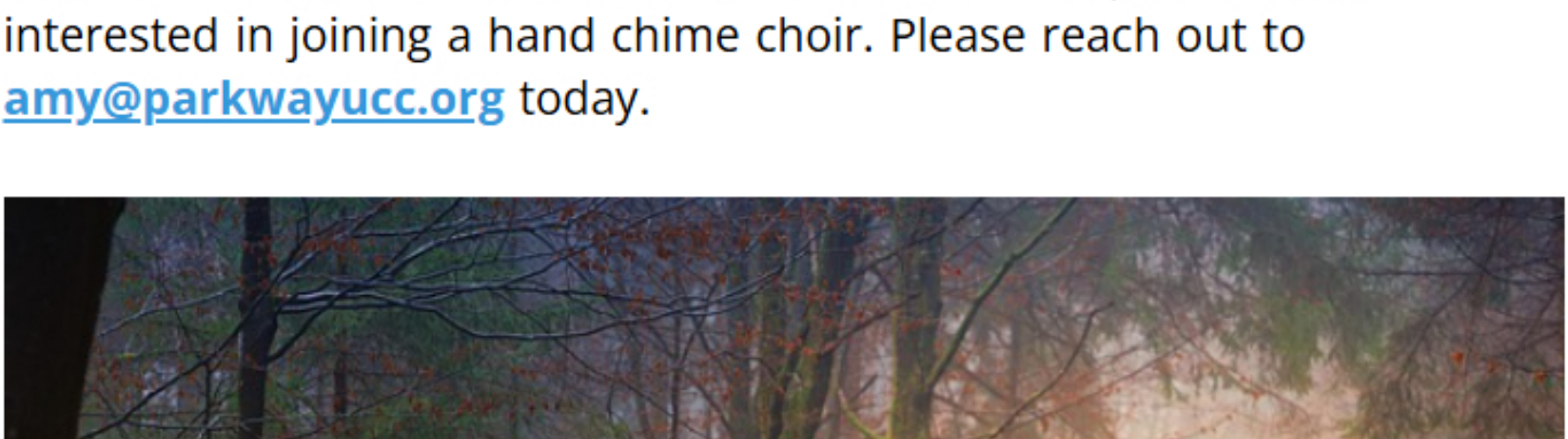
There are two groups offered at Parkway UCC to connect members who are interested in advocating for LGBTQ+ people. The first is the **Mission Ongoing—ONA Open and Affirming Group**. Members of this group will receive updates on legislation pertaining to LGBTQ+ Missourians and related actionable items, notices of meetings (virtual or in-person) happening around the area, news updates from transgender journalist and writers, and other resources. This group is intended to help organize PUCC advocates. Learn more here.

The second group is the **LGBTQ+ Faith Alliance**. It includes representatives from 30 faith traditions across the St. Louis metropolitan area and meets monthly in-person or virtually. Learn more here.

For more information, contact Deb Reinhardt deborahreinhardt@att.net



OUR MUSIC MINISTRY
As we continue to develop our partnership with Amy Freeman as our organist/pianist, we're seeking more people to be a part of our music program. We're looking for individuals willing to sing a solo, duet, trio or to sing with a group and/or to sing with the First Sunday Choir each first Sunday of the month at 9am. We're also gathering names of instrumentalists who'd share their talents in worship, and those interested in joining a hand chime choir. Please reach out to amy@parkwayucc.org today.



Give-A-Meal Sundays ~ Sharing our abundance with those who are in need
Thanks to your generous donations to our two partner food pantries, Isaiah 58 and Circle of Concern, on the first Sunday of the month. Please continue to add extra nonperishable food items as you are able for the North St. Louis Tornado Relief collection. Suggested items are canned green beans, corm, fruit, soups, peanut butter, jelly, pasta, meats, packages of spaghetti and pasta sauce, mac n' cheese, rice, mashed potatoes, and baking items. Also needed are diapers, baby wipes, formula, and other baby and personal hygiene items for mothers and babies requested by Planned Parenthood for the North St. Louis Tornado Relief and other nearby agencies.

Questions? Please contact Sally Dodge s.dodge@hotmail.com or Evelyn Buretta burettaevelyn@gmail.com

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PUCC Marketplace

PUCC Shirts Available for Sale!
Show your church spirit and spread a little love wherever you go! Our new church t-shirts are comfortable, soft, and perfect for everything from Sunday worship to community events. They feature our church name/logo so you can wear your faith out loud. Shirts are just $15 each in a variety of sizes. Purchase your PUCC shirt today here!

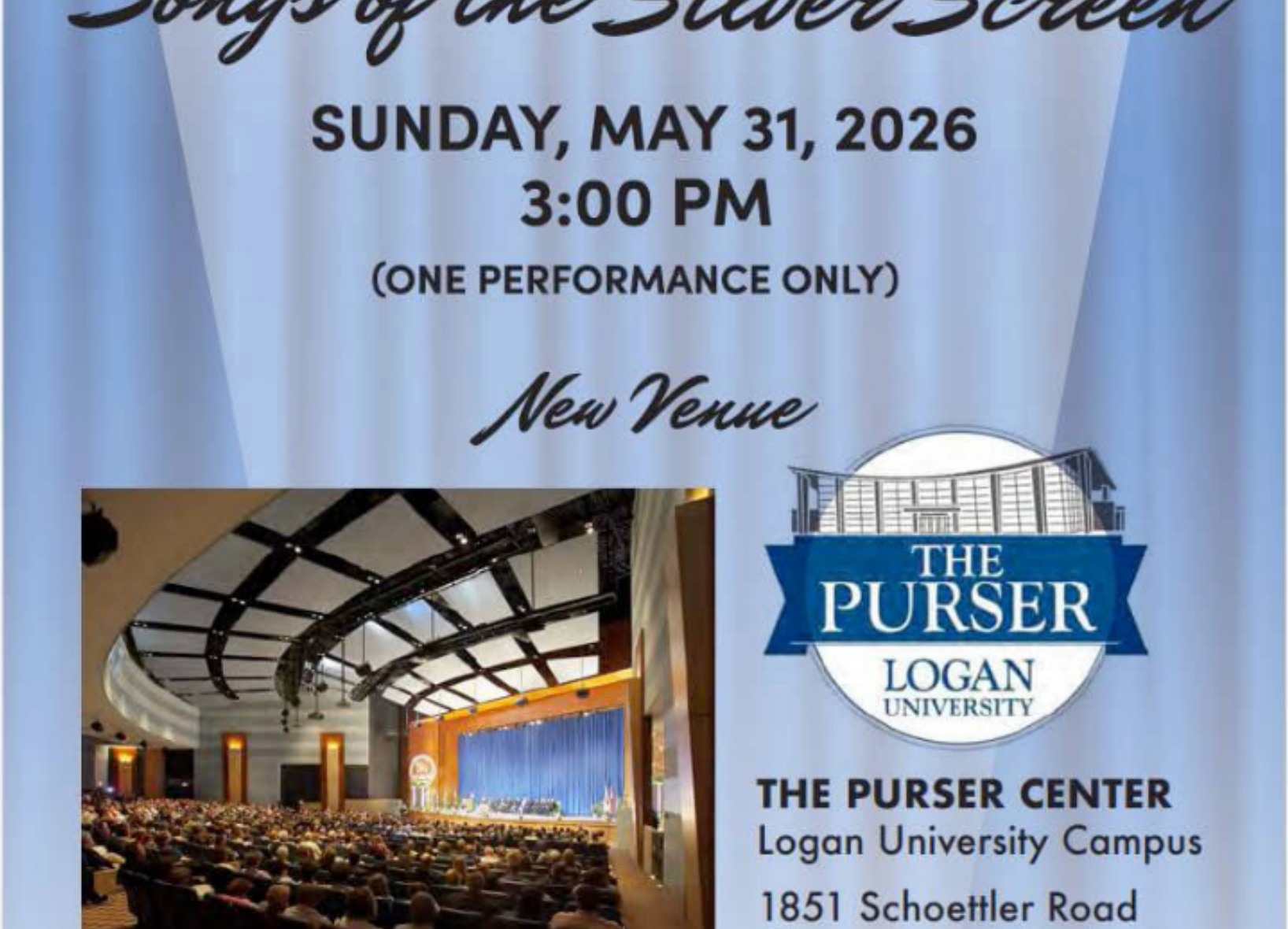
For any questions, contact Gabriel gabriel@parkwayucc.org

New Book! *Advocacy Made Easy*
PUCCer Cynthia Changyit Levin's new book, *Advocacy Made Easy: How to Turn Civic Frustration into Powerful Action,* is **now available**! This concise, 70-page guide offers step-by-step instructions to help both new and seasoned advocates effectively engage with elected officials at every level of government. It includes updated guidance on writing op-eds, navigating AI in advocacy, and crafting persuasive messages using the "EPIC" format. Autographed copies with personal inscriptions are available for $15 through her website here. For more information or to join her launch team, email cynthia@changyit.com

Community Happenings

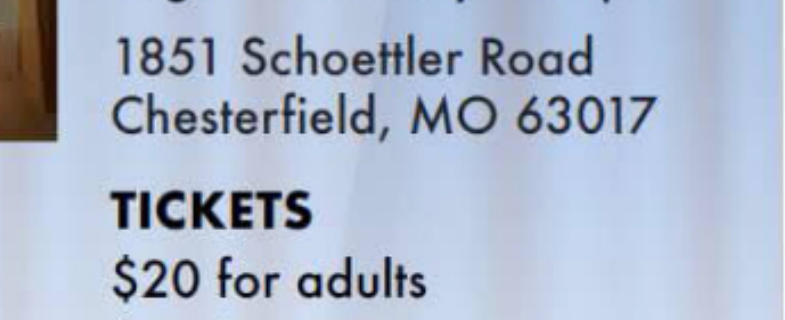
Community Coffee: Reflecting & Looking Ahead
Tuesday May 19 | 8:30–10:30am
Hall of Nations, 3401 Arsenal Street, St. Louis, MO

Join the International Institute of Saint Louis for a morning of connection and conversation as the International Institute's President & CEO Blake Hamilton shares updates on their progress, current priorities, and what lies ahead. RSVP here!



Meeting Our Neighbors: St. Anthony the Great Byzantine Catholic Church
Saturday, June 6 | 10-11:30am
7100 Virginia Ave. St. Louis, MO 63111

Join us in meeting our neighbors at St. Anthony the Great Byzantine Catholic Church to learn about their community and witness a brief prayer in this tradition. Register here!

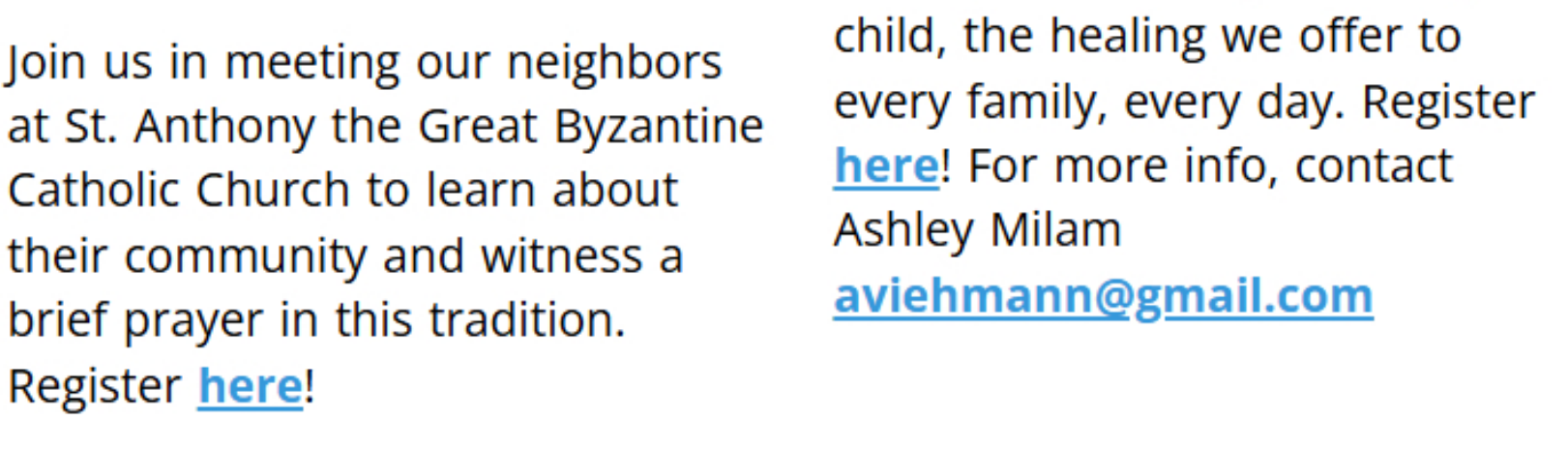


PLEASE JOIN US FOR ECH'S
Hope Rising
BLACK & WHITE GALA
JUNE
SATURDAY 13 AT 5:00 PM
2026
AMERISTAR CASINO, ST. CHARLES

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. Register here! For more info, contact Ashley Milam aviehmann@gmail.com

Christian Education Updates



CEnews Link
You can find the **May 14** Christian Education newsletter here! If you'd like to be included in the CEnews mailing list, please just contact gabriel@parkwayucc.org

Taking the Story Home
Want to take the story home to go deeper with the lesson or your family missed last Sunday? Click here! We'll also have ample photos from events that the children & youth do through the year.

Join the Sunday School Ministry Team
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—low commitment, just one or two Sundays a month.

Interested? Contact Gabriel Requadt, Director of Christian Education, at gabriel@parkwayucc.org or 314-872-9330 x101.

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Ponder

Rooted in Love, Together in Unity *(John 17:1-11)* by Allison E. Alison

The pit bull, a breed some vilify, huddled in a shop doorway, wary of me though I was across the street. His drooping head, his slumping sit, and his sad eyes begged for help, and my heart responded. I inched across the street until I sat on the curb. I talked softly to him until he relaxed a bit, and then, still crouching low to the ground, I slowly moved toward him, softly murmuring how handsome he was and how help was coming. When I got nearly to the doorway, I sat again. Gradually, I reached out my hand, keeping it below his head. He sniffed my fingers and soon let me touch his chest and then stroke his neck. I let him inspect the slip leash in my hand before attempting to place it over his head, and he accepted it. Before the animal control officer I called took him to her van, the pit bull licked my cheek, surely in thanks for saving him. He had been alone and bewildered, yet brave enough to accept help. Most of us have felt this way at times, not sure where we are or where to turn, sometimes too frightened to reach out. Patience, trust, and faith come calling. We can turn to a friend, animal or human, and to our God who holds us securely no matter our circumstances.

Loving God, Thank you for the peace and protection with which you grace us. Give us the courage to petition both your help and the help of others when necessary. Amen.

Video

Dusting off a goldie from Gov. Pritzker giving a commencement speech at Northwestern University in 2023, but just as inspiring and needed more than ever. It's smart to be kind!

https://www.youtube.com/watch?v=5uFwyPP5GOQ

Graduation and Finals Jokes

With graduation and finals happening, here's some jokes that hopefully take a bit of the edge of these big moments:

Pentecost and finals week have a lot in common: confusion, strong emotions, and people suddenly speaking in tongues.

Graduation is that magical moment when your computer has 84 tabs open, your future is unclear, and everyone keeps asking what's next.

The tassel was worth the hassle. Jury's still out on the student loans.

Questions of the Week

What is weighing on you these days?

What are you navigating right now?

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