



Parkway Courier



Volume 53, No. 6

June 2018

When It's Good to Do Nothing by Pastor Kathy Itzin

'Doing nothing' is an activity that deserves more respect. Our lives and culture are so busy, and generally people connect some of our worth to whatever activity we are accomplishing. Doing nothing isn't a value.

But resting is good! The word 'restoration' comes from 'rest.' We usually forget (or don't care) that resting is one of the commandments.

"The seventh day is a Sabbath to the Lord your God; you shall not do any work - you, or your son or your daughter or your male or female servant, or your ox or your donkey, or any of your livestock, or the strangers in your towns, so that your male and female servants may rest as well as you."
(Deuteronomy 5: 14)

Apparently, God considers it a pretty big deal! We know that rest is good for us, but as Americans, we are encouraged to work hard, and to work more. It can be more of a challenge for us to find time to sit, relax, and enjoy things than it is to work harder.

A friend of mine recently gave me this quote from her church newsletter:

"Do not try to save the whole world or do anything grandiose. Instead, create a clearing in the dense forest of your life and wait there patiently, until the song that is your life falls into your own cupped hands and you recognize and greet it. Only then will you know how to give yourself to a world so worthy of rescue."

- Martha Postlewaite

Martha Postlewaite was the chaplain at United Theological Seminary when I went there as a student. It is good to be reminded that in this busy world, where so much is needed, it is important to take time. When we operate out of a place that is rested and centered, we can offer more to the world.

Thomas Merton was a famous author and monk who died in 1968. In his book Conjectures of a Guilty Bystander, he wrote:

There is a pervasive form of contemporary violence...and that is activism and overwork...To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything, is to succumb to violence...It destroys the fullness of our own work, because it kills the root of inner wisdom, which makes work fruitful.

Our bodies, minds, and spirits are made for activity, and rest. Take time this summer to re-coup, restore, and re-juvenate. Take time to do nothing. Restore your soul!

June Scriptures

June 3 Proper 5

Psalm 139: 1-6, 13-18 (God, you know me through and through)!

Mark 2: 23 - 3: 6 (Jesus gets in trouble for healing a man and letting the disciples pick grain to eat on the Sabbath - "The Sabbath is made for people, not people for the sabbath.")

June 10 CONGREGATIONAL MEETING

June 17 Proper 6 Father's Day

Ezekial 17: 22-24 (This says the Lord, 'I myself will take a sprig from the lofty top of a cedar...I will plant it, and it will produce boughs and bear fruit...and under it every kind of bird will live.")

Mark 4: 26-34 (The Kingdom of God is like a mustard seed... like plants that spring up overnight).

June 24 Proper 7 (Kathy Gone)

Job 38: 1-11 Where were you when I laid the foundations of the earth...when the morning stars sang together and all the heavenly beings shouted for joy?)

Mark 4: 35-41 (Jesus calms the great windstorm at sea.)

July Readings Will Center on 'Books Speaking Faith.' When these have been chosen, Kathy will select appropriate scriptures. (See article below)

'Books Speaking Faith' ideas for July! Good books speak to our lives of faith! The Red Tent, The Shack, Ishmael, The Room, The Color Purple, All Dogs Go To Heaven, (maybe even The Little Engine That Could)! Children's books, great literature, and not-so-great-literature can all be wonderful material for summer sermons! Do you have a book containing a good sermon idea? Volunteer to give the sermon on a Sunday in July! Let Kathy know. Sounds like a fun and faith-filled July!



Out to Lunch Bunch

The Out to Lunch Bunch will meet at Broadway Pizza, 5632 West Broadway Ave, in Crystal, at 11:30 a.m. on June 14. They have a wonderful buffet with a variety of pizza, salad, pasta and a sub sandwich, or you can order off the menu. Please call the church and let us know you will be coming. All are welcome!



Picnics, Picnics, Picnics!

We will be joining Robbinsdale UCC for the annual Robbinsdale/Parkway UCC Service and Picnic on Sunday, July 29. Come to Sanborn Park for the 10:00 service, followed by the picnic. Bring a side dish or dessert to share! Musicians and singers are welcome and encouraged to come! We'll practice early in the park. Volunteers will also be needed to help load/unload chairs, etc. from Robbinsdale. Details will be printed in the Sunday bulletin in July. We will provide rides for any member who needs one. Please let us know by Wednesday of the week of the picnic.



Live on the Drive 2018 Concert Series

It's summer in Minneapolis and Live on the Drive is back with another great line up of musicians and bands. Concerts are 6-8 p.m. on Victory Memorial Parkway and 34th Avenue North. After the music there is always a free movie. Food trucks will be parked on the drive with a variety of food. Bring your lawn chairs and relax and enjoy the music of local artists!



June 14 Nooky Jones

Nooky Jones has been a mainstay of the Twin Cities club scene for three years now, leading a renaissance of horn-driven bands who are embracing vintage 1960s soul and R&B. It's hard not to imagine the band as an extension of the famed "Minneapolis Sound" that Prince and his peers Jimmy Jam and Terry Lewis

introduced to the world in the 1980s, but Nooky Jones has inverted that sound back into a warm, analog vibe that feels timeless.



July 12 AstralBlak Formerly ZuluZuluu

AstralBlak fuses together funk, soul, and hip hop in fresh ways. They articulate a powerful message mixing ruminations on the African-American experience using music derived from the Zulu culture and tribe and from the universal black experience. They played at Super Bowl Live in February using their new name.



August 9 PaviElle French

PaviElle French is a solo, interdisciplinary artist who focuses on bringing an aesthetic of love, light, and ancestral spirit to the stage. Using song, storytelling, and dance, PaviElle shares the highs and lows of her life growing up "Young, Gifted, and Black" in Saint Paul's historic Rondo neighborhood, and how those experiences have formed her into the person she is today. Confronting addiction, death, sexuality and self-worth, it's a candid look at one woman's life that touches the humanity in us all.

Parkway Courier

Charlene Merz, Editor

The deadline for the July Courier is June 20.

Please bring your articles to the church office or email them to Parkwayucc@gmail.com

All articles are appreciated!

Muslim/Christian Dinners (Iftars) During Ramadan!

Ramadan is the month of the Islamic lunar calendar during which Muslims abstain from food and drink from sunrise to sunset. In 2018 it falls between the dates of May 15 to June 14. Fasting during Ramadan is one of the 'five pillars' of Islam, and is performed to learn compassion, self-restraint, and generosity. Taking Heart Open Houses is a long running program coordinated by the Minnesota Council of Churches (MMC) and the Muslim American Society of Minnesota (MAS-MN) to bring Christians and members of other faith communities together with Muslims for food and conversation during Ramadan. Minnesota mosques and Islamic community centers welcome their non-Muslim neighbors for a tradition of Iftar, inviting a time of encounter and learning. Growing in popularity, Taking Heart saw more than 1400 people attend Open Heart Iftar dinners in 2017. Please visit www.mnchurches.org to learn more.



Save the Bees

**What's happening to the honey bees?
Can we save them?
Do we have a role and what is it?**

Believe it or not, you have a bee to thank for every one in three bites of food you eat. Where would we be without bees? As far as important

species go, they are at the top of the list. They are critical pollinators: they pollinate 70 of the 100 crop species that feed 90% of the world. Honey bees are responsible for \$30 billion a year in crops.

What's killing the honey bees? The main source is the use of excessive pesticides in crops. The intense use of pesticides, known as neonicotinoids (a relatively new class of insecticides that affect the central nervous system of insects, resulting in paralysis and death) has had a major role in the bees' decline. When bees are exposed to neonicotinoids, they go into a shock and forget their way home. (Sort of like the insect version of Alzheimer's).

Another killer of the honey bee is a parasite known as Varroa mites (also known as Varroa destructors). The Varroa can only reproduce in a bee colony. The disease inflicted by these mites can result in bees losing legs or wings, essentially killing them.

How does the decline or possible extinction in honey bees affect us? Without an appropriate amount of bees for pollination, we may lose many or all of the plants that bees pollinate, then many of the animals that eat those plants and on up the food chain. This means a world without bees could struggle to sustain the global human population of 7 billion. Our super markets would have half the amount of fruit and vegetables.

Herbivores, who depend on certain plant species, will be affected first. Their population would decline or go extinct if plants ceased to exist. For example, many cattle used for milk and meat depend on alfalfa and lupins, both of which depend on insect pollination. If the cow's food supply declines, then meat and milk production will decrease. This will seriously affect human diet.

Canola, which is grown to use as both a fuel and cooking oil, depends highly on pollination. It is also used to produce biofuel. If we were to run out of biofuel, we would have to rely on fossil fuels completely, thus putting further pressure on the environment.



Bees continued...

Cotton is very reliant on pollination. The disappearance of bees will lead to a huge setback in cotton production, and it will significantly reduce our choices in clothes. (Good luck enduring the heat and humidity while wearing nylon attire).

Fresh water will start drying up as there will be less trees and plants for water retention to occur. With less water and diminishing food, humans could suffer from thirst and starvation.

The tragic irony of this is that by killing bees, we're only hurting ourselves. Human survival depends on the health of the planet and its species, and unless we stand up and pay attention, we will begin to face this fact.

What can you do to help? First of all, put the fly swatter away. We believe that when a bee comes around their goal is to sting us. Not true. They are just scoping the area for plants to pollinate. If you have a yard with available growing areas, plant flowers that are blue, purple or yellow. Clover is a great choice. Bees love clover. If you live in an apartment or somewhere without a garden, a planter box or two can accomplish the same thing.

Bees also love sage, salvia, oregano, lavender, ironweed, yarrow, alfalfa, honeywort, dragonhead, echinacea, buttercup, goldenrod and English thyme. They also need a shallow source of fresh water, like bird bath or a decorative dish that can collect rain water.

Eliminate garden pesticides. Pesticides are bad for humans too. They're worse for bees. If you need something, investigate organic or natural means of pesticide control. People have the idea that organic and natural control doesn't work, but it does. Earth itself proves it. It has been generating and regenerating itself naturally and organically for thousands of years. For more info on natural and organic ways of controlling unwanted weeds and such in your yard, you can find many tips at OrganicGardenPests.com.

Finally. get the word out to your friends and neighbors about saving the bees. You would be surprised how many don't know the danger these little friends are in.

Now on to earthworms. Yes, they need saving from pesticides too, but that's for another article.

LIST OF FOOD CROPS POLLINATED BY BEES		
Apples	Adzuki Beans	Persimmons
Mangos	Orchid Plants	Loquat
Rambutan	Custard Apples	Cucumber
Kiwi Fruit	Cherries	Cantaloupe
Plums	Celery	Tangelos
Peaches	Coffee	Watermelon
Nectarines	Walnut	Boysenberries
Guava	Cotton	Starfruit
Rose Hips	Lychee	Brazil Nuts
Pomegranites	Flax	Mustard Seed
Pears	Acerola used in Vit C	Rapeseed
Black Currants	Macadamia Nuts	Turnips
Red Currants	Sunflower Oil	Congo Beans
Alfalfa	Goa beans	Sword beans
Okra	Lemons	Chili peppers
Strawberries	Buckwheat	Bell Peppers
Onions	Figs	Papaya
Cashews	Fennel	Safflower
Cactus	Limes	Sesame
Prickly Pear	Quince	Eggplant
Apricots	Carrots	Raspberries
Allspice	Palm Oil	Elderberries
Avocados	Durian	Blackberries
Passion Fruit	Hazelnut	Clover
Lima Beans	Coriander	Tamarind
Kidney Beans	Caraway	Cocoa
Green Beans	Chestnut	Black Eyed Peas
Star Apples	Broccoli	Vanilla
Coconut	Caulliflower	Cranberries
Tangerines	Cabbage	Tomatoes
Beets	Bok Choy	Grapes
	Brussels Sprouts	

PLANT FOR THE BEES:
Colony collapse disorder threatens bees everywhere.

TREES	HERBS	FRUITS AND VEGGIES	PERENNIALS
Alder	Bee balm	Blackberries	Buttercups
Amer. Holly	Borage	Cantaloupe	Clematis
Basswood	Catnip	Cucumbers	Cosmos
Black gum	Cilantro	Gourds	Crocuses
Black locust	Fennel	Fruit trees	Dahlias
Buckeyes	Lavender	Peppers	Echinacea
Catalpa	Mints	Pumpkins	English ivy
East. Redbud	Rosemary	Raspberries	Foxglove
Hawthorns	Sage	Squash	Geraniums
Hazels	Thyme	Strawberries	Globe thistle
Linden	ANNUALS	Watermelons	Holyhocks
Magnolia	Asters	Wild Garlic	Hyacinth
Maples	Callipsis		Rock cress
Mountain ash	Clover	SHRUBS	Roses
Poplar	Marigolds	Blueberry	Sedum
Willows	Poppies	Butterfly bush	Snowdrops
	Sunflowers	Button bush	Squills
	Zinnias	Honeysuckle	Fansy
		Indigo	Yellow hyssop
		Privet	DO YOUR PART!

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HAPPY/THANKFUL OFFERINGS

We are offering this gift because we are happy and/or thankful for:

April 29, 2018

Happy Birthday to
Dave Hendel and
Evie Thompson.
-Carolyn Hendel

My brother and nephew
are alive. They made it
out of their house that
burned last week.
-Carol Bulchuck

Naughty Dianne (B) for
cheating on her colonoscopy.
Thankfully she came out
good. Poor housekeeping
lady!

May 6, 2018

Music, music. Oh! What
Sound. Our light shines
bright at Parkway.

Our puppy, Clark is home.
-The Walters

Kevin and Jenny for all the
wonderful stuff they do for me
and thanks to all of my Parkway
Family & love & support.
-Tom Ley

May 13, 2018

The great meal we enjoyed last
week from Bonnie.
-The Walters

Being a mother. Having a
mother. All of the volunteers
with FMF this past week.
Seeing a Scarlet Tangier in
my yard.
-Emily Braun

Happy Birthday to my oldest,
Travis, who turns 36 today!
-Char Merz

May 27, 2018

Happy Birthday to Julie
(the 28th).
-From Dad and Mom

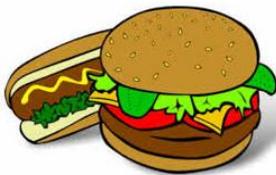
For 45 wonderful years.
-Ann and Jim

A thank you note from Terri Helms' family: We can't thank you enough for your kindness and support at this time. You have given us strength and love and Terri was always stronger through you all. I've had to plan too many funerals, but this is the hardest. We hope to remain a part of the Parkway family.

Thank you! Nancy, Rita, Steven and family

Happy Birthday
To Everyone
Born in June!

1 Izzy Shaffer
5 Eunice Shore
7 Gabby Graham
25 Tom Ley



Mark your calendars for Parkway's Outdoor Worship in August. Join us in the church courtyard for a fun filled service on August 19. Following the service will be hotdogs and hamburgers. Please bring a dish to share!



Please Remember in Your Prayers

Gerry Hartley	Alan Johnston - (Alice Johnston's son)
Rose Marie Lund – (Durand's daughter)	Judy Oelkers - (Pat durand's cousin)
Jim & Kay Leerssen	Frank Gaines
Marlene Mars	Lu Butler
Harriet Thompson	A.J. Houle - (Dick and Nancy Larson's son-in-law)
Parkway Church	Terry Nolan
Eunice Shore	Jean Rossmar - (David Goettsch's sister)
Brett Sprague	James Karst
Laura Mylan - (Friend of Janet Zahn)	Tom Ley
Jan Schwarz	Paula and her family - (Bonnie McClain's friend)
Sheryl Griefe - (Friend of Dick and Nancy)	Ron Merz - (Greg Merz's father)
Bob Freeman - (Cancer surgery)	Armin Bulchuck
Bob Dooley - (Lu Senescall's son-in-law)	Bill Morrison
Lisa Flynn - (Carol Anderson's niece)	
Chris Murphy - (Nephew of Tom and Kathy Malasky)	
Maxine Rogers - (Lonnie Rose's sister)	
Veralyn and Dennis Bash - (sister and brother-in-law of Lester Boerger)	
Paul and Donita Boerger - (Lester Boerger's parents)	
Erin Gaines - (Frank Gaine's daughter-in-law)	
Sandy Thompson - (Bob and Evie Thompson's daughter-in-law)	



We Need Your Stories, Reflections and Poems!

Next month's Courier will be a collection of writings, stories, and poems from Parkway members and friends. We've had a few submissions come in already. Put on your writing caps and send your creations to Parkwayucc@gmail.com. There is writing talent and creativity out there! Don't be bashful! This is your time to shine! The deadline is June 20.

June Coffee Hour: Volunteers

June Drivers

Flowers

3 Char Merz	3 In honor of Haley Bloomquist's Confirmation, from Carolyn Hendel
10 Dave Hendel	10
17 Char Merz	17 In memory of Katherine and Adrian Norman from Jackie Heinrich
24 Dave hendel	24

E-mail address: parkwayucc@gmail.com

Rev. Kathy's e-mail: parkwayuccpastor@gmail.com

Web Site: www.parkwayucc.com

Parkway Courier

An Open and Affirming Church

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Worship Service: Sunday, 10 a.m.

Office Hours: 9 a.m. – 4 p.m.

Monday – Thursday

Rev. Kathy Itzin, Senior Minister

Charlene Merz, Administrative Assistant

Bonnie McClain, Director of Music

Daniel Ritter, Organist

Carolyn Hendel, Bell Choir Director

Molly Merz, Custodian

Published by and for members and friends of

PARKWAY UNITED CHURCH OF CHRIST



Summer Solstice

Saturday, 21 June, marks the Summer Solstice. Soltics is latin for Sol (Sun) and Sistere (to stand still). It's on this day when the sun (stands still) and is in its highest position in the sky, resulting in our longest day of sunlight for the year. At the summer solstice, the Sun travels the longest path through the sky, and that day therefore has the most daylight.



Parkway United Church of Christ

June 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Garage Sale 9 a.m. - 4 p.m.
3 10 a.m. Worship 10:15 Sunday School 11 a.m. Coffee Hour 12:30 CWOW	4 7 p.m. Victory AA	5 10 a.m. Adult Class	6	7 Jackie Heinrich service with luncheon 10 a.m. visitation 11 a.m. service	8 UCC Annual Meeting June 8 - 10	9 UCC Annual Meeting June 8-10
10 Congregational Mtg. 10 a.m. social hall	11 7 p.m. Victory AA	12 10 a.m. Adult Class	13	14 11:30 Out-to-Lunch Broadway Pizza in Crystal	15 CWOW wedding 2-7 p.m.	16
<i>Father's Day</i> 17 10 a.m. Worship 10:15 Sunday School 11 a.m. Coffee Hour 12:30 CWOW	18 7 p.m. Victory AA	19 10 a.m. Adult Class	20	21	22	23
24 10 a.m. Worship 10:15 Sunday School 11 a.m. Coffee Hour 12:30 CWOW	25 7 p.m. Victory AA	26 10 a.m. Adult Class	27	28	29	30 HUB 10 a.m. - 3 p.m. Social Hall and library