```java
import java.util.ArrayList;
import java.util.Comparator;
import java.util.Optional;
import java.util.Scanner;
import java.util.stream.Collectors;

public class UserManagementSystem {

    public static void main(String[] args) {
        UserManagement userManager = new UserManagement();
        Scanner scanner = new Scanner(System.in);
        while (true) {
            System.out.println("User Management System:\n"
                    + "1. Add User\n"
                    + "2. Remove User\n"
                    + "3. Update User\n"
                    + "4. List All Users\n"
                    + "5. Find User by Name\n"
                    + "6. List Users Sorted by Name\n"
                    + "7. Exit");
            System.out.print("Choose an option: ");
            int choice = scanner.nextInt();
            scanner.nextLine();  // Consume newline

            switch (choice) {
                case 1:
                    System.out.print("Enter ID: ");
                    int id = scanner.nextInt();
                    scanner.nextLine(); // Consume newline
                    System.out.print("Enter Name: ");
                    String name = scanner.nextLine();
                    System.out.print("Enter Email: ");
                    String email = scanner.nextLine();
                    userManager.addUser(new User(id, name, email));
                    break;
                case 2:
                    System.out.print("Enter ID to Remove: ");
                    int removeId = scanner.nextInt();
                    userManager.removeUser(removeId);
                    break;
                case 3:
                    System.out.print("Enter ID to Update: ");
                    int updateId = scanner.nextInt();
                    scanner.nextLine(); // Consume newline
                    System.out.print("Enter New Name: ");
                    String newName = scanner.nextLine();
                    System.out.print("Enter New Email: ");
                    String newEmail = scanner.nextLine();
```