



THE PALM LEAF

Church of The Palms

EST 1969

14808 N Boswell Blvd
Sun City, AZ 85351



CELEBRATING THE PAST;
EMBRACING THE FUTURE

A Letter from Paul



Lent began Wednesday, February 26, 2020. Why is it important to remember the season of Lent? The season of Lent is, to my mind, *the most unusual season of all*.

Advent, Christmas, & Epiphany are filled with expectation, warmth, and wonder. Easter is full of joy. The Day of Pentecost is filled with excitement. Ordinary Time (the time between Pentecost Sunday and Advent) describes much of my life — ordinary.

But Lent is different; it's a paradox. On the one hand it is a quieter, more subdued season. The music is softer, the words are measured, the faces are reflective, the ashes linger. On the other hand, the time between Ash Wednesday and Easter is the most intense Christian time of all as we explore deep questions like:

- What does it mean to be me?
- What does God want me to do with my life?
- How do I become a better person?

Lent is also a time for the church to meditate upon the meaning of God in Christian faith and life. The height and depth of Easter joy is directly proportional to the intensity of our awareness of God's activity in our lives.

Shalom,
Paul

Everything In Moderation

By Judy Jondahl



As the Church of the Palms moves forward with becoming a W.I.S.E. (Welcoming, Inclusive, Supportive and Engaging) church, I have found myself returning to reading the current literature and research on various mental health concerns. In most, if not all, of our lives, we have witnessed the stigma associated with mental illness. Research indicates that more than 50% of individuals needing assistance in dealing with mental illness will not seek the help they need due, in part, to the stigma.

So, I ask, how can we be W.I.S.E. when we become observe one of our family members or friends struggling with maintaining mental wellness?

In thinking about this, I recall a teenage relative who was exhibiting signs and symptoms that were not within her usual manner of behavior. She had been an accomplished gymnast and was no longer able to perform. She was not eating and was losing weight that she did not have to lose. At one family gathering, you could actually count her ribs through her clothes. Observing this, two of us asked her grandmother if her granddaughter was sick, and she told us about her frequent episodes of vomiting after meals and "sneaking" her food to the dog. She had mentioned her concerns to her parents, but they had denied noticing anything unusual. Long story short, we talked with her parents, and they were able to express their growing concerns, but could not see it as a mental-health issue. After several talks with them, they agreed to take her to a doctor in another town, and her anorexia was diagnosed and treatment started. Unfortunately, recovery was not an easy road, as other self-injury activities replaced the anorexia. Recently, I had the opportunity to spend some time with her and she talked about her embarrassment in seeking help and thanked me for helping her accept she needed it.

She told me, "When I tell others who are having problems coping, 'You remember that, even on days that you do not feel like it, you are such a beautiful human being. Don't resist help, embrace it.' I try to assure them that there no shame in that."

It can be difficult at times, though, to know what to say to someone you see having a difficult time, and they may be "afraid" to admit there is a problem because of embarrassment (stigma). Here are some tips for interacting with people who may be struggling:

- Acknowledge what you observe and allow them to talk about what's going on.
- If you don't know what to do or say, someone who does to help you or to talk to the person.
- Avoid telling someone how they should or should not feel. We are all permitted to feel how we feel.
- Try to avoid saying phrases like "things will get better" or "look on the bright-side." Instead, let them know it is OK to feel sad or lonely.

Together, let us become W.I.S.E.

WORSHIP THEMES FOR MARCH

MARCH 1: Read Matthew 4:1-11. Dealing with temptations? Pastor Paul will encourage us to K.I.S.S. = Keep It Simple Servants.

MARCH 8: How does God look at the world? The whole world? Through the lens of love. Read John 3:16-17. Pastor Paul will be preaching.

MARCH 15: Let's gather at the well, a place where our thirsts are quenched. A place where we connect with God and each other. A place where grace and love abound. Read John 4: 5-42. Pastor Jim will be preaching.

MARCH 22: Psalm 23 is about as familiar a scripture as there is! Can an old favorite have new life? Our approach makes all the difference. Pastor Paul will be preaching.

MARCH 29: The death of Lazarus found in John 11:1-6, 17-45 gives Pastor Paul the opportunity to look at the way we do funerals. He will be putting the "fun" in funerals this Sunday!

Bread and Broth Lenten Devotional Series at The Palms

Can You Drink This Cup? **Matthew 20:22**



Each Wednesday from March 4 – April 1 beginning at 11:00 a.m., we will gather for a devotional presentation followed by soup/bread. (Vegetarian, G-F, S-F, D-F).

Ordinary cups used each day can become sacred vessels, or symbols to connect us with life and bring us to a closer union with the Divine. This Lenten series will explore that rich symbol, with its emptiness and fullness, its brokenness and flaws, and its many blessings.

A cup is nothing until you act. You must pick it up. When you peer inside, you find something: an option to look at oneself with positive critique and examine the life you are living. The message of Lent is to view inward and own from whence we come and who we are.

March 4: "The Cup: A Container of God's Presence" Isaiah 43:1-7 **Rev. Susan Princehouse**

March 11: "The Cup: The Vessel of Loving Energy" 2 Corinthians 4: 5-12 **Dr. Gene Klatte**

March 18: "The Cup: Lift the Cup" II Corinthians 4: 5-12 **Dr. Phil Ladd**

March 25: "The Cup: Boundaries" Proverbs 4: 23; Colossians 4:6; Galatians 6: 2-5; 5:13

Mrs. Linette Stenberg

April 1: "The Cup: Thirsting to be Filled" Matthew 20:23; Psalm 63:1

Mr. Jim Yang-Hellewell

To volunteer to help with this simple meal contact Kay Klinkenberg, Coordinator

Phone: 816.377.2318 Email: kayklink@yahoo.com

MARCH BIRTHDAYS



Richard Anderson	March 4	Jeanne Chisholm	March 19
Mary Fimbres	March 7	Nelson Hymans	March 20
Steve Meoli	March 7	John Laabs	March 22
Marion Barmore	March 8	Sharon Krause	March 24
Lila Miller	March 8	Millie Carlson	March 25
Ruth Remle	March 11	Phillip Ladd	March 25
Jane Lane	March 14	Uncle Paul Whitlock	March 27
Charlotte Harger	March 16	Jilli Frenning	March 28
Mary Kennicott	March 16	Vern Greenhalgh	March 28
Bill Patrick	March 16	Gloria Peterson	March 28
Barbara Finkle	March 17	Scott Kranzusch	March 31
Steve Sutto	March 18		



Our Women's Friendship Group will not meet in March due to members' desire to participate in Wednesday Lenten activities. Meetings are typically 10:30 a.m. on the 2nd and 4th Wednesdays in the Music Room. Women's Friendship Group resumes in April.

The Church of the Palms Rummage Sale is something special. It represents our commitment to STEWARDSHIP, EVANGELISM and MISSION AND OUTREACH! Time to go through your closets and storage areas to donate items that served you well but now need a new life with a new owner. Bring your donated items to the church beginning Monday, March 23, through Wednesday, March 25th. There, they will be sorted, priced and staged for the Rummage Sale on March 26th through March 28th.

Hours this year:

7:30 a.m. to 2:00 p.m. Thursday and Friday

7:30 a.m. to 12:00 Noon Saturday



You will also be able to use a credit card for all purchases of \$100 or more. If you can help or have questions, contact one of the members of the 2020 Rummage Sale coordinating team (John Durbin, Pat Durbin, Debby Stinton). Or sign up on one of the Volunteer Sheets in the Church Narthex or office. We need lots of help and we would love to have you be involved.

Splinters from The Boards and Other Groups

The idea of this piece is that you can read quickly what is happening in our various boards and groups – if you want more details, contact the specific group or the church office.

- There will be a Service Auction Saturday, March 7 from 4 to 6 p.m. – main dish provided, bring a side dish and your checkbook!
- The Board of Trustees is moving forward on replacing the doors in the narthex and King Hall. No start date yet.
- Pride Parade is April 5. Paul Hiles is making banners for us. Contact Debby Stinton or Vickie Ashenbrenner for more info.
- The Social Justice Team announced our I-HELP program is continuing with great success! Approximately 6 people will soon graduate the program into housing. If you can volunteer, contact Laurie Cathey or Max Klinkenborg.
- Mission and Outreach is exploring the option of purchasing a shower trailer.
- Creation Justice Sunday will be April 19.
- The Bus will be getting rewrapped soon with a similar design and rainbow colors.
- Valley Women's Ensemble will be performing at The Palms April 26th at 3 p.m.
- Our Life Long Learning Board is planning a soup and bread Lenten study for Wednesdays, March 4 to April 1 from 11 a.m. to 12 noon.
- The SWC's Annual Meeting is April 24-26 in Sahaurita, AZ.
- A Creation Justice Task Force is forming. Interested? Contact John Durbin.

Be a Summer School Volunteer at Dysart Community Center

- ◆ Pick your day of the week, time, and topic
- ◆ 8:00 a.m. to 3:00 p.m. Monday through Friday, Friday May 26 – July 17.
- ◆ All topic segments are 45 minutes each.
- ◆ Topics include: STEM, Reading, Arts and Crafts, Personal Development, and Physical Activity.
- ◆ Students are grouped by age: pre-kindergarten, kindergarten, 1st grade, grades 2-3, grades 3-5 and grades 6-8. You will be working with staff and 30 teen volunteers.
- ◆ Interested? Call Priscilla Duenaz, Youth Program Director, at 623-583-2137. She will visit with you one-on-one before you apply.





Fellowship Breakfast

The March 10th Fellowship Breakfast will be at 8:00 a.m. with our guest *Hugh Duncan*

There are 15,000 homes on the Navajo Reservation without electricity, according to Hugh Duncan, a member of St. Christopher’s Episcopal Church in Sun City. For more than a year, his church has been working to bring electricity to some of these homes. For \$250, a 50-watt solar panel, battery and lights can be provided to a home, and volunteers install the system at no cost. Enough money has been raised to light 30 homes so far. Mr. Duncan will be our speaker March 10 during our monthly Tuesday Morning Fellowship Breakfast and program sponsored by the Board of Life Long Learning. The breakfast will begin at 8:00 a.m., rather than 8:30 a.m., to accommodate Hugh’s schedule.



Jack’s Private Stock

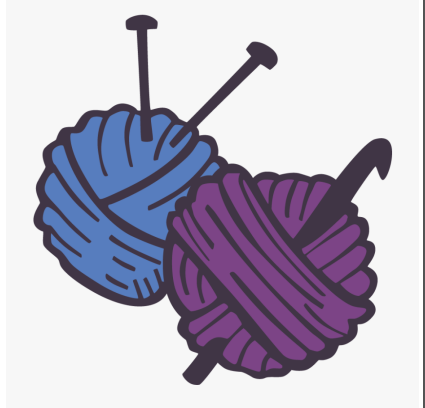
“Paterson,” starring Adam Driver, is a quiet observation of the triumphs and defeats of daily life, along with the poetry evident in its smallest details. This month’s viewing is 9 a.m. March 20 in the Board Room.

Help HART Pantry feed at-risk teens

The HART (Helping At-Risk Teens) Pantry is requesting these food items for March and April:

- Ramen noodle packs
- toaster pastries (i.e. Pop Tarts)
- applesauce cups
- protein bars (3 grams or more of protein)
- raisins (small boxes)
- chicken-noodle or tomato soup

Spring has sprung! Gone are the hats and scarves (we have them stored if you still need some), and our tables in King Hall are



now filled with Spring and Easter items we have made. We have new shopping bags with our church logo on them! We’ve made new cotton towels for your kitchen! Also new are the baby wraps for infants in car seats. One of the small hearts are always a welcome “I care about you” to give at any time. And maybe the Easter bunny will bring a child’s quilt to your little ones. Our creations change weekly as we make things, so check our tables often. If you knit or crochet at home, we need your help: we have requests for 400 hats and 250 soap holders! We’ll provide yarn and patterns.

-Service Project Craft Group



Invest in Futures: Special offering taken March 22

The One Great Hour of Sharing (OGHS) special mission offering of the United Church of Christ involves you in disaster, refugee/immigration, and development ministries throughout the world. When a disaster strikes or people are displaced or made refugees by violence or extreme poverty, you are part of the immediate response and of the long-term recovery. Through OGHS you engage in holistic development programs including health care, education, agriculture, food sustainability, micro-financing and women's empowerment. Because the UCC relates in mutual partnership to churches and organizations through Global Ministries and worldwide response & recovery networks, your contributions to One Great Hour of Sharing put you in the right place at the right time for the relief, accompaniment and recovery of the most vulnerable. You meet immediate needs and you address the underlying causes that create those needs at the first.

Too

By Pastor Paul

Holy One, sometimes life just seems to have too many times:

too many times of violence and dying;

too many demands and problems;

too many broken dreams and lives;

too many wars and fights and arguments;

too many moments of greed and sounds of people devouring each other

like vultures on a dead carcass;

too many mountains of unpaid bills and dry valleys of dead ends;

too many of words used as swords to stab and tear, leaving hearts shredded and souls lacerated;

too many times of silence leaving a bad taste on my tongue.

Sometimes the very air I breathe surrounds me with fear until there is nothing but to inhale pain and exhale confusion.

Too many shadows, Holy One, too many acts of selfishness, acts of cruelty, acts of indifference...

Or, is it too little?

Too little unconditional love; too few times of compassion;

too few rainbows; too little moments of justice,

too few times of courage, of risk taking, of persistence;

too little times of extravagant welcome; too few times of holiness;

too little of music; too few times of belly-shaking-laughter and exuberant, joy-filled celebration?

Holy One, make me an instrument of your peace.

Make of me a loaf for these times of hunger, some food spiced with unconditional love for my human family who are starving for justice and someone to show radical hospitality.

That, being some nourishment for them, I may also be filled with love, justice, and welcome.



Church of the Palms Potluck and 3T Service Auction

March 7th, 4:00 p.m. to 6:00 p.m. in King Hall

Coming soon! During the Potluck and Service Auction, we will share donations of Time, Talents, and Treasures with each other, enjoy good food, and participate in an auction, with proceeds going to various church ministries. Please plan to attend on Saturday, March 7th, 4:00 p.m. to 6:00 p.m.

How does the Potluck and Service Auction work?

We provide the brats and buns, you provide a side dish or dessert. Then relax, enjoy good friends, good food and be prepared to bid on all the wonderful donations of Time, Talent and Treasure available in the auction.

What can I offer and how do I sign up?

Think about what talents you have that would be valuable to someone else. Maybe you're an excellent car mechanic, great with closet organization or a wiz at computer coaching/consultation. Other examples can include providing services like dog grooming, homemade candy or an hour of music. Be sure to put your information on the Potluck & Service Auction sign-up sheets on the opportunity table in the Narthex.

Questions? Talk to a member of the Board of Evangelism.

Update from the I-HELP Meal Ministry

Thank you to all who have donated food and prepared meals for our I-Help (Interfaith Homeless Emergency Lodging Program) guests. We, once again, have been blessed by the generosity of our church family and friends, and our guests have been so very appreciative of all that has been contributed. We have learned that our ministry greatly benefits from volunteers bringing an already prepared, ready-to-eat evening meal on our host nights, rather than foods that require preparation. If you would like to provide the evening meal, breakfast or sack lunches for our guests, please sign up on the whiteboard in the I-Help closet next to King Hall, and let Laurie Cathey know what you will bring. Questions? Call Laurie Cathey at 623.238.3826 or Suzanne Boisclair at 603.494.8242.



I-Help meal-ministry volunteers are needed in March for the following dates:

Dinner	Breakfast	Lunches (to deliver night before)
Monday, March 2	Tuesday, March 31	Tuesday, March 17
Friday, March 6		Tuesday, March 31
Monday, March 30		