



# 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

What if we had the ability to see into the future? Have you ever wanted to have a crystal ball to know of, at least in part, some upcoming event? It sure is tempting – with a rub or two on the round glass and a few carefully chosen magic words said - images would start to appear that tell a story.

What if we possessed that fortune telling device at the dawn of 2020 and it was absolutely accurate? Would you have believed what you saw about this year? I confess that there are times I have desired to be in conversation with such a soothsayer – to ask questions about loved ones, the church and me.

When people talked of some distant heaven out in the future, sometimes Jesus turned the conversation concerning the Kingdom of God 180 degrees. That is, Jesus declared the reign of God as being at hand (in other words – all around us right here, right now).

All of that has got me thinking. Instead of looking at cancellations and closures happening in 2020, what if we looked into our hearts and asked, "What if..." It's a powerful thought. Try it with me. What if...

What if in 2020 our worship isn't thought of as cancelled or video-taped but moved literally out into the streets and marketplaces? Into our homes, hearts, and healthy living.

What if this year is exactly what we have been preparing and waiting for?

What if what was needed was a year so uncomfortable, so aggravating, so painful, so worrisome, so scary, so frustrating, so raw – that it finally forces us to look at ourselves in the mirror and look at our society and appreciate all the ways in which we have been blessed.

What if what was needed was a year that screams out so loudly, ultimately awakening us from our ignorant "Rip Van Winkle like" privileged slumber, to live the lives of justice God calls us to live.

What if we finally admit the need for change individually, in church, and in society? What if we declare change, work for change, and become the change we desire to see and experience for others, ourselves, and our society?

What if we are brought, banded, and bunched together, instead of pushed ferociously, further, and finally apart?

2020 isn't cancelled, but rather the most important year of them all: it's telling a story and we play a part in it. What if we actually become The Palms of Jesus? What would that story be like? 20/20 means perfect eyesight. What if 2020 has corrected our vision to help us see what is truly important in life? What if it has adjusted our sails as we move onward?

What if.

Shalom, Paul

*God is Still Speaking*

Church of the Palms



# Everything In Moderation

By Judy Jondahl



## Accentuating the Positive

As Harold Arlen wrote:

You've got to accentuate the positive  
Eliminate the negative  
Latch on to the affirmative  
Don't mess with Mister In-Between  
You've got to spread joy up to the maximum  
Bring gloom down to the minimum...

I was recently listening to some of my favorite "oldies but goodies," and this one has stuck with me as I, like many people, are grappling with how to avoid focusing on the negatives. It started me thinking about how I can stay positive when the news and quarantine has me thinking negatively. It is known that an optimistic view has long-term benefits for your body and your mind.

Following are some of my thoughts on how to achieve the ability to accentuate the positive. What is the first thing many of us do in the morning (turn on the TV to check what is happening in our confused world)? So, I challenge you before you pick up your phone, turn on the TV or go to your computer to check the news, take a few minutes for yourself, smile (smiles have amazing power on our feelings) and perhaps read a short devotional or engage in a meditation. It remains critical to remain informed, but it is important to create a healthy balance between the news and living meaningful lives and a sense of control over our mental wellness.

Take advantage of one of the benefits of this social isolation (yes, there are some benefits) and pace yourself; stay in the present and focus on the positives around you, i.e., scents and sounds of nature. You might find that this will decrease the rampant thoughts and allow you to let go of some of the anxiety and experience some peace and move forward in a more optimistic direction. I call this self care, which allows one to be better able to care for others. Social distancing does not need to mean you cannot stay connected with family and friends. A real positive I have experienced is weekly calls with my brother, taking time to share our anxieties. It is amazing how much more invigorated I feel following these chats in which we share our concerns and then focus on positive things we are doing to stay mentally healthy.

Is it possible to see the opportunity to grow as an outcome of this pandemic? Think about the effects of faith in humanity, science, technology, health care systems, collaboration, the good in people, resilience in yourself and others. Can we use this experience to grow our commitment to improve ourselves and others, never give up the "good fight," be kind and share our love with others? That is how to accentuate the positive, stay brave, look for an opportunity to encourage others during this social isolation and, hopefully, you will feel more invigorated. As you have heard me quote my dad before, "Something good will happen to all of us today. We'll talk about it at dinner." Maybe it won't be dinner, but perhaps on a chat session.

# WORSHIP THEMES FOR AUGUST


**August 2:** Sharing is the real miracle in life! Read Matthew 14:13-22. Pastor Paul will be preaching.

**August 9:** Pastor Paul will be preaching on Matthew 14:22-33. Fear can overcome us. What helps eliminate fear?

**August 16:** Pastor Jim will be preaching from Psalm 133. Together, we will find out what The Palms smells like!! After all, unity is the fragrance of the Church.

**August 23:** We live in a diverse world with many faiths. How do we deal with folks who are different from us? Pastor Paul will be looking to Matthew 16:13-20 for guidance.

**August 30:** Have you been experiencing calendar confusion during quarantine? What do you mean September is in a couple of days? Where did the summer go? Pastor Paul will be preaching using Exodus 12:1-14. There is a difference between *Kairos* and *Chronos*.

Our services throughout the summer months begin with *Favorite Hymns* FAVORITE HYMN SINGING! Click on [this link](#) in case you would like to choose from the hymnal OR you can just provide the title  of your favorite hymns. Once you have decided what you would like to submit, THEN click on [this link](#), type in your titles and hit submit. You can do this as often as you like!



<b>Jerry Lovell</b>	<b>August 1</b>
<b>Scott Patrick</b>	<b>August 1</b>
<b>James Clark</b>	<b>August 3</b>
<b>Phillip Ladd</b>	<b>August 4</b>
<b>Abby Atkins</b>	<b>August 4</b>
<b>Bonnie Wyman</b>	<b>August 11</b>
<b>Sharon Astle</b>	<b>August 12</b>
<b>Chuck Eckstein</b>	<b>August 13</b>
<b>Linette Stenberg</b>	<b>August 16</b>
<b>Carl Adrian</b>	<b>August 19</b>
<b>Tina Reagan</b>	<b>August 19</b>
<b>Terry Starr</b>	<b>August 19</b>
<b>Pete Cooper-Lara</b>	<b>August 25</b>
<b>Freda Ganther</b>	<b>August 27</b>
<b>Carolyn Modeen</b>	<b>August 28</b>
<b>Warren Pinter</b>	<b>August 29</b>



## Ac- CENT-Tchu-Ate the Positive

Songwriters Harold Arlen and Johnny Mercer 1944

Gather 'round me, everybody

Gather 'round me while I'm preachin'

Feel a sermon comin' on me.

The topic will be sin and that's what  
I'm ag'in'.

If you want to hear my story,

Then settle back and just sit tight

While I start reviewin'

The attitude of doin' right.

You've got to accentuate the positive

Eliminate the negative

And latch on to the affirmative

Don't mess with Mister In-Between.

You've got to spread joy up to the  
maximum,

Bring gloom down to the minimum,

Have faith or pandemonium's

Liable to walk upon the scene.

To illustrate my last remark

Jonah in the whale, Noah in the ark

What did they do just when everything

Looked so dark?

Man, they said,

"We'd better accentuate the positive

Eliminate the negative

And latch on to the affirmative

Don't mess with Mister In-Between.

Don't mess with Mister In-Between.

Ya got to spread joy up to the maximum,

Bring gloom down to the minimum,

Have faith or pandemonium's

Liable to walk upon the scene."

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### Important Phone Numbers

National Alliance on Mental Illness Help Line

1-800-950-6264 <https://www.nami.org/help>

Suicide Prevention Lifeline 800.273.TALK

Veteran's Crisis Line 800.273.8255 press 1

Pastoral Care—Pastor Jim Alexander

623.792.5295



Guess what time it is? It is time to focus on some positivity! In a time when we may have to get our magnifying glasses to *SEE* the positive, I can assure you it exists. Sometimes we need a little help to refocus our minds toward that end. Perhaps if we were to be very intentional in using the tools available to us, we could redirect our thoughts when they head down a negative path.

During the month of August, you will find some Tools2Thrive that may help you be successful in accentuating the positive during this very stress-filled time. We will include these tools within the Order of Worship each Sunday, and they will be posted on the [Tools2Thrive page](#) of our website.

In the meantime, while you are listening to my favorite recording of [Accentuate the Positive](#), think about the Acronym below. We will take it apart two letters at a time over the next four weeks, providing some activities that will help you engage with the positive that is all around you...and within you! As one of God's positively joyful creations, you are not alone.

- P** *Peaceful* - finding calm times and self-quieting activities to help you refocus.
- O** *Optimal* - finding ways of grace for yourself and others during times when choices and decisions are difficult.
- S** *Self-care* - finding ways to provide care for yourself before trying to provide for others. Remember to put the oxygen mask on yourself before assisting others.
- I** *Incentive* - finding healthy ways to congratulate yourself. Acknowledge that you are doing the best you can, and you are working hard. When you set goals and achieve them, rejoice!
- T** *Talk/Think* - finding ways to promote positive self-talk/self-thoughts.
- V** *Valiant* - finding ways to strengthen your resolve and determination. Sometimes just getting out of bed each day is and act of bravery and courage.
- E** *Exhilarate* - finding ways to make yourself and others feel extremely happy, excited and full of energy.

# Doing Grief in Real Life: Ministry Program at COTP



A new ministry program is being offered by Shea Darian, a grief educator and spiritual director who teaches holistic grieving as a *life-skill* to help you heal your grief – past, present and future. Whoever you are and no matter what types of losses you harbor, Shea offers a new way to think about grief and grieving that will help you learn to use your grief as a life force for healing.

*Initially, this ministry will be conducted primarily online due to Covid-19 and will be on a first-come first-served basis.* Members and friends of Church of the Palms are invited to participate in one or all of the following offerings:

## **The Healing Circle: Sacred Listening Small Groups**

Healing Circles are confidential small group encounters to explore personal grief and healing by engaging in a contemplative conversation with three or four others. More than a support group, Healing Circles provide an opportunity for

participants to share personal stories of loss, grief and healing. Interludes of quiet contemplation create a deep listening experience that a past participant describes as an “expanded form of listening” in which “the listening and sharing give each in the circle profound energy, joy, gratitude and an expanded connection with being human.” Small groups meet weekly, biweekly or monthly. Participants commit to 4-5 sessions at a time. Dates and times depend on participants’ preferences and availability as groups are formed.



Above all else,  
guard your heart,  
for everything you  
do flows from it.  
Proverbs 4:23





# Doing Grief in Real Life: Ministry Program at COTP

## One-on-One Spiritual Care

For those who prefer one-on-one sharing, Shea is available as a listening companion – biweekly, monthly or on an occasional basis. If this seems like a better fit for you, contact Shea to schedule a time to ask questions and get more information.

## Educational Offerings

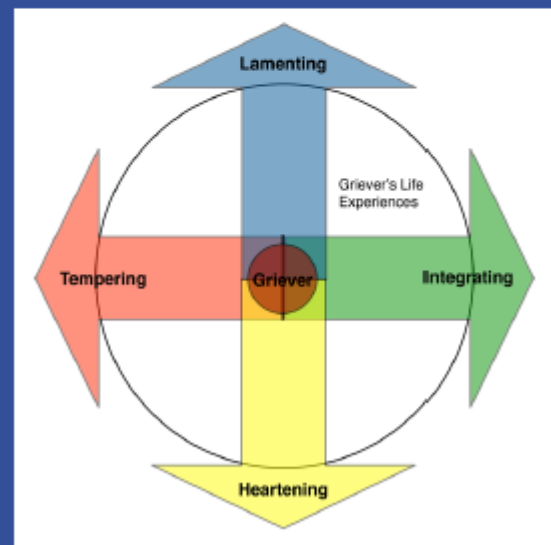
This fall, Shea will offer a talk and workshop on holistic grieving – based on her Model of Adaptive Grieving Dynamics (*Illness, Crisis & Loss, Vol. 22, 2014*). Shea's model illustrates four types of responses to grief that are essential for healing grief-related suffering. These dynamic four are Lamenting, Heartening, Tempering and Integrating. Together, they can serve as your compass to navigate all kinds of losses, and help you become more aware of your preferences, strengths and growing edges as a griever and a healer. Check back for dates and times.

***Grief-striking losses come in many forms:*** death, illness, injury, family dysfunction, conflict, injustice, addiction, loneliness, trauma, social or political ills... Grief can descend in good times, too. It's so mixed up with love and happiness, it can impact us even when it seems we have nothing to grieve.

***If you are interested in participating or have further questions, please contact Shea at [info@sheadarian.com](mailto:info@sheadarian.com) or 602.315.8480.***

“Moving beyond suffering is learning to live with and without the pain in more ways than one.”

~ Shea Darian



**Shea Darian, M.Div.**, is an author, grief and family educator, and multi-faith spiritual director. In her work as minister, chaplain and retreat guide, Shea serves those of all faiths and philosophies. She is an award-winning author of books of family spirituality, including *Seven Times the Sun*, *Sanctuaries of Childhood* and *Living Passages for the Whole Family*. Shea's new book, *Doing Grief in Real Life: A Soulful Guide to Navigate Loss, Death and Change* will be released in 2021. Shea is a Member in Discernment for ordination with the Southwest Conference of the UCC. She and her partner, Andrew, are members of The Church of the Palms.

## New Table, Benches Added to Meditation Garden

From the beginning of the labyrinths, it was a dream to have a table and benches where walkers could meditate before and after their walk and journal their experiences.

Through the generosity of a dozen friends of the labyrinths, we now have that table and benches.

It has already been used extensively as designed, but also as a place to simply meet outdoors, distancing from others for a visit, a lunch break or just connecting during the pandemic. The table and benches are for all members and friends of Church of the Palms to use and enjoy. —Max Klinkenborg



Do you have a family member who is attending or will be attending Arizona State University this fall? There is a new initiative – **UCC at ASU** – that will serve as a wonderful activity and resource for those students whether attending in person or through online classes. UCC at ASU will be a recognized student organization. New and returning students will have a new pathway to connect with other students, enjoy support and gain leadership opportunities with the student organization while pursuing their studies.

Desert Palm United Church of Christ in Tempe and the Southwest Conference are working together to support and inspire ASU students with our UCC witness and faith.

Andrew Ponder Williams is serving as the Campus Minister. Andrew is a Member in Discernment at Desert Palm UCC. Andrew works with a dynamic Campus Ministry Committee of Desert Palm members. Andrew previously served as a campus minister with the United Methodist Church on the campus of the University of California-Irvine. <https://www.desertpalmucc.org/asu>.

This Council is an interfaith body with representatives from many faith traditions. Andrew is also collaborating with student organizations that support LGBTQ students and students of color. UCC at ASU is now a member of the Arizona State University Council of Religious Advisors.

### Join us for one of these upcoming Zoom events

- Learn More About This New Ministry (for all ages), August 4 at 6:00 p.m.
- Special Zoom meeting for College Students at Home, August 6 at 6:00 p.m. (all college age persons welcome, not just ASU-we want to build community for students at home now and into the Fall)

## In Memoriam



## August 2020

<b>1 Saturday</b>		<b>2 Sunday</b>	8:30 am (B2L) Conversations with Debby 9:00 am (SA) Open prayer JOIN US ONLINE AT <a href="https://thepalms.org/online-worship-services/">https://thepalms.org/online-worship-services/</a>
<b>3 Monday</b>	4:00 pm (KH) I-Help	<b>4 Tuesday</b>	10:30 am (B2L) The Will of God 4:00 pm (B2L) Jump Start
<b>5 Wednesday</b>	10:00 am (B2L) Board of Evangelism and Growth	<b>6 Thursday</b>	1:00 pm (B2L) Board of Worship and Fine Arts
<b>7 Friday</b>	9:30 am (B2L) Social Justice Action Team 4:00 pm (KH) I-Help	<b>8 Saturday</b>	
<b>9 Sunday</b>	8:30 am (B2L) Conversations with Debby 9:00 am (SA) Open prayer JOIN US ONLINE AT <a href="https://thepalms.org/online-worship-services/">https://thepalms.org/online-worship-services/</a>	<b>10 Monday</b>	9:00 am (B2L) Board of Mission and Outreach 2:00 pm (B2L) Board of Trustees 4:00 pm (KH) I-Help
<b>11 Tuesday</b>	10:30 am (B2L) The Will of God 4:00 pm (B2L) Jump Start	<b>12 Wednesday</b>	
<b>13 Thursday</b>	10:00 am (B2L) WISE Steering Committee	<b>14 Friday</b>	4:00 pm (KH) I-Help
<b>15 Saturday</b>	9:00 am (B2L) Church Council Meeting	<b>16 Sunday</b>	8:30 am (B2L) Conversations with Debby 9:00 am (SA) Open prayer JOIN US ONLINE AT <a href="https://thepalms.org/online-worship-services/">https://thepalms.org/online-worship-services/</a>
<b>17 Monday</b>	4:00 pm (KH) I-Help	<b>18 Tuesday</b>	4:00 pm (B2L) Jump Start
<b>19 Wednesday</b>		<b>20 Thursday</b>	
<b>21 Friday</b>		<b>22 Saturday</b>	
<b>23 Sunday</b>	8:30 am (B2L) Conversations with Debby 9:00 am (SA) Open prayer JOIN US ONLINE AT <a href="https://thepalms.org/online-worship-services/">https://thepalms.org/online-worship-services/</a>	<b>24 Monday</b>	4:00 pm (KH) I-Help

SA=Sanctuary, KH=King Hall, B2L= Bridges to Learning (online meeting)



## August 2020

<b>25 Tuesday</b>	4:00 pm (B2L) Jump Start	<b>26 Wednesday</b>	
<b>27 Thursday</b>		<b>28 Friday</b>	4:00 pm (KH) I-Help
<b>29 Saturday</b>		<b>30 Sunday</b>	8:30 am (B2L) Conversations with Debby 9:00 am (SA) Open prayer JOIN US ONLINE AT <a href="https://thepalms.org/online-worship-services/">https://thepalms.org/online-worship-services/</a>
<b>31 Monday</b>	4:00 pm (KH) I-Help		

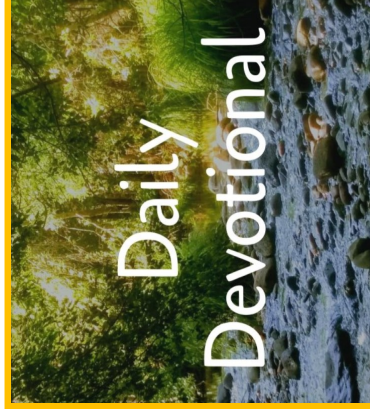
SA=Sanctuary, KH=King Hall, B2L= Bridges to Learning (online meeting)

# JUST A LITTLE *Reminder*

The Palms is on **Healthy Hiatus through August**, meaning we are not meeting in person. However, our worship and learning opportunities continue online!

## Online Worship

During this protective pause to our regular style of worship, we're exploring new ways to proclaim the love of God. Pastors Paul and Jim video-record a worship service in the sanctuary during the week for broadcast on our [website](#) and [Facebook](#) and [YouTube](#) pages on Sunday morning. These have most of the elements of our typical worship services, including scripture, sermon, hymns, and prayers.



Login to the website and listen to the daily devotionals posted at <https://thepalms.org/daily-devotional/>. You will find the link on the first page of the website, left-hand panel. Pastors Paul and Jim and members of the congregation are using this opportunity of Healthy Hiatus to bring you good news! Hear messages of peace, extravagant love, and about being The Palms of Jesus.



Church of the Palms is gathering online for classes and important meetings. From Jump Start on Tuesdays to Conversations with Debby on Sunday mornings, Bridges to Learning (B2L) allows The Palms of Jesus to connect live and face to face. The Palms' staff is coordinating these gatherings, making attendance as simple as a few steps. Learn how to join classes or meetings here: [Bridges to Learning webpage](#).