



Congregation for Mental Wellness

Welcoming | Inclusive
Supportive | Engaged

Church of the Palms
United Church of Christ
Sun City, AZ
www.thepalms.org

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

The Church of the Palms' W.I.S.E. focus will be combined for November and December. Thanksgiving, Christmas and New Year's will be experienced differently than ever before in our lifetime because of COVID 19, traveling restrictions, sizes of groups recommended for safety. Amid celebrations and losses, we all come with anticipation and hopes of something to touch our souls as only the Divine can.

"PROMISES" and reminders of God's continued presence can comfort and embolden our choices of how to respond to the myriad of emotions that holidays bring. Most of us own our nostalgic tendencies during this season. That brings sorrow and joyful memories. So let's go exploring about God's "PROMISES" for eight weeks.

Please read the overview and scripture ties for each week and pray that Emmanuel will open you to new ways of celebrating the holidays of 2020. God *is* with you!

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E is for Endued

"...to obtain an inheritance which is imperishable and undefiled and will not fade away." —1 Peter 1:4

"The Lord is the portion of my inheritance and my cup; you support my lot." —Psalm 16:5

"Blessed is the nation whose God is the Lord, the people whom He has chosen for His own inheritance." —Psalm 33:12

"...also we have obtained an inheritance, having been predestined according to His purpose who works all things after the counsel of His will." —Ephesians 1:11

Endue, a word not oft used. But it means to endow, provide or infuse. How deeply we are loved as part of Creation! We have birthrights that are given by the Divine. Our DNA, our soul, this physical body in this time and place are all gifts from God. Think about that word "birthright." We belong! Could there be a more deeply seated need within humans than "to belong?"

There are endless endued promises of God. Another vibrant, life-giving birthright is that God is within us. I love the word "inheritance." Take it apart, and where does God dwell? "In...here." God dwells within, not in an imaginary space above or out there. Plus our endowed gifts, inheritance comes with no conditions or requirements.

The marvelous construction of our bodies and how they function deserves, at minimum, the word "miracle." Everything about us is endued of God. I share with you a poem I wrote regarding this concept.

I've Got Power Shut Up In My Bones
(phrase from Iyanla VanZant)

From DNA

*cellular imprint
corpuscles pulsate
dormant years
unknown interior sources
embers and fire
hunger pangs
longing sighs
whispered chords*

*Release the ancient energy
the macro pulsations
the waiting creativity
Breathe slow and steady on the embers.*

*Let the lure and panting guide me
the acoustic timbre sharpen
Release the power that is inherent
divinely mine.*

Release the power shut up in my bones.

*Kay F. Klinkenborg
Crumb Quilt Poems, 2012*