



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

A "trust walk" is staple at church camp. It is another way of trying to get kids to see without their eyes.

Permit me to explain: One kid gets blindfolded and is led through the wilderness guided only by a partner's voice. With phrases like, "Take two baby steps to the left" and "Take four giant steps straight ahead," the kids navigate through the rocks, trees, and shrubs. It's as comical as it is scary.

Some kids can't handle the assignment and try to sneak peeks. Others flat out refuse to be put into such a vulnerable situation. The kids who do try often stumble and extend their hands groping out to find some sense of security. "I didn't like it," one youngster offered. "It's scary going where you can't see." Another didn't go very far, adding, "I was afraid I was going to fall, so I kept taking baby steps to be safe."

That activity reminds of the pandemic. We grownups don't like venturing into the unknown wilderness, either. And like those campers, we often take timid steps, so we won't fall. We've a reason to be cautious: We're blind; We can't see the future; We have absolutely no vision beyond the present.

I can't tell you with any certainty that I will live long enough to finish this article. (Whew, I made it!). Nor can you tell me you'll live long enough to read it. (I hope you do).

It is in our blindness that you and I are called to ministry. And like those campers in the wilderness, we can take baby steps, we can cheat (by peeking), or we can just sit still and do nothing by refusing to participate.

OR we can take four giant steps forward! Guided just by God's voice, our senses alive and aware in a world with thousands of distractions, we can choose to step out in faith.

We are not taking off this summer! Solar panels are being installed on our sanctuary roof as I type this letter. Our Feet-N-More Shower Trailer ministry is going out to more and more sites. We're taking some giant steps into the unknown future! We're going to walk amongst the rocks, trees, and shrubs! Thus, we may stumble, but if we do, we shall get up and take another step...and another and another.

One final thought from the seeing-with-your-eyes-closed department. I usually ask the campers how they could hear their guide's voice on a Trust Walk with all the distractions. One answer came back: "I just concentrated and listened as hard as I could." That's what we're going to do. We're going to concentrate and listen as hard as we can to God as we move onward. We've talked the talk, now, we'll be called to walk the walk!

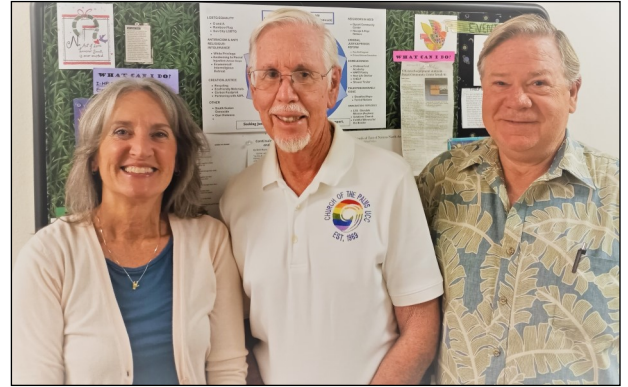


Update from the MOD(erator) Squad

By Suzanne Boisclair
First Vice-Moderator

Church of the Palms is a Giving Church!

Have you been wondering about the organizations our Church gives in kind donations to? Have you seen the boxes in the narthex and wondered about the programs they represent? Did you know that we have members who have it in their hearts to gather items for those in need and have created their own giving ministries?



L-R: Suzanne Boisclair, John Durbin, and Jerry Lovell.

We hope this article will provide you with all the information you need to make your donations, or direct you to the appropriate people should you have any questions.

HART Pantry — The basic mission of the HART (Helping At Risk Teens) Pantry is to provide weekend food bags to teens who may be homeless or living in a situation with no adult support. But they also provide so much more. They strive to keep at-risk teens in school through providing basic clothing, toiletries, school supplies and refurbished bikes. Shelf stable, nutritious, single-serve packaged food items such as ramen noodles, protein bars and pudding/fruit cups are always needed. Financial donations are welcome. **See page 15** for a special donation drive for Back to School supplies and backpacks. The Board of Mission and Outreach spearheads our work with HART Pantry. For more, contact Jan Eckstein at 623-875-7015 or jandce@cox.net or see the website www.hartpantry.org.

Arouet Foundation — This non-profit organization empowers women and families impacted by the justice system. Arouet helps participants prepare for re-entry into society and assists these women with gaining meaningful employment and life skills following release from incarceration. At The Palms, through the efforts of the Social Justice Action Team's Prison Ministry, we are helping by providing "starter kits" for women that are being released from Perryville Prison, as they are typically released with very little and often have no family in the area to support them. Backpacks or large tote bags, full-size hygiene items, blank journals with pens and Walmart gift cards (which allow them to purchase food, clothing and cell phones) are critical to making a fresh start. Bus passes, which can be purchased online, provide the means to get to required appointments and job interviews. For more information on the Church of the Palms Prison Ministry, contact Nancy Nonini at 612-751-4193 or nnonini19@gmail.com. For more information on the Arouet Foundation visit www.arouetempowers.org.

Deep Within Rehab Center — Laurie Cathey started this donation program to support this non-profit men's drug/alcohol recovery program based in Peoria. The program seeks to extend a helping hand, helping men whose lives have been impacted by addiction to rebuild and flourish. Men's clothing of all types, hygiene items and laundry detergent would be welcomed. For more details about giving contact Laurie Cathey at 623-238-3826 or spkplg1941@hotmail.com. To learn more about Deep Within Rehab Center, go to www.deepwithinrehab.com.

WORSHIP THEMES FOR JULY

In-Person Worship at 10:00 a.m.

Online Worship Mondays

July 4: Read Mark 6:7-10, 13. Pastor Paul will be preaching. Travelling this summer? Maybe it is time to lose our baggage as we journey onward.

July 11: Peace is a fragile thing. It is easy to build walls. God calls us to knock down the walls that we erect between each other and with the divine. Pastor Paul will be preaching on Psalm 85:8-13, Amos 7:7-15, and Mark 6:14-19.

July 18: Pastor Paul will be preaching. Read John 6:5-13. In this familiar story, a child takes the lead. Are there other things where kids can give us guidance? What can children teach us?

July 25: Pastor Jim will be preaching from Mark 6:53-56. People seemed to recognize Jesus everywhere he went. Even when he and the disciples tried to steal away for a little self-care, the crowds rushed in to receive healing and wholeness...if only to touch the hem of his cloak. What are places within our minds, bodies and spirits Jesus is offering to heal? Are we willing to accept the offer?

*****If you are interested in becoming a liturgist in worship, contact the church office.*****

Asylum Seekers and Refugees — The Social Justice Action Team has a committee that works in cooperation with Lutheran Social Services of the Southwest (LSS-SW) to support those coming into our country in search of a better way of life. They are in need of socks and underwear for males and females of all ages, as well as baby blankets. Please contact Larry Cornelius from the Immigration and Refugees Committee at 602-402-6501 or az.cornelius@yahoo.com for more information. If you'd like to see the other programs offered by LSS-SW, they can be found at www.lss-sw.org.

Clothing for women leaving Perryville Prison — Steve and Jane Zukowski started this donation opportunity to provide clothing for women at Perryville who are being released from incarceration. Often women are released with very little in the way of appropriate street clothing needed to make a fresh start. Shirts/tops and pants of all sizes are welcome, but please no undergarments, shoes or outerwear. If you would like to donate, please contact Jane Zukowski at 928-587-1574 or janezuk@hotmail.com.

Valley View Food Bank — The Palms has a long history of supporting this local food bank with donations of non-perishable food, personal hygiene items and cleaning supplies. If you would like more information about the Food Bank, please see their website www.feedingaz.org or call 623-583-3663.

So, as you can see, The Palms is very much a giving church, with many opportunities to share God's unconditional love! If you would like to support these programs, you may bring your items to the narthex on Sundays during worship time, or they may be brought to the church office during regular office hours, Monday through Thursday, 8:00 a.m. to 1:00 pm. We would ask that you please identify which program your donation is for so we can make sure it goes to the right place. Thank you and God Bless!

The Palms Receives \$5K Hybrid Church Grant


By John Durbin

Moderator

A team consisting of representatives from the Boards of Worship and Fine Arts, Lifelong Learning, the Digital & Technical Team, and Pastors and Moderators recently wrote and received a grant of \$5,000 from the UCC's Southwest Conference to expand our hybrid church activities. Hybrid church activities include those actions we were compelled to take because of Covid 19. They include Online Worship Services and our Bridges Programs. What we learned during this time of being on healthy hiatus is that, through technology, we can stay connected visually and auditorily, in large and small groups, even though we are separated physically. Our grant provides the opportunity to purchase a stand-alone laptop computer dedicated to facilitating classes, board, committee, team meetings, and various other small group gatherings. In addition to the stand-alone laptop, we will be purchasing several Chromebook tablets to be preloaded with the applications and links needed to participate in the gatherings listed above. This will provide opportunities for members of our church family who have been unable to participate in our programs because of technological disadvantages to become more fully engaged. Watch for additional information on the Hybrid Church as we roll it out.



Gingi Ahokas	7/2
Ronn Enzweiler	7/2
George Wall	7/2
Phyllis Short	7/5
Evelyn Crosby	7/7
Bill Brandenberger	7/8
Sue Plumb	7/8
Grace Henderson	7/10
Paul Clark	7/16
Jim Barnes	7/19
Bobbie Chapman	7/19
Gordon Funck	7/21
Joanna Esty	7/22
Diana Shalzi	7/22
Joyce Dass	7/23
Linda Rouches	7/25
Dolores Hagge	7/26
Pastor Jim Alexander	7/28
Doris Gott	7/31



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
<https://thepalms.org/Tools2Thrive>

To break up the lazy, hazy daze of summer, and because July has been deemed "Anti-Boredom Month," our WISE article for the month contains some fun activities, insights and information. These may just boost your mood. They may also help you in your effort to stay mentally and physically healthy. There is at least one activity for every day in July. Enjoy!

For those without computers, you may request printed worksheets to be mailed to you; call Lindsey in the Church Office at 623-977-8359.

July 1	Today is "Postal Worker Day." Our postal workers are heroes, especially this past year. When you see yours, or the FedEx/UPS folks, give `em a shout out. Positive energy out has a way of coming back to you!
July 2	Today is National "I Forgot Day." This is the day you have the opportunity to send that card, make that call, do that chore that you simply have been forgetting to. We've all forgotten an event or a commitment. By acknowledging it to yourself and others, by following through, will make awkward feelings disappear.
July 3	Today is "Eat Your Beans Day." Apart from fiber, calcium, folic acid, potassium, and protein, they are good for your heart and help improve your cholesterol. If you simply don't like beans (or their after effects), use today to make a plan to eat healthy and heart conscious.
July 4	Today is Independence Day. Let's celebrate our freedom and work for justice for all!
July 5	Today is "Workaholics Day." Even though many of us are retired...we're busier than we've ever been...sometimes at the detriment of our health or our relationships. Today is the observed holiday for Independence Day so take the day off and pamper yourself.
July 6	Today begins the a new Lectio in our Exploring Meditations for the Lazy Hazy Days of Summer: Lectio Visual . Make sure you check out this idea of using visual arts to access the Holy in your devotional time.
July 7	Today is "Father/Daughter Day." If it is possible for you to call or otherwise visit with your daughter(s), don't let this day pass until you make the connection! If you don't have a daughter, try to connect with that special friend, offering a laugh and some encouragement. You'll both feel uplifted!
July 8	Today is "Chocolate with Almonds Day". If you don't like one or the other or neither, today is the day to splurge on some decadent treat.
July 9	Today is "Focus on Breathing Day." Our bodies are storytellers and reveal our history. Trauma (past or present), health or mobility challenges, and our mental outlook are all reflected in how deeply we breathe...or don't breathe. When feeling anxious or stressed, try this: In whatever position is most comfortable for your (standing-sitting-laying): Push all the air out of your lungs slowly (using a count of 6), then simply allow your lungs to do their work of inhaling (don't rush). Spend more time exhaling than inhaling. Repeat this cycle for 5 repetitions. Then take a deep cleansing breath. Then return to your normal pattern of breathing.

July 10	<p>Today is "Cherihew Day" a Cherihew is a 4-line whimsical biographical poem with rhyme scheme AABB (first and second lines rhyme; third and fourth lines rhyme). Usually used to poke fun at famous people. But we should not take ourselves too seriously either. Here are two examples. Now try one written about yourself and then one written about one of the pastors. Share your creations for a spot in the next Palm Leaf.</p> <p>Martin Luther King was not a king. He did not have horses, a crown, or anything. He preached a lot and had a dream Of everybody eating ice cream.</p> <p>When Mahatma Gandhi Aired some dirty laundry, his wife said, "Have you tried The power of the revolutionary Tide?"</p>
July 11	Today is "Cheer Somebody Up Day." This is pretty self explanatory. Go on! You can do it!
July 12	Today is "Simplicity Day." Thoreau said, "As you simplify your life, the laws of the universe will be simpler. Today, declutter, slow down, turn off the TV, complete that nagging task you have been avoiding so that tomorrow you will not stress!
July 13	Today is "Embrace Your Geekness Day." We all have those qualities/likes or dislikes that no one else can understand. Today is the day you can learn to embrace with pride those passions, dreams, and imagination that makes you...YOU! Also, tune into the new Lectio Visual .
July 14	Today we "Focus On Grounding." To be grounded is to be present in the moments of your day and have the sense that you are on a firm foundation mentally and emotionally. Our trauma (past or present), anxiety, harmful urges or substance use disorder all play a part in UN-grounding us. Try these grounding techniques: Place your hands under running water, adjusting the temperature from cold to warm and then cold OR pick up/touch the items near you. Really engage in the feeling created by the sensations created by the water or by the items. Engage with the colors of the items or imagine the water as a calming color such as blue, pink, violet or green.
July 15	Today is "Pet Safety Day." Pets are a part of the family for sure! Have you made a plan for them in case of fire or other disaster? Have you made arrangements for them upon your incapacitation or death or...? Today is the day to make sure your furry, feathery, or otherwise beloved pet is protected when you can't be there for them.
July 16	Today is "Learn How to Re-socialize After Isolation." We have all been isolated during the last 18+ months of COVID. There are also those who may be returning to normal life after a long hospitalization or having been incarcerated. No matter what has kept us away from normal socializing, it can cause stress and anxiety. Here are some tips for coping with re-socialization: In safe and trusted environments, enter into small-group activities. As your mind and body adjust to being with people, increase the frequency of times you participate. As you continue the process of re-socialization, you can participate in larger gatherings. Be gentle with yourself and others. There is no harm in alternating the size of groups with which you interact. It may take time to readjust your comfort level. Allow yourself time to prepare mentally before you "go out." You can use the grounding and breathing techniques found in this calendar.
July 17	Today is "Toss Away the Could Haves & Should Haves" Day. Today is the day to embrace the here and now, living in the moment. Tomorrow is not promised and the past cannot be changed. Therefore, live each day to the fullest and know that every new day is a blessing.

July 18	Today is "Focus on Breathing Day." Breathing from your diaphragm can help reduce fatigue and anxiety. Sit in a comfortable chair or lay down with pillows under your head and knees. Put one hand under your rib cage and one hand over your heart. Inhale and exhale through your nose, noticing how or if your stomach and chest move as you breathe. If your chest is moving more than your stomach, move the hand that is under your rib cage down to your belly button. Now inhale through your nose and concentrate on making your stomach lift your hand. Your chest should remain relatively still. Try this exercise four times a day, using 3-5 repetitions. Low and slow breaths...that's the ticket!
July 19	Today is "Get Out of the Doghouse Day." Have you been put in the doghouse? Have you put someone there because of an unkind word or deed? Sometimes the "heat of the moment" causes us to say or do things that damage relationships. Left unaddressed, the damage not only destroys our relationships, but begins to eat away at our ability to be at peace and harmony within ourselves. Celebrate today by going after the damaged relationship like a dog on a bone...talk things out! If you sent someone to the doghouse, go mend. If someone put you in the doghouse, go mend. You'll feel better!!
July 20	Today is "Take a Nap Day." Incidentally, it is also "Get a Massage Week." There are times when the only thing that will help our mental wellness due to the stress and fatigue of the day (or week) is to get more rest. Yes, it is only Tuesday. But some extra rest today will help you throughout the remainder of this week! You might also reward yourself by getting an appointment for a massage to work out those kinks!! Wouldn't that be a great Friday treat?? Also, tune into the new Lectio Visual .
July 21	Today is "Ice Cream Day" and "Be Someone Day." Believe it or not, these two things really go together. Here's how: Take 10 seconds to make a difference in a child's life. Praise and honor a child or someone who is in pain. Be ready to respond when someone confides in you that they have been/are being abused. When you see the pain in someone's eyes, provide a word of encouragement, comfort and share some ice cream just to sweeten the experience. Who knows, you may just save a life. Use #BeSomeoneDay in your social media post and tell your Be Someone Day story.
July 22	Today we "Focus On Grounding." Review July 14th's grounding technique. If that was not helpful, try this: Savor a Scent - a cup of tea, a favorite soap, or a candle, flowers...inhale slowly and try to note its qualities (sweet, spicy, etc). Listen to the Surroundings - birds singing, dogs barking, music, a language different from your own. Whether scents or sounds, allow yourself to linger in the moment and let their effects remind you of where you are - feel the gravity under your body embracing you.
July 23	Today is "Gorgeous Grandma Day." This day can be observed in one of two different ways. If you're a gorgeous grandma, you can treat yourself to a day at the spa or perhaps a day out shopping. If you're not a grandma, then you can acknowledge the grandmas in your life, define the beauty within yourself and celebrate it, or at the very least, use the hashtag #NationalGorgeousGrandmaDay on your social media accounts to give a shout-out to all of the gorgeous grandmas out there.
July 24	Today is "Tell an Old Joke—Laughter Day." They say laughter is the best medicine! That being the case, share those jokes or puns that you've got floating around in your head with others! Pretty soon you will be laughing right along with your audience. If you don't know any good jokes, here are 101. Memorize a few and take 'em on the road today! https://parade.com/1041830/marynliles/clean-jokes/

July 25	Today is "Health and Happiness with Hypnosis". Maybe you have tried a variety of techniques to eliminate anxiety, depression, stress, or pain control but nothing seems to have worked. In the right settings and with licensed professionals, this type of therapy can help you experience changes in sensations, perceptions, thoughts or behaviors. Sun City and Sun City West have 10 "top rated" hypnotherapists ready to help you.
July 26	Today is "Disability Independence Day". The ADA empowers people with disabilities to stand up for their rights. Give shout outs to accessible businesses and organizations. Get inspired, too! Read the story of Ed Roberts , a pioneer and leader in disabilities rights. Because The Palms is committed to social justice you can unite with individuals with disabilities by using #DisabilityIndependenceDay to share on social media all day today. As we speak up and speak out for each other, our own mental wellness is enhanced.
July 27	Today is "Love is Kind Day". May we all spread love and kindness everyday. But, make that the focus of today as you go about your tasks, exchange negative thoughts and words with positive words of kindness and love. Being kind to others starts with being kind and loving to yourself. Set healthy boundaries for yourself starting with the mantra, "I deserve to be treated with kindness." Even if you have not been abused, bullied, harassed or assaulted, you will always respond better to loving and kind words rather than negative ones. If you are aware or concerned about someone who has been or is being abused, bullied, harassed or assaulted, consider reporting it to the proper authorities. Here is a valuable resource: ARIZONA COALITION . Make sure to check out the new Lectio Visual .
July 28	<p>Today is "World Hepatitis Day". With a person dying every 30 seconds from hepatitis related illnesses – even in the current COVID-19 crisis – we can't wait to act on viral hepatitis.</p> <ul style="list-style-type: none"> • People living with viral hepatitis unaware can't wait for testing • People living with hepatitis can't wait for life saving treatments • Expectant mothers can't wait for hepatitis screening and treatment • Newborn babies can't wait for birth dose vaccination • People affected by hepatitis can't wait to end stigma and discrimination • Community organizations can't wait for greater investment <p>If you are a person with hepatitis suffering in silence because of the stigma associated with the disease, you can benefit from many of the Tools2Thrive resources on our website. Any disease carries with it tremendous mental and psychological stresses. We can all help end hepatitis in all it's forms. Here's how.</p>
July 29	<p>Today is "Focus on Breathing Day" Review the techniques from July 9th or July 18th and practice. Now try this:</p> <p>One form of breathing stems from the ancient practice of pranayama yoga is equal breathing. This means you're inhaling for the same amount of time as you're exhaling. While sitting or lying-down position, get comfortable. Shut your eyes and pay attention to the way you normally breathe for several breaths. Then, slowly count 1-2-3-4 as you inhale through your nose. Exhale for the same four-second count. As you inhale and exhale, be mindful of the feelings of fullness and emptiness in your lungs. As you continue practicing equal breathing, your second count might vary. Be sure to keep your inhale and exhale the same.</p>

July 30	Today is "Friendship Day." Celebrate a friend by telling them how much you appreciate them. Since many of us have had our vaccines for COVID-19, we can now share a meal, take a walk or take them a gift. You might start a new activity or tradition with your friend or lend them a helping hand. If your friend is reading this list of activities and decided to beat you to the punch for Friendship Day, graciously accept the meal, walk, gift or helping hand. It will do you both a world of good!
July 31	Today is "Uncommon Instrument Awareness Day." The easiest way to celebrate Uncommon Instrument Awareness Day is simply to take some time researching the many and varied instruments of the musical world. From the Singing Ringing Tree to the Gameleste, there are more instruments in the world than you can even begin to fathom. Uncommon Instrument Awareness Day encourages you to get out there and learn about them, who knows, you may even find an instrument that calls you to play it. So get out there and explore the musical world, and maybe find yourself a new hobby or passion, it's high time the world had another high profile Holophonor player. If music calms the savage beast, imagine what it can do for you!! Here is a list of some uncommon musical instruments. We are instruments too. Be an instrument of peace to those who come your way today.



CARE Corner

Brought to you by Church of the Palms' CARE Team

Low-Income Home Energy Assistance Program (LIHEAP)

[Community Action Programs \(CAPs\)](#) and other designated local providers offer several programs to assist with energy assistance. The Division contracts with local CAPs for the Low-Income Home Energy Assistance Program (LIHEAP). LIHEAP is a federally-funded program that helps low-income households pay their heating/cooling bills, minimize crises, and make energy costs more affordable.

Eligible energy customers may receive help in three ways:

1. Help to pay current and past due energy bills
2. Help with utility deposits
3. Help with energy efficiency measures to reduce future energy costs

Who is eligible?

To qualify for LIHEAP, the applicant must have an income that falls within the program guidelines. Priority for service assistance is determined at the local Community Action Agency level. Higher priority may be granted if someone in your home is a senior citizen (60 years of age & older), a person with disabilities or a young child under six years old.

How often can someone receive assistance?

The availability of LIHEAP assistance is not guaranteed and is available on a first-come first-serve basis. LIHEAP eligibility is limited to once in a 12-month period. Remember to contact your utility company as soon as possible when you realize you might have trouble paying your bill.

To apply for LIHEAP, you need the following documents:

1. State Driver's License or Identification Card
 2. Proof of permanent residence, such as a lease, deed or property tax bill
 3. Social Security cards or numbers, birth certificates or school records for any household members (including children) who are LIHEAP-eligible and being included on the application
 4. Income verification of all household members 18 years of age and older for the last 30 days (paystubs, social security, award notices, unemployment Insurance, pension funds or disability, etc.)
 5. Copies of all current utility bills.
 6. Utility Termination Notice (if you have received a shut-off notice or delinquent notice from your energy company)
- Statement showing utility allowance if you are living in subsidized housing, such as Section 8.

To apply for the LIHEAP program, contact the local [Community Action Program](#) in your area. An appointment is needed to obtain utility assistance services. Please note that there is high demand for assistance from Community Action Agencies, and their phone lines get very busy. It may take you some time to get through.

Low-Income Home Energy Assistance Program (LIHEAP) Office Locations

[Maricopa County Human Services](#)(link is external)

234 N. Central Ave., Suite 3000
Phoenix, AZ 85009
602-506-5911

[City of Glendale Community Action Programs](#)(link is external)

5850 W. Glendale Ave., Suite B-51
Glendale, AZ 85301
623-930-2854

[City of Phoenix Human Services](#)

200 W. Washington St., 18th Floor
Phoenix, AZ 85003
602-534-2433 - Main
602-262-6631 - Senior Services intake line

Would you be interested in joining
the CARE Team?

Contact Judy Jondahl, our Faith
Community Nurse, at 480.388.0707
or judyjondahlfcn@gmail.com

The Care Team Mission

**Assist the Pastors when our community
needs help spiritually, physically,
emotionally or socially**

Update from our Service Project Craft Group

By Bonnie Green
Service Project Craft Group

We're back to meeting in our old, familiar surroundings in the Board Room every Wednesday morning, from 9-11 a.m. So far, we have been doing our Spring Cleaning of all the nooks and crannies we have filed with past and present goodies. We are finding homes for things we cannot use, and putting in all the things we have made at home during the past year. We will be all ready to fill the table in King Hall when we can again meet for Fellowship after Sunday Worship. Watch for all the many new items that we have added, along with the old standard ones.



A recent Craft Group gathering. Clockwise from top left: Bonnie Green, Carol Reynolds, Margaret Carpenter, Lou Dever, Opal Wille, Leah Huse, and Bobbie Chapman.

Sign up to Provide a Meal for our I-HELP Guests in July

To help, contact Laurie Cathey at 623.238.3826 or spkplg1941@hotmail.com.

Meals are needed on these dates:

Dinner: July 12th & 26th

And it's not too early to sign up for a meal in August. See Laurie for more.

Perryville Women Appreciate Clothing Donations

A big THANK YOU to all who have donated clothing to help women exiting Perryville Prison reenter society.

Here's a little peek from beyond your donations:

- While waiting their turns to leave, the women select their outfits and love to model them for each other and make comments. "You look beautiful." "That color is just right for you." "That looks perfect."
- "I haven't worn anything but orange in 25 years."
- "Please thank the ladies at church for this. We are so happy to have it."
- "Oh, this is better than Christmas."

The need for clothing donations of tops, blouses and pants of all sizes is ongoing. Please no scarves or belts. No underwear, no outerwear, no nightclothes, no shoes, no see-through items, hats or jewelry please.

News on Semi-Annual Giving Statements

The semi-annual giving statements for January 1 through June 30, 2021, will be sent out in July. If we have an email address for you, the statement will be sent out electronically. If we do not have an email, the statement will be printed and mailed to you. Any questions? Please contact Bertie at 623-977-8359 or finance@thepalms.org.

The 17th Annual

Church of the Palms Marshall Esty Ecumenical/Interreligious Retreat

September 7 - 10 of 2021

Chapel Rock Conference Center, Prescott, Arizona

Solidarity – Antiracism Training with Rev. Joan Crawford

African-American culture is distinctively different from European American culture. This reality, along with a truncated version of American history, as well as a lack of truth-telling, has led to varying perspectives on race and racism among Black and White people in this country. In this workshop, participants will learn the “truths” that highlight these differences and, as such, help White folk avoid making false assumptions and unintentional microaggressions towards African Americans – especially when both communities come together to address racial injustice. Central to the discussion is the spiritual call to be in right-relationship with God and all of God’s creation. Thus, guided by faith and framed by personal experience, participants will be encouraged to engage spiritually and emotionally as they connect newly informed historical and cultural insights to anti-racism efforts.



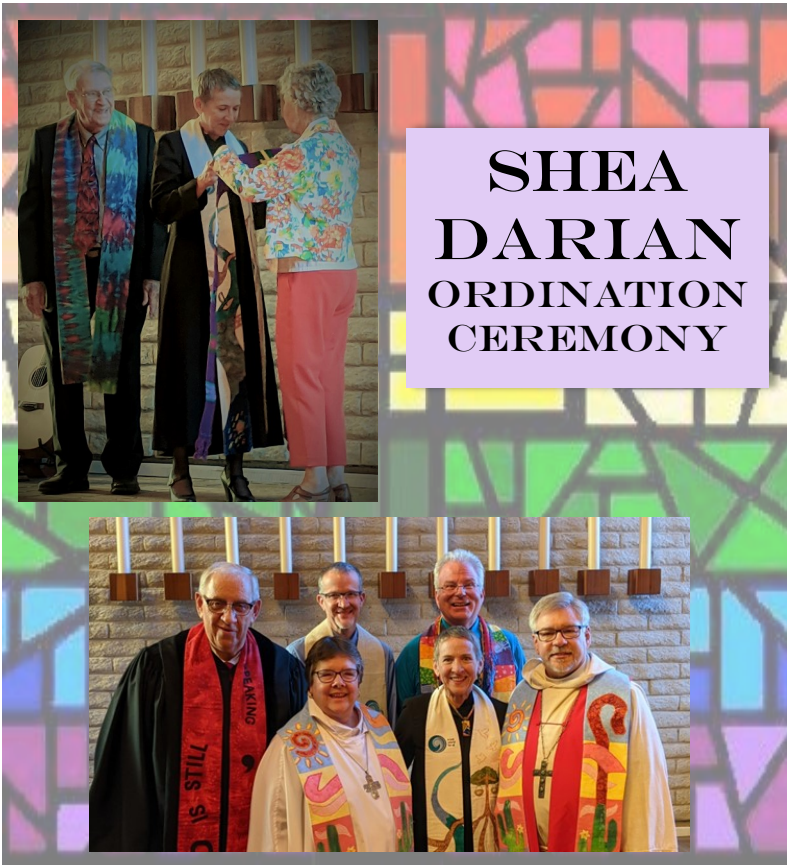
Rev. Joan Crawford

The Retreat includes 3 nights lodging, 3 dinners, 3 breakfasts, and 2 lunches in the cool pines of Prescott. The surroundings are beautiful, and the food is fantastic!

The Reverend Joan Crawford is a Spiritual Director, Deacon and Benedictine Oblate. Joan has an ecumenical background and inclusive vision. She received a Master of Theology from Northern Baptist Theological Seminary in Lombard, Illinois and a Certificate in Spiritual Guidance from the Siena Dominican Center in Racine, Wisconsin. Her ministry now includes workshops to promote interracial healing and dialogue. Joan brings spiritual awareness, insightful humor, and tender seriousness to her presentation. Her candor, sensitivity and deep listening will help instill the building blocks for better understanding between the African American and Anglo-American communities.

Cost of the Retreat is \$295 per person (double occupancy). Single occupancy rooms are available at \$385 (limited availability). Additional information, including the retreat schedule, is available in the church office. You may also request this information be emailed to you. Ask the pastoral staff about scholarships.

For more information contact John Durbin at jst4us21@cox.net



**SHEA
DARIAN
ORDINATION
CEREMONY**

In Memoriam



Edith Bentz

6/8/1924 — 6/7/2021

Phoenix Indian Medical Center for the Indigenous Peoples

By Eric Holmes

COTP Member

The Phoenix Indian Medical Center (PIMC) is located at 16th Street and Indian School Road in Phoenix. PIMC provides healthcare services to nearly 160,000 patients, all tribal members from the Phoenix area and from Tribes throughout the U.S. who together represent nearly 70 percent of the 574 federally recognized Tribes. The top 5 Tribes represented by the PIMC patient population are the Navajo Nation, the Salt River Pima-Maricopa Indian Tribe, Pasqua Yaqui Tribe, the Gila River Pima Maricopa Tribe and the Tohono O’Odham Nation.

There are over 330 practicing physicians across 29 specialties affiliated with PIMC.

All one needs to use the facility is a Tribal ID/Certificate of Indian Blood, Birth Certificate and Social Security Card.

I am Native American, from the Chickasaw Tribe of Oklahoma. My 6th great grandmother, Sopha Minta Hoya, was full-blood Chickasaw. My Chickasaw blood is through my maternal grandmother, Lillie Moore Walton.

Since moving to Arizona in 1984, I have been using PIMC for over 35 years and have had some of the best doctors and specialists. Some of the specialty clinics I have used: ENT, as I’ve had several ear tubes because of chronic ear infections and, due to hearing loss, I’ve received several types of hearing aid over the years; Optical, as I get my eyes checked once a year for a new prescription for glasses, if needed; Dental, teeth cleaning and emergency services; Behavioral health, psychology services; and Neurology.

I’ve had the same primary-care doctor for the past 12 years and have received nothing but the best services from PIMC, making me feel so relieved that I am Native American and fortunate enough to get the best healthcare.

From the Prison Ministry/Criminal Justice Reform Action Team

By Nancy Nonini

Social Justice Action Team-Criminal Justice

Did you know? According to the Death Penalty Information Center:

Arizona reportedly has "refurbished" its gas chamber and has spent more than \$2,000 to acquire ingredients to execute prisoners with cyanide gas, the same gas used by the Nazis to murder more than one million men, women, and children during the Holocaust. Christoph Heubner, executive vice president of the International Auschwitz Committee, told the *New York Times*, "For Auschwitz survivors, the world will finally come apart at the seams, if in any place on this earth the use of Zyklon B in the killing of human beings is considered again."

Executions in Arizona have been on hold since 2014, when the state botched the lethal-injection execution of Joseph Wood. As Arizona officials attempt to restart executions, they spent \$1.5 million to obtain lethal injection drugs, even as the Department of Corrections faces a budget crisis. On April 6, 2021, Arizona Attorney General Mark Brnovich announced that he is asking the Arizona Supreme Court to set a briefing schedule and issue execution warrants for Frank Atwood and Clarence Dixon. The Arizona Supreme Court granted Brnovich's motion on May 21. The Court has set dates for Mr. Atwood and Mr. Dixon to respond to the request.

In the US since 1973, more than 180 people have been released from death row with evidence of their innocence. A 2009 poll commissioned by DPIC (Death Penalty Information Center) found police chiefs ranked the death penalty last among ways to reduce violent crime. The police chiefs also considered the death penalty the least efficient use of taxpayers' money.

Sources: deathpenaltyinfo.org, umcjustice.org:

- 140 countries have abolished the death penalty, including nearly all of Europe, Central and South America, and numerous countries in Africa. China, Iran, Saudi Arabia, Iraq and the US are among the 10 countries that annually execute the most people. (Wouldn't we rather the US be grouped with the former rather than the latter countries in how it treats its citizens?)
- The death penalty does not mean that we will be executing monsters. We will be executing men and women. As Jesus said, "Let any of you who is without sin be the first to throw a stone..." John 8:7. "As surely as I live, declares the Sovereign Lord, I take not pleasure in the death of the wicked, but rather that they turn from their ways and live." Ezekiel 33:11

So what can we do as Christians? We can contact Governor Ducey and Director David Shinn and ask them to stop the executions that are being planned. Emails are easy; phone calls have more impact; but any communication is valuable. Governor Ducey: 602-542-4331, engage@az.gov; Director Shinn of AZ Dept of Corrections, Rehabilitation and Re-entry: 602-542-5497, media@azcorrections.gov

Life Long Learning in July 2021

LLL classes are [online](#).



July Class/Event Schedules

Sunday

- *Shared Conversations* will continue through the summer from 7:30-8:30 a.m. Facilitated by Bobbie Chapman.

Tuesday

- *Current Issues & Faith* will NOT meet July and August.
- *Jump Start: Prep for Sunday Sermon with Scripture/Dialogue*, 4:00-5:00 p.m. Will NOT meet July or August.

Wednesday

- *Spiritual Growth* class will NOT meet July and August.

Thursday

- *Cosmic Christians* meets at the regular time — 10:00-11:30 a.m. — in July. New book study is Karen Armstrong's "The Bible." Facilitated by Linette Stenberg. NO class in August. September class will pick up the remaining chapters of Armstrong's book. New and used copies can be found on www.amazon.com. If you need assistance purchasing this online, contact Lindsey in the church office at 623.977.8359.

How to Participate in Lifelong Learning

All classes/events remain virtual through ZOOM on the church's website: www.thepalms.org; look to left, click on "Bridges"; scan down and look for the name and date of the event; click on the class to join.

Help HART Pantry fill Backpacks for Teens in Need

HART Pantry is holding a Back-to-School Drive for At-Risk Teens.

Needed items include:

- | | |
|---|-------------------|
| —Adult size backpacks | —3 ring binders |
| —Filler paper (college rule) | —Subject dividers |
| —1 Subject spiral notebook (college rule) | —2-pocket folders |
| —Composition books | —Calculators |
| —Erasers (Dollar Tree has multiple packs) | —Highlighters |
| —Pencils/Mechanical Pencils | —Glue sticks |
| —Pencil Case (cloth mesh) Dollar Tree | —Pens |
| —Earbuds, Dollar Tree | —Rulers |
| —Pencil Sharpener | —Journal |
| —Microfiber screen cleaning cloth | —Calendar |
| —Hand sanitizer/disposable wipes | —Index cards |
| —Geometry kits (protractor, compass, ruler) Dollar Tree | |



Donations will be accepted until July 21. Drop off items in the HART Pantry box in the Narthex.

July 1-16, 2021

1 Thursday	10:00 am (B2L) Cosmic Christians 12:00 pm (KH & B2B) Constitution and Bylaws Task Force 1:00 pm (BR) Board of Worship and Fine Arts	2 Friday	1:30 pm (B2B) Social Justice Action Team-Criminal Justice
3 Saturday		4 Sunday Gift Card Orders Due	7:30 am (B2L) Shared Conversations 10:00 am (SA) Sunday Worship
5 Monday	4:00 pm (KH) I-HELP	6 Tuesday	10:30 am (BR & B2B) Personnel Committee
7 Wednesday	8:00 am-12:00 pm (OS) Feet-N-More Shower Trailer Ministry 9:00-11:00 am (BR) Service Project Craft Group 10:00 am (KH) Board of Evangelism & Growth 10:30 am (OS) Edith Bentz Memorial Service	8 Thursday	10:00 am (B2L) Cosmic Christians
9 Friday		10 Saturday	10:30 am (SA) Mary Kennicott Memorial Service
11 Sunday	7:30 am (B2L) Shared Conversations 10:00 am (SA) Sunday Worship	12 Monday	2:00 pm (BR) Board of Trustees 4:00 pm (KH) I-HELP
13 Tuesday	8:00 am-12:00 pm (OS) Feet-N-More Shower Trailer Ministry — City of Surprise	14 Wednesday	9:00-11:00 am (BR) Service Project Craft Group 9:00 am-1:00 pm (OS) Feet-N-More Shower Trailer Ministry — El Mirage
15 Thursday Palm Leaf Deadline	10:00 am (B2L) Cosmic Christians	16 Friday	1:30 pm (B2B) Social Justice Action Team

SA=Sanctuary, KH=King Hall, BR=Boardroom, B2L=Bridges to Learning, B2B=Bridges to Boards, OS=Offsite

July 17-31, 2021

17 Saturday		18 Sunday	7:30 am (B2L) Shared Conversations 10:00 am (SA) Sunday Worship
19 Monday	4:00 pm (KH) I-HELP	20 Tuesday	9:00 am-1:00 pm (OS) Feet-N-More Shower Trailer Ministry — City of Surprise
21 Wednesday	8:00 am-12:00 pm (OS) Feet-N-More Shower Trailer Ministry 9:00-11:00 am (BR) Service Project Craft Group	22 Thursday	10:00 am (B2L) Cosmic Christians
23 Friday		24 Saturday	
25 Sunday	7:30 am (B2L) Shared Conversations 10:00 am (SA) Sunday Worship	26 Monday	4:00 pm (KH) I-HELP
27 Tuesday	8:00 am-12:00 pm (OS) Feet-N-More Shower Trailer Ministry	28 Wednesday	9:00-11:00 am (BR) Service Project Craft Group
29 Thursday	10:00 am (B2L) Cosmic Christians	30 Friday	
31 Saturday			

KH=King Hall, B2L= Bridges to Learning, B2B=Bridges to Boards, SA=Sanctuary, BR=Boardroom, OS=Offsite