



# 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

I've seen the future and it's going to be "Abby Normal." That line comes from the comedy movie, "Young Frankenstein." In that movie, Igor (pronounced Eye-Gore), is instructed to get a brain from the laboratory that comes from a famous intellect. Instead, having dropped the correct brain, he grabs the next one available which is labelled "Abnormal." He then tells Dr. Frankenstein that he took not the correct brain but the brain of "Abby someone." "Abby who?" "Abby Normal."



Normal means different things to different people. Culture, age, gender, position, experience all flavor what we see as normal. Your normal may be totally different than mine. And that's okay. It has felt normal to me to be back in person for worship. Singing in worship, live congregations laughing, smiling, and crying, are all things that feel normal to me. Meetings and classes are returning to in-person and online; the hybrid nature, which is not normal, is of comfort to me.

Summertime is normally the time when we take a look at the fall and Advent in our planning at the church – what are we going to do and when are we going to do it. As we plan for the future, I wanted to share some upcoming news:

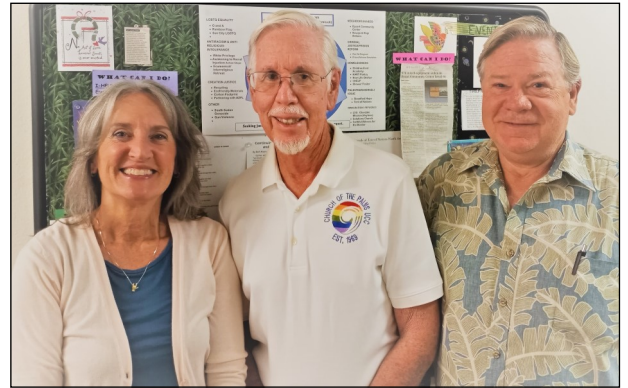
- In August, we will begin a vocal ensemble called "Ah"ugust "Ah"nsemble. We will practice together and sing in worship. Talk with Pastor Jim if you are interested. Practice will happen on Sundays at 9:00 a.m.
- Our fellowship time (coffee hour) after worship will begin in September! Stick around after worship and reconnect with long-time friends and/or meet a new friend. Thank you to our kitchen angels!
- Our Ecumenical / Inter-religious retreat will happen September 7-9 in Prescott. Talk with John Durbin if you are interested. Awakening to Racial Injustice is the theme. Sign up in the church office by August 15.
- October 10<sup>th</sup> brings an organ dedication and recital.
- November has us gearing up for a return to an in-person Thanksgiving meal! Wahoo!
- December will be filled with hope, peace, joy, and love and an in-person Christmas Eve Service.
- All the while our Social Justice Ministry will be active outside of the walls of the church helping prisoners, homeless, children, and environmental issues.

Many more things will be happening, as well. It's a great time to be the church — whether it feels normal or not. In any-and-all cases, I hope you can laugh with me and join us as we adjust our sails on this "Abby Normal" journey onward. Shalom, Paul

# Update from the MOD(erator) Squad

Greetings from the Moderator Team.

We are rounding the corner of the calendar year and sending you an August Palm Leaf. We don't normally send a Palm Leaf in August, but we are in unprecedented times and facing unprecedented issues, challenges and opportunities to show who we are as followers of Jesus and members of Church of the Palms. So, here is our August Palm Leaf question:



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

Considering the increasing number of hate crimes, divisive rhetoric about racial justice, political polarization, voter rights questions, and disparity of opportunity between people of color and us white folk, what is our role as mostly retirees living in Sun City, a predominantly white community? Our Social Justice Action Team has embraced the 15 action steps approved and recommended to us by the UCC Southwest Conference. But before we list the action steps, let's look at some terms important to this topic, some are familiar, some may be new:

**Prejudice** — A pre-judgment or unjustifiable and usually negative attitude of one type of individual or groups toward another group and its members. Such negative attitudes deny the right of individual members of certain groups to be recognized and treated as individuals with individual characteristics.

**Bigotry** — Intolerant prejudice that glorifies one's own group and denigrates members of other groups.

**Racism** — A system in which one race maintains supremacy over another race through a set of attitudes, behaviors, social structures, and institutional power.

**Microaggressions** — The everyday verbal, nonverbal, and environmental slights, snubs, or insults, whether intentional or unintentional, which communicate dismissive, hostile, derogatory or negative messages to target persons based solely upon their affiliation with a marginalized group. Microaggressions can be committed against any such group marginalized in our society – People of Color, LGBTQ people, women, people with disabilities, people from other faiths traditions.

**White fragility** — A state in which even a minimum amount of racial stress becomes intolerable (for white people), triggering a range of emotions such as anger, fear, and guilt, and behaviors such as argumentation, silence, and leaving the stress-inducing situation.

**White privilege** — Refers to the unquestioned and unearned set of advantages, entitlements, benefits and choices bestowed on people solely because they are white. Generally, white people who experience such privilege do so without even knowing it.

**Complicity** - any direct or indirect action that perpetuates a system of racism, privileging Whites above others.

OK, having reviewed some old familiar terms and looked at a few new ones, what can we do to help bridge the racial divide that exists in our country. Here are those action steps from the Southwest Conference that the Social Justice Action Team is embracing:

- Speaking up whenever you hear a comment or joke that marginalizes Black, Indigenous, and other People of Color.
- Asking Black, Indigenous, and People of Color what their needs are.
- Using your money to support businesses and ministries of Black, Indigenous, and People of Color.
- Forming partnerships with congregations of Black, Indigenous, and People of Color.
- Reading books, watching performing arts events, and drawing on theological resources featuring Black, Indigenous, and People of Color to deepen understanding and appreciation of the history, contributions, and culture of these groups of people.
- Learning with white friends and family about white privilege, white fragility, and white supremacy.
- Preparing church newsletter articles featuring the contributions of, and/or discriminatory practices against, Black, Indigenous, and People of Color.
- Telling and hearing the stories of Black, Indigenous, and People of Color and their rich and diverse heritage in New Mexico, Arizona, and Texas.
- Including elements in worship services that reflect the needs and experiences of Black, Indigenous, and People of Color present in your congregation and in your community.
- Inviting Black, Indigenous, and People of Color into leadership roles and explore governance structures that reflect their experience.
- Learning about and supporting organizations in New Mexico, Arizona, and Texas that make it a mission to be advocates for racial equality and work against racial injustice.
- Writing op-eds or letters to the editor about issues of bigotry, white supremacy, or racism in your communities.
- Assessing your congregation's racial diversity, equity and inclusion. Participate in the UCC's racial diversity, equity, and inclusion assessment of the National setting of the United Church of Christ.
- Inviting a Sacred Conversations to End Racism facilitator of the Southwest Conference to present a program in your congregation. (Please consider attending the Sept. 7 Ecumenical Retreat in Prescott: Solidarity—Anti-Racism Training—Rev. Joan Crawford)
- Making a public witness like putting a Black Lives Matter sign at your church or on your lawn and prepare yourselves to welcome Black, Indigenous, and People of Color who may come to our churches, and for conversations with people who demonstrate white fragility because you take this step.

Some of these action steps we are already taking. Others will require more work. But what the Mod(erator) Squad and Social Justice Action Team loves about Church of the Palms is that we "Share God's Unconditional Love, (Racial) Justice and Extravagant Welcome." May it be so in increasing measure!



# WORSHIP THEMES FOR *AUGUST*

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

Online Worship Monday

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

**August 1:** John 6:24-35 is the text. Pastor Paul will be preaching. Have you ever encountered the situations where you just don't know what to say? Pastor Paul will be doing part one of a two-part sermon addressing *What Not to Say* in difficult situations.

**August 8:** John 6:35, 41-51 is the text. Pastor Paul will be doing part two of his two-part sermon. This time, *What to Say* in difficult situations.

**August 15:** Pastor Jim will be preaching from 1 Kings 3:3-14. Out of all the stuff Solomon could have asked for, he asked for wisdom and the ability to understand. Are we asking God for the right stuff?

**August 22:** Pastor Paul will be preaching on Joshua 24:14-18 and Psalm 34:15-22. Ever feel as if you don't belong? God provides a welcome for all. Make that conscience choice: "As for me and my house, we will serve the Lord!"

**August 29:** Pastor Paul will be preaching. The text will be James 1:22-25. What do you do while you are waiting? Hint: Let's get busy serving!

Jerry Lovell	8/1	Terry Starr	8/19
Scott Patrick	8/1	Pete Cooper~Lara	8/25
James Clark	8/3	Freda Ganther	8/27
Abby Atkins	8/7	Carolyn Modeen	8/28
Bonnie Wyman	8/11	Warren Pinter	8/29
Sharon Astle	8/12		
Chuck Eckstein	8/13		
Linette Stenberg	8/16		
Carl Adrian	8/19		
Tina Reagan	8/19		



## August Birthdays



### 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>

**By Pastor Jim Alexander**

Associate Pastor

Let's talk about Caregiving! Beginning with this article and then each of the WISE pages in our Orders of Worship throughout August, you will find information and support regarding caregiving. Did you know that more than 65 million people, 29% of the U.S. population provide care for a chronically ill, disabled, or aged family member or friend during any given year and spend an average of 20 hours per week providing care for their loved one? Did you know that family caregivers are the foundation of long-term care? 51% of care recipients live in their own home, 29% live with their family caregiver and 4% live in nursing homes or assisted living centers.

The average family caregiver for someone 50 years or older spends over \$5,500 per year on out of pocket expenses, and 47% of working caregivers indicate an increase in caregiving expenses has caused them to use up most or all of their savings. 40% to 70% of family caregivers have clinically significant symptoms of depression with approximately a quarter to half of those meeting the diagnostic criteria for major depression.

In light of these statistics, it is profoundly important that the family caregiver be supported mentally, physically, and spiritually. Over the next month, we will share resources that may help. Let's start with the top 10 tips for the Family Caregiver.

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so that it is up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best job you can in one of the toughest jobs there is.

**Caregiver Action Network (CAN):** CAN is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. CAN serves a broad spectrum of family caregivers ranging from the parents of children with special needs, to the families and friends of wounded soldiers; from a young couple dealing with a diagnosis of MS, to adult children caring for parents with Alzheimer's disease. CAN (formerly the National Family Caregivers Association) is a non-profit organization providing education, peer support, and resources to family caregivers across the country, free of charge. You can call for assistance at 1.855.227.3640 or logon to [caregiveraction.org](http://caregiveraction.org)



## CARE Corner

Brought to you by Church of the Palms' CARE Team

### **Banner Olive Branch Senior Center: 623-465-6000**

Banner Olive Branch Senior Center offers a place for residents in the Sun Cities to gather, have a hot meal, access a food pantry, participate in free activities and make new friends.

Residents can visit the senior center Monday through Friday for a lunch meal at 11:30 a.m. or to pick up/take away a hot meal starting at noon. The suggested donation is \$4 per meal for ages 60 and older, and \$3.50 for those over 65.

Banner Olive Branch Senior Center also delivers meals to homebound individuals, and seniors in Sun City and Youngtown can also take advantage of a mobile meals program that includes a sack lunch and hot supper for \$8 per person, \$14 per couple. Learn more about the center's various meal programs here: <https://bit.ly/2UuMGtO>

Also available at the center are: health checkups, blood-pressure screenings, exercise and nutrition programs, counseling, health and education programs, legal assistance, and health-insurance assistance (including Medicare), and a welfare-check service. Additional programs are in the process of being reinstated subject to Banner's COVID policies.

Banner Olive Branch Senior Center is located at 11250 N. 107th Ave., in Sun City. Hours of operation are 8:00 a.m. to 3:00 p.m. Monday through Thursday, and 8:00 a.m. to 2 p.m. on Friday; the center is closed Saturday and Sunday.

The senior center is contracted and managed by Banner Health and funded by Banner Health, Area Agency on Aging, Region One, Inc., Maricopa County, and Valley of the Sun United Way. To learn more, visit [www.bannerhealth.com/olivebranch](http://www.bannerhealth.com/olivebranch).



## THANK YOU FOR YOUR PERRYVILLE CLOTHING DONATIONS

Steve and Jane Zukowski are stepping away from the Perryville clothing collection. Steve no longer works for the Arizona Department of Corrections as an officer and does not have open access to that area of the prison. According to the personnel in visitation, they have no more room at this time for the clothing. Visitors are now allowed to bring clothing for those being released, so the need is not as great. The Church of the Palms has been overwhelmingly generous in giving to this important project. Prison personnel and inmates send their gratitude to the church and beyond for all they have done. May God bless each of you.



Wouldn't it be fun to hear some choral music?  
Wouldn't it be more fun to sing some choral music?  
Well, starting on Sunday, August 1, at 9:00 a.m. (in the Music Room),  
you are invited to join the



**"Ah" guest**  
**"Ah" ensemble**  
at  
The P **"ah" lms**



We will prepare some fun tunes that we will sing in the services on August 8, 15, 22, and 29. Hope to see you there!!!

Looking ahead, our Music Season for 2021-2022 will begin on  
Thursday, September 2nd.  
Sanctuary Choir 2:30-4:00 p.m.  
Good Vibrations HandBells 4:15-5:15 p.m.

\*\* for those who work during the week, you are invited to participate in Sanctuary Choir, too!! You can attend the rehearsals held on Sunday Mornings from 9:00-9:45 a.m.



# Update from our Service Project Craft Group

By Bonnie Green  
Service Project Craft Group

Here we are again, in the Church Board Room, working on our many projects. Some sew on sewing machines, either here or at home; others make quilt blocks that they end up putting together and tying for lap robes and small quilts. Still, some of us crochet or knit to make dish cloths, soap bags, caps and scarves, and towels, and toys. This is just a small portion of our items for charity, mission table, our own use at the Church, shut-ins, etc. This is coupled with laughter, talk, and sometimes snacks.



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

Wouldn't you like to join us on Wednesday mornings at 9 a.m. in the Board Room? We would love to have you. You don't need a special invitation — just come and see what we're all about. Carol Reynolds is our Chair and keeps us focused.

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

To help, contact Laurie Cathey at 623.238.3826  
or [spkplg1941@hotmail.com](mailto:spkplg1941@hotmail.com).

Meals are needed on these dates:

**Dinner: Sept. 6, Sept. 13**

**Breakfast: Sept. 7, Sept. 14**

Thanks to all who have committed to  
providing meals for our guests in August!

## In Memoriam



**Jeanne Chisholm**

March 1929—July 2021



**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**



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.

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). Additional information, including the retreat schedule, is available in the church office. You may also request that this information is emailed to you. Ask the pastoral staff about scholarships.

**It’s not too late  
to sign up!  
The deadline to  
register is  
August 15th.**

# Life Long Learning in August 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 in August.
- *Jump Start: Prep for Sunday Sermon with Scripture/Dialogue*, will NOT meet in August.

### Wednesday

- *Spiritual Growth* class will NOT meet in August.

### Thursday

- *Cosmic Christians* will NOT meet in August. September class will pick up the remaining chapters of Karen Armstrong's "The Bible: A Biography." New and used copies can be found on [www.amazon.com](http://www.amazon.com). If you need assistance purchasing this online, contact Lindsey in the church office at 623.977.8359.

## Criminal Justice Reform Update from Social Justice Action Team

Did you know that 14 million students in the U.S. are in schools with police but no counselor, nurse, psychologist, or social worker? From the poll taken following our Mass Incarceration presentation in May, many people were interested in more information about the *School-to-Prison pipeline*.

Research from various professional and governmental sources shows that schools that employ more school-based mental health providers see improved attendance rates, lower rates of suspension and expulsion, improved academic achievement and career preparation, improved graduation rates and *improved school safety*. However, there is no evidence that police in schools improve school safety — indeed, in many cases they are causing harm. When in schools, police do what they are trained to do — detain, handcuff, and arrest.

Given this information, we would expect school boards, school principals, and government leaders to be working to remove law enforcement from our schools and using every available resource to build up school-based health professionals. That has not been the trend. Instead, funding for police in schools has been on the rise, while our public schools face a critical shortage of counselors, nurses, psychologists, and social workers.

Senate Bill 2125, Counseling Not Criminalization in Schools Act, (<https://www.congress.gov/bill/117th-congress/senate-bill/2125/text>) has been introduced in Congress. It aims to help disrupt the school-to-prison-and-deportation pipeline, invest in safe and nurturing school climates that support all students, and end over-policing in K-12 schools.

When we put a police officer in a school, we're sending a message that our children require surveillance. When we put a counselor in a school, we're sending a message that our children deserve nurturing and support.

As Christians, we can support the health and education of our students by supporting the Counseling Not Criminalization in Schools Act. If you are so moved, please let Senators Sinema and Kelly know that you want them to co-sponsor Senate Bill 2125.

*\*Taken from Cops and No Counselors: How the Lack of School Mental Health Staff Is Harming Students.*

**August 1-16, 2021**

<b>1 Sunday</b> <a href="#">Gift Card</a> <a href="#">Orders Due</a>	7:30 am (B2L) Shared Conversations 9:00 am (MR) "Ah"gust "Ah"nsemble 10:00 am (SA) Sunday Worship	<b>2 Monday</b>	4:00 pm (KH) I-HELP
<b>3 Tuesday</b>		<b>4 Wednesday</b>	8:00 am-12:00 pm (OS) Feet-N-More Shower Trailer Ministry 9:00-11:00 am (BR) Service Project Craft Group
<b>5 Thursday</b>	1:00 pm (BR) Board of Worship and Fine Arts	<b>6 Friday</b>	
<b>7 Saturday</b>		<b>8 Sunday</b>	7:30 am (B2L) Shared Conversations 9:00 am (MR) "Ah"gust "Ah"nsemble 10:00 am (SA) Sunday Worship
<b>9 Monday</b>	9:30 am (HY) Personnel Committee (meets in Boardroom and online via Bridges to Boards) 2:00 pm (BR) Board of Trustees 4:00 pm (KH) I-HELP	<b>10 Tuesday</b>	8:00 am-12:00 pm (OS) Feet-N-More Shower Trailer Ministry
<b>11 Wednesday</b>	9:00-11:00 am (BR) Service Project Craft Group 11:00 am (OS) Feet-N-More Shower Trailer Ministry	<b>12 Thursday</b>	
<b>13 Friday</b>	1:30 pm (B2B) Social Justice Action Team	<b>14 Saturday</b>	
<b>15 Sunday</b> <a href="#">Palm Leaf</a> <a href="#">Deadline</a>	7:30 am (B2L) Shared Conversations 9:00 am (MR) "Ah"gust "Ah"nsemble 10:00 am (SA) Sunday Worship	<b>16 Monday</b>	4:00 pm (KH) I-HELP

SA=Sanctuary, KH=King Hall, BR=Boardroom, B2L=Bridges to Learning, B2B=Bridges to Boards, OS=Offsite, HY=Hybrid, MR=Music Room



**August 17-31, 2021**

<b>17 Tuesday</b>	9:00 am (B2B) Creation Justice Task Force	<b>18 Wednesday</b>	8:00 am-12:00 pm (OS) Feet-N-More Shower Trailer Ministry 9:00-11:00 am (BR) Service Project Craft Group
<b>19 Thursday</b>	1:00 pm (HY) Care Team (meets in Boardroom and online via Bridges to Boards)	<b>20 Friday</b>	
<b>21 Saturday</b>	9:00 am (KH) Church Council	<b>22 Sunday</b>	7:30 am (B2L) Shared Conversations 9:00 am (MR) "Ah" gust "Ah" nsemble 10:00 am (SA) Sunday Worship
<b>23 Monday</b>	4:00 pm (KH) I-HELP	<b>24 Tuesday</b>	8:00 am-12:00 pm (OS) Feet-N-More Shower Trailer Ministry
<b>25 Wednesday</b>	9:00-11:00 am (BR) Service Project Craft Group 11:00 am (OS) Feet-N-More Shower Trailer Ministry	<b>26 Thursday</b>	
<b>27 Friday</b>		<b>28 Saturday</b>	
<b>29 Sunday</b>	7:30 am (B2L) Shared Conversations 9:00 am (MR) "Ah" gust "Ah" nsemble 10:00 am (SA) Sunday Worship	<b>30 Monday</b>	4:00 pm (KH) I-HELP
<b>31 Tuesday</b>			

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