

July 2022

The Palm Leaf



Church of the Palms, 14808 N. Boswell Blvd., Sun City, AZ 85351

Pastor Paul is on Sabbatical through August 15, 2022. Here's what to expect:

Pastor Paul

While on Sabbatical, he and Wendy will travel to see family in the Midwest and California and go overseas and see the sites of London, England. Look closely and you will also find him hugging a giant sequoia, putting his toes in Oak Creek in Sedona, and walking the labyrinth at the Redemptorist Renewal Center in Tucson.

He will also be working on projects at home: planting, building, and setting up his backyard, as well as working on a project to bring photos and colorful stories to a coffee table book near you.

Church of the Palms

A caring and dedicated group has been addressing all the aspects of what Pastor Paul and Wendy do at The Palms. Pastor Jim will cover about half of the preaching schedule – the other half will be filled by other clergy within The Palms. Pastoral care will be handled by Pastor Jim, Rev. David Klingensmith, and Kay Klinkenborg. Various people will be “guest editors” for weekly Paul at the Palms newsletter.

What You Can Do

Pray. That is, pray for the church, for Pastor Paul and his family, for Pastor Jim and all the others who will be stepping up their responsibilities. Pray for yourself asking God to guide you during this Sabbatical time.

Volunteer. Maybe prayer will lead you to share your time and talent. Check out page 7 of this month's Palm Leaf on ways you can be of service.

Attend. Be present at the regular church functions and help support the leadership of those groups.

Dream Big, Act Boldly, and Love God.





Notes from your Executive Board

at The Palms

*"Be completely humble and gentle;
be patient, bearing with one another in love." —Ephesians 4:2*

Hello Friends,

This month we want to let you know of some staffing changes that we have experienced, and to ask for your help as we adjust our sails.

We are saddened to report that our Office Manager, Lindsey Riley resigned from her position last month. While we are sorry to see Lindsey go, we are happy for her and so grateful for all that she contributed to the Church of the Palms. Fortunately, Lindsey has agreed to work for us temporarily on an hourly basis to complete priority tasks until we are able to find a replacement.

As we move forward with the process of hiring new office staff, there are a few things we would like to share and request from you. Thank you in advance for your patience and grace.

- Starting July 1 the office will be open 9 am – 1 pm, Monday through Thursday.
- Please understand that the phone will be answered by a volunteer who will do their best to help you at the time of your call. You may be asked to leave a message and someone will get back to you as soon as possible.
- Please call in advance to schedule any pastoral appointments with Pastor Jim.
- Please submit any announcements for the Bulletin to manager@thepalms.org and copy Pastor Jim. Announcements should be submitted by Tuesday for the next Sunday service.
- Please submit any Palm Leaf articles to manager@thepalms.org by the 15th of the month.
- Please understand that any late submissions may not be included in the desired Bulletin or Palm Leaf edition.
- Please contact Bertie Fitch or Suzanne Boisclair with any questions or concerns.
- Please keep Lindsey and her family in your prayers as she embarks on her new career.
- As always, Bless you and Thank you for being the Church!

WORSHIP THEMES FOR JULY

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

Online Worship Monday

July 3: It is Independence Day Weekend! Pastor Jim will be preaching from Psalm 30. When God answers our cries for help and heals us, it's time to put on our dancin' shoes! We will gather around the Table for Communion.

July 10: Today is Laity Sunday! We will celebrate the blessings and gifts God has brought to The Church of the Palms through YOU, the followers of Jesus! Rev. Bob Carlson will be preaching from Romans 12:4-11; Galatians 5:23-26 in his message entitled "Gifted?!". Many of our members will be leading in the worship service.

July 17: Is there really women's work and men's work in the kin-dom? Pastor Jim preaches from Luke 10:38-42. We'll consider whether Mary and Martha need complete make-overs!

July 24: Rev. Max Klinkenborg will be preaching from Luke 10:25-37 and offer a model for dealing with the bloodied, naked man lying in your gutter.

July 31: Rev. David Klingensmith reflects on Luke 12:13-21. What is really important in life? Accumulating stuff? Having meaningful experiences? Doing good for others? What does it mean to be rich toward God? Take your own life inventory.

Gratitude for Your Donations to Banner Del Webb Medical Center

A note from Rev. Shea Darian:

I was drawn to Church of the Palms in the fall of 2018 when my spouse and I moved to Sun City. It was evident that the ministries of COTP were fueled by people of action who cared enough to reach out into the larger community with vibrant love and caring concern for people who may never darken the door of our church building.

After being ordained at COTP in June of 2021, I became a staff chaplain at Banner Del Webb Medical Center. Each workday before I walk through the doors of the hospital, I say to myself, "This is my church. These are my people. And God's love is large enough for all of them."

Recently, COTP donated a carload of clothing for the Behavioral Health and Dementia units at BDWMC and \$1,000 to our Spiritual Care Department. That's \$1,000 more than we had in our budget! Thank you for helping to make God's love large at BDWMC. We chaplains and the Banner Del Webb community are resoundingly grateful for your support.

July Birthdays

George Wall 7/2

Phyllis Short 7/5

Evelyn Crosby 7/7

Bill Brandenberger 7/8

Grace Henderson 7/10

Toni McMasters 7/15

Paul Clark 7/16

Jim Barnes 7/19

Bobbie Chapman 7/19

Marlys Davenport 7/21

Gordy 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>

Our WISE theme for July is Self-Care. We hear quite a bit of talk about the importance of self-care, and yet it seems that very few of us really focus on it. So, this month you will see several tips and resources you can use to start (or continue) your self-care regimen. After all, you're the only self you've got! Take care of it. In this article, we will investigate what self-care is and provide one strategy to practice. Then, look for other strategies in the Orders of Worship during July. By Sunday, July 24th (Self Care Awareness Day) you can celebrate the progress you've made.

Self-care can be broken down into physical (which people will usually think of first), mental, emotional and spiritual. Spiritual self-care can include activities like prayer, meditation and worship.

Mental self-care can involve a visit to a therapist or a journaling session while emotional self-care, quite similar to mental self-care, could be anything from frequently and intentionally checking in with your feelings to expressing your emotions more openly and without fear.

Physical self-care activities are more recognizable and include things like exercise and eating a balanced diet.

Five Strategies for your Self-Care Routine:

Prepare your village. Let your family or support system know what you have planned and how you might need them to step in to help you OR step away to provide the focused time you need.

Check in with yourself. Arguably, this is the first thing you should do in strategizing for your self-care routine. In a few quiet moments at the beginning of your day, consider what aspects of your life you think you need to work on and what you would like to change. This will help you design the rest of each day's activities to intentionally work toward the goal(s).

Plan an event or activity. Put activities into different slots in the day from a check up with your counselor/therapist/mentor to a pedicure or massage to a lunch date with one of your friends. Do something for one or two hours that you have been wanting to do for a long time.

Plan to do nothing. Have several hours in the day when you have no activities planned. You need time to breathe and reflect.

Make it a team effort. Invite one or two of your loved ones or close friends into this. Plan a self-care day routine with them and truly relax. Stay away from "hot topics" like the news or politics. Just enjoy the time being yourselves!

This Week's Strategy: Lay the foundation for good Self-Care. Check in with yourself and write down the goals or changes you would like to achieve through self-care. Each day, review and revise until you have two or three goals that will unburden, declutter, and re-energize your life!

An Update from our Service Project Craft Group

July! Half of 2022 is gone, and the heat is back. Remember last winter when we were cold, when it was below 70 degrees? Yes, we wished that summer would hurry up and get here and warm us up. Now it's here, and we have to think of ways to keep cool.

We think we can help you. One of our ladies makes COOL TIES. When you see one, you think, "How can a strip of folded sewn cloth, with some little hard pieces of something inside, keep me cool?" Well, just put it in a bowl, cover it with water, and put it in the refrigerator for an hour or so. When you take it out, it has turned into a long tube! Wring it out and tie it around your neck or head and see how cool it makes you feel when you are outside in the heat, or even in the house. When finished with it, or it gets warm, just dampen it again and put it in the fridge until next time. Just ask our people that take the Feet-N-More Shower Trailer Ministry around in this heat. We have supplied them with the ties, and some have even gone to a needy person out on the street.

Need something else that helps in this weather? Do you ever have to go out and park your car or golf cart when you run an errand? What do you find when you return? A hot steering wheel you can barely touch, let alone drive safely with it in that condition. Well, another of our ladies makes insulated WHEEL COVERS for your car or golf cart steering wheel. Just slip it over when you get out, and remove it when you are ready to drive. Some of us have two and slip them together for added protection.

Both of these items are very inexpensive and can be lifesavers. Do check out our TABLE in King Hall next time you come for Coffee Hour or a Meeting. —Bonnie Green



Our crafters displaying COOL TIES and WHEEL COVERS, items that make desert living a little easier.



July is Favorite Hymns Month

July is Pick Your Favorite Hymns Month at The Palms! Make sure you stop by the Favorite Hymns Barrel in the Narthex, fill out a Favorite Hymns slip and drop it in the Favorite Hymns Barrel. Come in the Sanctuary by 9:50 a.m. each Sunday in July as we sing together to prepare our hearts for the Worship Service.



Indoor Picnic & Talent Show

On Saturday, July 30th the Worship Team will be hosting an Indoor Picnic and Talent Show! The Worship Team will provide Submarine Sandwiches and drinks. Please bring a salad or dessert to share! Then please come and share your talent too! Sing a song, do a dance, tell a tale, make some magic, or create comedy!! What ever your talent may be, join us for a fun time in King Hall beginning at 4 p.m.



CHURCH OF THE PALMS
Sun City, AZ

**Celebrating
National American
Indian Heritage Month**



Church of the Palms
19th Annual
INTERFAITH CONFERENCE
featuring

Kaitlin Curtice

Author of Native: Identity, Belonging & Rediscovering God
Potawatomi Nation Member, National Speaker, Poet

"Lessons in Decolonization"

Nov. 4 & 5, 2022

Registration Flyer available September 6, 2022
For additional information: seminar.thepalms@yahoo.com

HELP NEEDED



The Church of the Palms Social Justice Action Team needs your help. The mission of this Team is to seek justice through Prayer, Action, Love, Ministry, and Support. Currently, the most critical need for volunteers is in the area of our ministry to the homeless population in our community. Monitors are needed for our I-HELP (Interfaith Homeless Emergency Lodging Program) as well as for meal preparation. There is also a need for volunteers to help with our rapidly expanding Feet-N-More Shower Trailer Program. During the summer, many of our church members have headed back to cooler climates. So, this is a critical time of the year and a wonderful opportunity to step up and become part of this ministry.

If you are interested in serving in our Homeless Ministry, please talk to Max Klinkenberg.

In addition to the needs in the Homeless Ministry, there are other needs and opportunities to be part of the action here at Church of the Palms. To obtain additional information on the needs and opportunities we have, please contact a member of the Volunteer Engagement Committee (Suzanne Boisclair, Margaret Carpenter, Larry Cornelius, Debbie Hill, Linda Wilson, John Durbin).

Thank you for "Being the Church!"

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 13. Drop off items in the HART Pantry box in the Narthex.

July 1-18, 2022

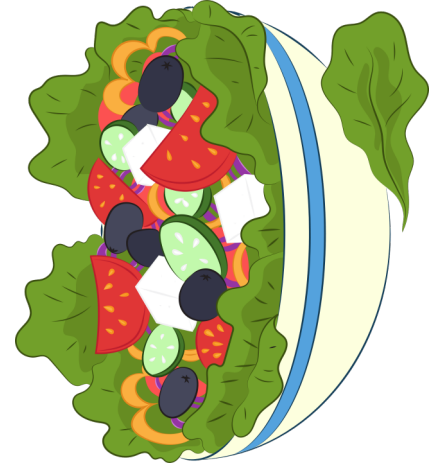
1 Friday		2 Saturday	
3 Sunday	7:30 am (B2L) Shared Conversations 9:50 am (SA) Favorite Hymn Sing 10:00 am (SA) Sunday Worship 11:00 am (KH) Fellowship Hour	4 Monday	4:00 pm (KH) I-HELP
5 Tuesday		Church Office Closed	
7 Thursday	1:00 p.m. (HY) Worship Team	6 Wednesday	9:00 am (BR) Service Project Craft Group 9:00 am (HY) Fellowship Team 11:00 am-5:00 pm (OS) Feet-N-More Shower Ministry @ The Grove
9 Saturday		8 Friday	
11 Monday	1:00 pm (KH) I-HELP 2:00 pm (HY) Board of Trustees	10 Sunday	7:30 am (B2L) Shared Conversations 9:50 am (SA) Favorite Hymn Sing 10:00 am (SA) Sunday Worship 11:00 am (KH) Fellowship Hour
13 Wednesday	9:00 am (BR) Service Project Craft Group 2:00–5:00 pm (OS) Feet-N-More Shower Ministry @ Ktizo UCC	12 Tuesday	9:00 am–1:00 pm (OS) Feet-N-More Shower Ministry @ Salvation Army in Surprise 9:00 am (OS) Men’s Fellowship @ George’s Café
15 Friday	Palm Leaf Deadline	14 Thursday	
17 Sunday	7:30 am (B2L) Shared Conversations 9:50 am (SA) Favorite Hymn Sing 10:00 am (SA) Sunday Worship 11:00 am (KH) Fellowship Hour (Summer Salad Spectacular)	16 Saturday	
		18 Monday	10:00 am (KH) Executive Board 1:00 pm (KH) I-HELP

SA=Sanctuary, KH=King Hall, BR=Boardroom, B2L=Bridges to Learning, OS=Offsite, HY=Hybrid (in person at the Church and online via

July 19-31, 2022

19 Tuesday	10:00 am (BR) Volunteer Engagement Committee	20 Wednesday	9:00 am (BR) Service Project Craft Group 11:00 am-5:00 pm (OS) Feet-N-More @ The Grove 11:00 am (BR) Personnel
21 Thursday	12:00 pm (HY) Board of Finance	22 Friday	
23 Saturday		24 Sunday	7:30 am (B2L) Shared Conversations 9:50 am (SA) Favorite Hymn Sing 10:00 am (SA) Sunday Worship 11:00 am (KH) Fellowship Hour
25 Monday	1:00 pm (KH) I-HELP	26 Tuesday	9:00 am-1:00 pm (OS) Feet-N-More @ Surprise 9:00 am (OS) Men's Fellowship @ George's Café
27 Wednesday	9:00 am (BR) Service Project Craft Group 2:00-5:00 pm (OS) Feet-N-More @ Ktizo	28 Thursday	
29 Friday		30 Saturday	4:00 pm (KH) Indoor Picnic & Talent Show
31 Sunday	7:30 am (B2L) Shared Conversations 9:50 am (SA) Favorite Hymn Sing 10:00 am (SA) Sunday Worship 11:00 am (KH) Fellowship Hour	SA=Sanctuary, KH=King Hall, BR=Boardroom, B2L=Bridges to Learning, OS=Offsite, HY=Hybrid (in person at the Church and online via thepalms.org/Bridges),	

Super Summer Salad Spectacular is July 17th



We are very pleased to announce the Church of the Palms Annual Super Summer Salad Spectacular is back – in modified form to continue to keep all of us safe! This year, instead of salad ingredients, we will ask that you bring a completed salad (e.g., tossed, potato, chicken, creative salad of your choice) or cookies or brownies to share. We will have a sign-up poster available in advance to indicate what delicious item you will contribute to help make Super Summer Salad a very Spectacular event! After a two-year hiatus due to Covid, it will be a wonderful way to enjoy fellowship and a great meal with your Church of the Palms family and friends. Mark your calendar now for July 17 after service and watch for announcements in the Sunday Bulletin.