

September 2022

The Palm Leaf



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

A Letter from Paul



My work is with words. I can't get three months of writing in during this letter, but I do have a word for you. HOME. It isn't a perfect word having been marred by those who abuse and manipulate. But through God's grace, I believe it can be raised to a new level of being.

For HOME can be a beautiful word. Just ask someone who's been away on a trip, and they'll tell you: *"Mid pleasures and palaces though we may roam, Be it ever so humble there's no place like HOME!"* John 14:23 cites Jesus saying, *"Those who love me will keep my word, and God will love them, and come to them, and make a HOME in them."*

HOME is where folks touch you with love and give you space to be yourself. As the writer of Hebrews puts it, "Let mutual love continue". Home is where love is mutual. That's part of the reason so many people are miserable, there is not mutual love in their lives.

Some have suggested that HOME is where you hang your toothbrush. But I've found that HOME isn't so much a matter of place as it is a matter of caring and being with those you love with those you love - It's not a place, it's being with folks you love and who love you. Mutual love.

With that in mind, I disagree with Thomas Wolfe. I believe that you can go HOME again and again when your HOME is the church; where folks love you: warts, wrinkles, and all, and you love them.

When you consider the many years that this church has been a HOME, it is truly inspiring to think about all the lives that have been touched. Think of the people united in marriage, the people counseled, comforted, fed spiritually and physically, taught, challenged, and yes, committed to God at the end of this life. Literally thousands have been touched directly by the ministry of this church.

No matter where we've been or what we've done, there's a time to come HOME. Please know from the bottom of my heart that it's good to be HOME with you.

Shalom, Paul



Notes from your Executive Board

at The Palms

"In the same way, though there are many of us, we are one body in Christ, and individually we belong to each other."
Romans 12:5

Hello church family and friends! Once again it is hard to believe another month has gone by and we are in September. Welcome Back Pastor Paul and Wendy!

In last October's Palm Leaf John Durbin wrote about how at the Church of the Palms "We are Family!" That idea has been so evident over the last several months as Pastor Paul has been away on sabbatical. From the initial work of the sabbatical planning team led by Pastor Paul, Pastor Jim and John Durbin to the day to day execution of that plan, our sisters and brothers at Church of the Palms answered the call, working together to ensure that the exceptional quality of our worship and the achievement of our missions continued.

We are so thankful to all that provided their thoughtful Ponderings in Pastor Paul's absence: Kay Klinkenborg, Rev. Harold Schenk, Lindsey Riley, Linette Stenberg, Rev. David Klingensmith, Teddy Riley, Rev. Max Klinkenborg and Rev. Shea Darian.

We are grateful for those who inspired us with their preaching and who assisted Pastor Jim with our weekly services: Deacon Joan Crawford, Rev. Susan Princehouse, Rev. David Klingensmith, Rev. Bob

Carlson, Rev. Max Klinkenborg, Rev. Phil Ladd and the members of our amazing Worship Team.

We offer our sincerest thanks to Mary Hoy who managed the computerized scheduling of our air conditioning so we remained efficient in our energy usage, and to Bertie Fitch, who made sure our office operations were maintained when our staffing changed.

We express appreciation to our lay leaders: the Boards, Teams, and Councils that faithfully did their respective work to help us grow even stronger in "being the church".

And to you, dear members and friends of Church of the Palms – God Bless You and Thank You for your prayers, support and patience. Once again you have shown We ARE Family!!



The Creation Justice Task Force will
recycle your used batteries.

Please don't put them in the garbage!

Put your used batteries in the box in the
Donation Center

In 2022, we have recycled over 40 pounds
of batteries!

WORSHIP THEMES FOR SEPTEMBER

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

Online Worship Monday

September 4, 2022— Pastor Paul will be exploring the topic of getting along with other faiths. It's not as easy as it sounds. Read Luke 14:25-27, 33.

September 11, 2022— Luke 15:1-10 is the scripture. Pastor Paul will be preaching. You have a secret weapon that he doesn't have. Come and find out what it is. He has a story to tell!

September 18, 2022— The choir will be back singing in worship, hooray! Pastor Jim will be preaching from 1 Timothy 2:1-7. What is your "first of all"?

September 25: Pastor Paul is back in the pulpit. Read Luke 16:19-31. How can we live life without regrets?

Church of the Palms

Bingo Party

Saturday September 24th
3:00 to 5:00 PM in King Hall
Fellowship, Food & Fundraising

Mark your calendar for a fun-filled afternoon including fellowship, bingo, hot dogs and "fixins" to raise funds for our church's Fellowship Team and Social Justice Action Team Ministries. Win prizes, including restaurant and gasoline gift cards, concert tickets, dinners for four or six prepared by some of our outstanding church member "chefs", and a grand prize of a Palm Springs get away. To join the fun and support our church ministries, all you need to do is make a donation of \$20. For this donation you will receive 10 bingo cards and a wonderful hot dog & "fixins" dinner. Sign up sheets will be available at the opportunity table in the Narthex beginning Sunday, September 3rd. Sign up ASAP as seating is limited. For additional details, see the Bingo Fundraiser fact sheet available in the church office

September Birthdays

Susan Princehouse 9/4

Ruth Emanuel 9/4

Mary Whitlock 9/6

Jack Sheehan 9/8

Jan Eckstein 9/12

Dolores Krull 9/14

Arlea Hymans 9/15


Kay Shaddox 9/18

Young Miller 9/20

Eric Holmes 9/21

Michael Whitlock 9/23





National Alliance on Mental Illness Help Line
 1-800-950-6264 <https://www.nami.org/help>
 Suicide Prevention Lifeline 800.273.TALK
 Suicide/Crisis Hotline TEXT 988
 Translifeline 877.565.8860
 Veteran's Crisis Line 800.273.8255 press 1
 Pastoral Care—Pastor Jim Alexander 623.792.5295
<https://thepalms.org/Tools2Thrive>

**The WISE Mental Wellness theme for September is
 How Does the Loss of Hearing, Seeing, and Moving Effect Mental Wellness?**

Each week this month, you will find some strategies and tools2thrive regarding sensory and mobility loss. As we age, it is no secret that all of our senses wane. Eyesight gets fuzzier, hearing slowly diminishes, and we can't move around like we used to. For some of us these losses can occur more quickly. When these things happen, we may choose to socialize less often or stop participating fully in life's opportunities. Sensory loss - and its resultant isolation are strongly linked to serious mental health issues, including depression and anxiety. These emotions can have a powerful impact on your lifestyle and overall health.

Sensory loss and depression

A recent study published in *Frontiers in Psychology* tracked a group of people experiencing dual sensory loss: vision and hearing. Individuals experiencing hearing loss were linked to depression twice as often as those in the control group.

Individuals who experienced *both* vision and hearing loss experienced depression at rates more than three times higher than the control group. Researchers measured anxiety among participants and found similar results.

The study concluded sensory loss was strongly linked to depression - double sensory loss, especially so. This new research was among the first studies of its kind, but it's not the first time sensory loss and mental health impacts have been linked. Indeed, in that regard, this research adds to a mountain of data linking hearing loss with cognitive decline, which increases the risk of both depression and dementia.

Cause and effect remain unclear

It's important to point out this study, and other hearing loss/mental health studies have provided compelling evidence of links. But that's not the same as proving a cause-and-effect relationship.

In other words, even if hearing loss and depression occur in sequence, it's not clear *why* one caused the other or that a direct relationship even exists. Let's go back to our example to illustrate. There are two possibilities:

- Depression may develop because your hearing loss causes physical changes to your brain chemistry. Your depression, therefore, makes going out seem less appealing.
- Or perhaps you develop depression because you miss your friends. Your social isolation removes positive influences and exacerbates mental health fissures that were already there.

It is difficult for scientists to test for a specific cause-and-effect relationship in this instance because the effects are so muddled. It's even likely that **both** potential causes conspire to create a vicious cycle that strongly contributes to depression. There may also be other factors that remain undiscovered.

Maintaining your healthy hearing

Contrary to popular belief (and the assumption underlying our example), it's not inevitable that your senses will fade as you age. That's especially true regarding your hearing. Your hearing may not be as spry as it once was, but you're not necessarily destined to go deaf. If you take care of your hearing, you may be able to maintain it for a long time.

How do you do that? Try these simple recommendations:

- Wear hearing protection in loud environments (or avoid loud environments altogether).
- See your hearing specialist regularly. Your hearing specialist will be able to detect hearing loss when it first occurs, which can prevent further damage.
- Wear your hearing aid. It will slow the progression of hearing loss.
It's not just your hearing you'll be protecting. It's also your mental health. The better your hearing remains (and a hearing aid will help), the more likely you are to avoid social isolation.

You just might avoid depression by staving off sensory loss. That's worth celebrating. You may even feel like going out to celebrate.

Kevin St. Clergy, HelpingMeHear

I-HELP JULY VOLUNTEER REPORT



Lutheran Social Services asks Church of the Palms each month to give an I-HELP volunteer report. They want to know which volunteers and how many volunteer hours are worked within the program each month. In addition to recognizing volunteers it also provides data for funding requests of LSS to support the I-HELP program.

I thought you would be interested in the numbers submitted to LSS in July. Regarding volunteers we had 23 different volunteers drive the bus, provide showers, prepare meals including dinner, breakfast and a sack lunch, and serve as monitors through the night. Others served the meals, cleaned the kitchen and laundered the towels and bedding.

The 23 different volunteers worked 208 hours in July. That is the equivalent of 5-40 hour weeks and an additional day. These 208 hours were expended within 4 Monday nights in July. In the summer we begin at 1:00 p.m. on Monday afternoon to provide a cooling center for relief from the hottest part of the day. After breakfast on Tuesday morning our guests are taken to the Surprise Resource Center by 8 a.m. We host our guests for 19 hours each week.

Many of our 23 volunteers do multiple services each month. Some prepare all the lunches for a month, others monitor the 3-8 shift, prepare breakfast and drive the bus. We have been blessed in recent months to have new members of COTP get involved in I-HELP. We can always use more volunteers; you can chose what you want to do and the frequency.

Randolph Omahana and Scott Patrick coordinate the meals, Vickie Ashenbrenner coordinates the monitors and Mikie Witt coordinates the bus drivers. Max Klinkenberg coordinates the program in the summer months and Nancy Mueller during the winter months. Any of these coordinators can help you find a place of service in I-HELP.



CARE Corner

Brought to you by Church of the Palms'
CARE Ministry Team

Care Corner – Cancer Conversations

Hearing the doctor say that you or a loved one has cancer is an experience raising many questions. You may feel anxious, afraid, and be overwhelmed and unsure how you can cope during the days ahead. The Care and Support Ministry is excited to offer Cancer Conversations, an opportunity for individuals facing a diagnosis of cancer, newly or previously diagnosed who are seeking support with coping. If you are not the one with cancer but are the caretaker, you are included in the target audience.

The Church of the Palms is fortunate to have a member of the congregation who has offered to share her expertise in providing support for you. Tanya Bellavia has been a certified physician assistant working in the field of oncology for over 22 years in a variety of settings including community based private practice and in a comprehensive cancer center in Buffalo, NY. Prior to becoming a PA, she completed a four year double major in Biblical studies and psychology and a Master's degree in theological studies. In her words, "It was during training in hospital chaplaincy that I had a siminal experience that led to my desire to work specifically in the field of oncology. I am hoping to offer some perspective and guidance based on many years of focus on this topic that personally has affected all of us in some fashion."

The first Cancer Conversation will be held following worship on Sunday, October 2, 2022, in the Boardroom. You can get your snack in King Hall, if desired, and bring it with you.

During the summer, members of the Care and Support Ministry Team have continued to provide care and support to members of our community. We will be returning to regular meetings in September to move forward with other programs to assist you in maintaining wellness and coping with health challenges. If you have an interest in being a part of this ministry at the Church of the Palms, please contact Judy Jondahl, jajondahlfchwl@gmail.com or 480-388-0707.

Providing care and support to the members, we strive to share love, justice and welcome while promoting health and wellness.

The Care Team Mission
Assist the Pastors when our community
needs help spiritually, physically,
emotionally or socially



DISPENSER OF HUMAN DIGNITY

An oil company owned a factory that produced lubricants such as motor oil and grease. To produce oil of many different viscosity for all engines, and grease for equipment of all uses, it took a very large factory. To keep the factory going a large crew of maintenance workers oiled and greased the extensive equipment. An annual audit discovered that the factory was making no profit for the company because all the oil and grease produced was used to maintain the factory. People were working, machinery was humming, but the purpose of the factory was not being achieved.

What is the purpose of FEET-N-MORE, the shower ministry of Church of the Palms? For the past 18 months we have taken the trailer off the church campus 2-3 times each week. Three to five volunteers go with the trailer and each gives 6 hours of their time. It takes about a thousand dollars each month to cover a myriad of expenses. Beyond keeping our volunteers off the streets and getting into trouble, what is the bottom line accomplishment of the shower trailer ministry?

The shower trailer and volunteers are the dispensers of human dignity. In an article by Emmaline Soken-Huberty, she offers this definition of human dignity.

"At it's most basic, the concept of human dignity is the belief that all people hold a special value that's tied solely to their humanity. It has nothing to do with their class, race, gender, religion, abilities, or any other factor other than them being human."

Human dignity is a human right. Simply by being human all people deserve respect. It does not come from wealth, education, status or position; it is common to all members of the human race. Human dignity is dispensed by all we do with the shower trailer.

It starts with the belief that being clean is a human right. We provide a safe, clean, private environment for our guests to wash themselves with soap and their hair with shampoo. We provide a clean bath towel and wash cloth for them to use. Our host churches provide clean clothes for our guests to put on after the shower.

But it is our volunteers that most fully dispense human dignity. We refer to each person as a guest of the shower trailer. We greet them with a smile. We ask if they would like to take a shower as a free gift from us to them. We always treat them as equals without judgment or prejudice. We call them by name after they have registered. We wish them well as they leave and tell them when we will be back and hope to see them then.

Human dignity brings equality, not divisiveness to our world. With a free shower we are making a difference in the world, one person at a time. If everyone's rights were respected and everyone got equal opportunities to thrive, the world would be a much happier, more peaceful place.

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Maya Angelou



Service Opportunities at Church of the Palms

“Be the Church”

The Church of the Palms is a very active and vibrant community of believers. We are blessed with a wonderful staff and energetic & talented members and friends. As an active community, we need many hands to do our work. The Volunteer Engagement Committee (VEC) is asking your help in filling the positions listed below. Please review the following list of current needs and consider joining your hands with those already busy at “Being the Church”. For general questions about these and other opportunities, please contact Margaret Carpenter, Secretary for the VEC Email: markie1@cox.net . Watch this space and weekly bulletins for additional opportunities.

Can you help:

- Ministry Council Vacancies:
 - Worship Team – Two additional members needed (seeking a chairperson for this Team) *** For additional information contact John Durbin jst4us21@cox.net
 - Fellowship Team – Three additional members needed *** For additional information contact Terry Starr rstarr9982@aol.com
 - Evangelism Team – Two additional members needed *** For additional information contact Eona Schulz jimandeona@hotmail.com
- Operational Council Vacancies:
 - Board of Stewards – Two additional members needed *** For additional information contact May Hoy kjmillermehoy@gmail.com
- Social Justice Action Team Vacancies:
 - Criminal Justice/Prison Ministry Team – Three additional members needed *** For additional information contact Nancy Nonini nnonini19@gmail.com
- Homelessness:
 - I-HELP - Need overnight monitors on Monday PM/Tuesday AM *** For additional information contact Vickie Ashenbrenner vlash614@yahoo.com
 - Need meal preparations (breakfasts, lunches, & dinners) *** For additional information contact Randolph Omahana catter@sbcglobal.net
 - Need meal prep coordinator *** For additional information contact John Durbin jst4us21@cox.net
- Feet N More Shower Trailer – Need three additional members to assist with shower events. *** Contact Max Klinkenborg maxklink@yahoo.com

Life Long Learning is excited to announce registration is open on September 6th for the 19th Annual Interfaith Conference on November 4th & 5th, 2022. "Lessons in Decolonization" will be presented by Kaitlin Curtice, a member of the Potawatomi Nation is a nationally known speaker, author and poet. Further bio information will be shared throughout the next eight weeks as we anticipate her arrival. The LLL team in selecting the theme for 2022 chose Native American Spirituality. We live on ancestral lands in Arizona and the surrounding states, as well as across the US. Few people know much about Indigenous people's experiences of the past or present. They are our neighbors. It is our responsibility to learn about their world. It is our job, as primarily a white congregation, to use our own initiative and not expect that they come to us. We are a welcoming, inclusive and social justice congregation. LLL has sent over 300 personal email invitations to churches, faith groups and contacted over 30+ Indigenous organizations to join us for this annual Interfaith conference.

- Registration for church members/ regular attendees/ visitors can be done by filling out a "Registration Form" in the narthex and add your check or cash to your form and leave it in the church office. You do not have to register on the church's website. You may attend in-person or virtual.

Church of the Palms
Celebrating National American Indian Heritage Month
19th Annual Interfaith Conference



"Lessons in Decolonization"

November 4 & 5, 2022

Author: *"Native: Identity, Belonging, Rediscovering God"*

Kaitlin Curtice
 Potawatomi Nation Member, National
 Speaker, Poet

REGISTRATION: SEPTEMBER 6 - OCTOBER 31, 2022
www.thepalms.org click on event, fill out form
 Nov 4, Friday Evening 7-8:30 pm Reception to follow
 Registration opens: 6:15 pm
 Nov 5, Saturday 9:00- 12:00 noon Mid-day snacks
 Registration opens: 8:15 am

Fees: IN-PERSON \$50.00 (all sessions)
 ON-LINE \$35.00 (all sessions)

+ **Limited Indigenous scholarships** available through on-line registration only

LOCATION: CHURCH OF THE PALMS
 14808 W Boswell Blvd. Sun City, AZ 85351
 Info: 623-748-3574

CEU's Ordained Ministers available November 5th (clock hours only)

September 1-15, 2022

			1 Thursday	1:00 pm (BR) Worship Team
2 Friday			3 Saturday	
4 Sunday	7:30 am (B2L) Shared Conversations 10:00 am (SA) Sunday Worship 11:00 am (KH) Fellowship Hour		5 Monday	Labor Day Office Closed 1:00 pm (KH) I-HELP
6 Tuesday	9:00 am (OS) Men's Fellowship @ George's Café 10:00 am (BR) VEC 4:00 pm (BR) Jump Start		7 Wednesday	9:00 am (BR) Service Project Craft Group 12:00 pm am-5:00 pm (OS) Feet-N-More Shower Ministry @ Kitzco
8 Thursday	2:30 pm (MR) Choir Rehearsal 4:15 pm (BR) Hand Bells Rehearsal		9 Friday	1 pm (BR) Social Justice Action Team
10 Saturday			11 Sunday	7:30 am (B2L) Shared Conversations 9:00 am (MR) Choir Practice 10:00 am (SA) Sunday Worship 11:00 am (KH) Fellowship Hour
12 Monday	10:00 am (BR) Executive Board 1:00 pm (KH) I-HELP 2:00 pm (HY) Board of Trustees		13 Tuesday	8:00 am-2:00 pm (OS) Feet-N-More Shower Ministry @ Surprise 1:00 pm (BR) Ministry Council 4:00 pm (BR) Jump Start
14 Wednesday	9:00 am (BR) Service Project Craft Group 9:30 am-5:00 pm (OS) Feet-N-More Shower Ministry @ The Grove		15 Thursday	1:00 pm (BR) Care Support 2:30 pm (MR) Choir Practice 4:15 pm (BR) Hands Bells Rehearsal Palm Leaf Deadline

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)

September 16-30, 2022

16 Friday		17 Saturday	
18 Sunday	7:30 am (B2L) Shared Conversations 9:00 am (MR) Choir Practice 10:00 am (SA) Sunday Worship 11:00 am (KH) Fellowship Hour	19 Monday	10:00 am (BR) Othering & Belonging 1:00 pm (KH) I-HELP
20 Tuesday	9:00 am (OS) Men's Fellowship @ George's Café 4:00 pm (BR) Jump Start	21 Wednesday	9:00 am (BR) Service Project Craft Group 10:00 am (KH) Evangelism and Growth 12:00 am-5:00 pm (OS) Feet-N-More Shower Ministry @ Kitzo
22 Thursday	2:30 pm (MR) Choir Rehearsal 4:15 pm (BR) Hand Bells Rehearsal	23 Friday	
24 Saturday	3:00-5:00 pm (KH) B I N G O !!!	25 Sunday	7:30 am (B2L) Shared Conversations 9:00 am (MR) Choir Practice 10:00 am (SA) Sunday Worship 11:00 am (KH) Fellowship Hour
26 Monday	1:00 pm (KH) I-HELP	27 Tuesday	8:00 am-2:00 pm (OS) Feet-N-More Shower Ministry @ Surprise 4:00 pm (BR) Jump Start
28 Wednesday	9:00 am (BR) Service Project Craft Group	29 Thursday	2:30 (MR) Choir Rehearsal 4:15 pm (BR) Hand Bells Rehearsal
30 Friday			

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),

Life Long Learning Team

SCHEDULED CLASSES:

Sacred Conversations: Sunday 7:30-8:30 am via ZOOM only. Bobbie Chapman is facilitator.

Jump Start: each Tuesday 4:00-5:00 pm. BEGINNING SEPTEMBER 13. Hybrid with John Durbin facilitating.

NO COSMIC CHRISTIANS in September. Linette Stenberg, facilitator is recovering from hip surgery. She will inform us when she is ready to resume the class. No additional classes are scheduled Tuesday or Wednesday this fall due to shortage of teachers.

SPECIAL EVENT CLASSES: Sponsored by Life Long Learning and Othering and Belonging Task Force-

"Critical Race Theory (CRT)":

- Saturday, October 1st at 9:30-11:00 am in King Hall. In-person only.

This event will be facilitated by Rev. Dr. Phil Ladd, Rev. David Klingensmith and Kay Klinkenborg, MA. What is Critical Race Theory? What are its origins? How has it been misused. Why does it matter today? A safe environment will be provided to share thoughts and concerns about how it is impacting our educational systems. And what has brought it forward to be a political issue. There will be three short presentations followed by discussion and Q & A.

The Phoenix Indian Center Meet and Greet'. DATE TO BE ANNOUNCED. Come and meet CEO, Jolyanna Begay-Groupa and her lead program director. They will make a presentation, share information about ways one can support and assist their mission goals. There will be a Q & A. This presentation will be held in King Hall. The guest speakers will join us via ZOOM. What is the Phoenix Indian Center? What services does it provide to the Indigenous people of Maricopa County and the state? And did you know it is 75 years old this year? Andy Jordan and Kay Klinkenborg have met with Ms. Begay-Kroupa and discovered this hidden gem of a social justice organization that is 'a hands on' organization equipping the youth and young adults of the Indigenous community to be active leaders, skilled workers and contributors to their culture, their communities and those they meet. Many Indigenous youth and young adults have not been exposed to their native languages or culture. They don't live on tribal lands. They are urban dwellers. From parenting classes to resume writing and more, this organization is a beehive of opportunity.