

Embrace the Future: Be Intentional.

THE PALM LEAF

The Church of the Palms, UCC
14808 North Boswell Boulevard Sun City, Arizona

A LETTER FROM PAUL

MAY 2024



What's your mantra? The word mantra has two parts: *man*, which is the root of the Sanskrit word for mind; and *tra*, which is the root of the word instrument. Therefore, a mantra is an instrument

of the mind that we can use to help us on the way of life.

For me, a mantra isn't filled with jargon or fancy-dancy language. (Dancy is not a word... it's just a phrase that comes to mind when I want to express something like, gobbledygook).

No jargon, no fancy-dancy language or gobbledygook—just core values, purposes and goals—that's a mantra to me. That's what mission statements are supposed to be - core values, purposes, and goals: "Sharing God's Unconditional Love, Justice, and Extravagant Welcome."

Let me be so bold to say, that we're good at sharing it when: We get a good night's rest, Our family members are cooperating, Our health is good, People are nice to us, We open the fridge and we get the last piece of pie, The people who we love, say, feel, and express, "I love you back."

We're at our best when all things are going well—physically, emotionally, spiritually. But, what if: We don't sleep, Family doesn't cooperate, We feel horrible, When people are just mean, When the one food you crave isn't in the fridge, When we're judged and we are excluded?

UNCONDITIONAL LOVE... Can we give people, grace, space, time, compassion, and no judgment even when they are clearly wrong and have hurt you and me? Can those first words out of our mouth be love based?

JUSTICE...how are we helping people? Justice, as simply as I can put it, is righting the wrongs, that is correcting the wrongs that have been done to people, especially the poor and downtrodden. If we aren't helping others, are we really living?

And lastly **EXTRAVAGANT WELCOME.** Can you recall times when you were not part of the group? That feeling of not being accepted for who we are cuts deep, to our very soul.

And finally, Mark Twain said, "Kindness is the language the deaf can hear and the blind can see." And I add... and it begins with me. Share God's Unconditional Love, Justice, and Extravagant Welcome.

Shalom, Paul



Notes from your Executive Board at The Church of the Palms

If you follow me on Facebook, you will know that I had a fantastic Women's Basketball bracket going all the way to the final game where my bracket was finally broken with Iowa (my choice) being defeated by South Carolina in the championship game. Even when my bracket is totally busted (usually in the second round), it is fun checking each round to see how my bracket is doing.

There are other ways that I have fun in life. What do you do to have fun? Having fun is crucial in a stressful world for many reasons:

1. Fun reduces stress. Engaging in fun activities triggers the release of endorphins which are often nature's stress reliever. It can even alleviate feelings of anxiety and depression which can foster a more positive outlook on life.
2. Fun can improve our relationships. Research shows that having fun with each other has a positive effect on building trust and developing better communication.
3. Fun can actually be a brain booster. Having fun can improve our memory and concentration.
4. Fun can promote both physical and mental health. They say, "Laughter is Good Medicine" and they are right. Laughter can increase blood flow due to the release of dopamine in the body. They say that laughter can strengthen your immune system, boost moods, diminish pain and protect you from the damaging effects of stress.
5. Fun can also boost your productivity. It can increase our energy levels and lead to better performance in things that we wish to accomplish. I remember a couple of years ago when someone was sitting in during a budget meeting. They commented before leaving that they were impressed that we could accomplish serious business while also having fun.

As many of you know, I have been a Rotarian for a long time. Rotary International has a four-way test in all that they think, say, and do:

- 1) Is it the Truth? 2) Is it Fair to all Concerned? 3) Will it build Goodwill and Better Friendships? 4) Will it be Beneficial to all concerned? The Rotary Club that I belong to adds a fifth one: Which is "Have fun doing it." Being the Church means being involved in serious social justice issues. However, we are more effective if we also find time to have fun. I feel blessed to be part of a congregation that can be serious and fun at the same time. Let us continue to be the church – but let us continue to have fun together as we do serious work together.

Dr. Phil Ladd, Chair of the Executive Board.



Congregation for Mental Wellness
Welcoming | Inclusive
Supportive | Engaged

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>

May is Mental Health Awareness Month. Here at The Church of the Palms, we will be presenting articles in each weekly bulletin designed to help navigate many of the nuances of mental health. The member of our WISE Steering Committee will lead in worship on May 19th as we observe Mental Wellness Sunday across our denomination.

Most people believe that mental health conditions are rare and "Happen to someone else." In fact, mental health conditions are common and widespread. An estimated 44 million Americans suffer from some form of mental disorder in a given year. Most families are not prepared to cope with learning their loved one has a mental illness. It can be physically and emotionally trying, and can make us feel vulnerable to the opinions and judgments of others. If you think you or someone you know may have a mental or emotional problem, it is important to remember there is hope and help.

WHAT IS MENTAL ILLNESS?

Mental Illnesses are brain-based conditions that affect thinking, emotions, and behaviors. Since we all have brains – having some kind of mental health condition during your life is really common. For people who have mental illnesses, their brains have changed in a way in which they are unable to think, feel, or act in ways they want to. For some, this means experiencing extreme and unexpected changes in mood – like feeling more sad or worried than normal. For others, it means not being able to think clearly, not being able to communicate with someone who is talking to them, or having bizarre thoughts to help explain weird feelings they are having.

There are more than 200 classified forms of mental illness. Some of the more common disorders are depression, bipolar disorder, dementia, schizophrenia and anxiety disorders. Symptoms may include changes in mood, personality, personal habits and/or social withdrawal. Mental health problems may be related to excessive stress due to a particular situation or series of events. As with cancer, diabetes and heart disease, mental illnesses are often physical as well as emotional and psychological. Mental illnesses may be caused by a reaction to environmental stresses, genetic factors, biochemical imbalances, or a combination of these. With proper care and treatment many individuals learn to cope or recover from a mental illness or emotional disorder.

WARNING SIGNS AND SYMPTOMS

To learn more about symptoms that are specific to a particular mental illness, search under [Mental Health Information](#). The following are signs that your loved one may want to speak to a medical or mental health professional. It is especially important to pay attention to sudden changes in thoughts and behaviors. Also keep in mind that the onset of several of the symptoms below, and not just any one change, indicates a problem that should be assessed. The symptoms below should not be due to recent substance use or another medical condition.

IF YOU OR SOMEONE YOU KNOW IS IN CRISIS NOW, call or **TEXT 988** or chat [988lifeline.org](https://www.988lifeline.org). The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, seven days a week.

IN ADULTS, YOUNG ADULTS AND ADOLESCENTS:

- Confused thinking
- Prolonged depression (sadness or irritability)
- Feelings of extreme highs and lows
- Excessive fears, worries and anxieties
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Strange thoughts (delusions)
- Seeing or hearing things that aren't there (hallucinations)
- Growing inability to cope with daily problems and activities
- Suicidal thoughts
- Numerous unexplained physical ailments
- Substance use

IN OLDER CHILDREN AND PRE-ADOLESCENTS:

- Substance use
- Inability to cope with problems and daily activities
- Changes in sleeping and/or eating habits
- Excessive complaints of physical ailments
- Changes in ability to manage responsibilities - at home and/or at school
- Defiance of authority, truancy, theft, and/or vandalism
- Intense fear
- Prolonged negative mood, often accompanied by poor appetite or thoughts of death
- Frequent outbursts of anger

IN YOUNGER CHILDREN:

- Changes in school performance
- Poor grades despite strong efforts
- Changes in sleeping and/or eating habits
- Excessive worry or anxiety (i.e. refusing to go to bed or school)
- Hyperactivity
- Persistent nightmares
- Persistent disobedience or aggression
- Frequent temper tantrums

HOW TO COPE DAY-TO-DAY

Accept Your Feelings. Despite the different symptoms and types of mental illnesses, many families who have a loved one with mental illness, share similar experiences. You may find yourself denying the warning signs, worrying what other people will think because of the stigma, or wondering what caused your loved one to become ill. Accept that these feelings are normal and common among families going through similar situations. Find out all you can about your loved one's condition by reading and talking with mental health professionals. Share what you have learned with others.

→ WHERE TO START ←



four things affecting your mental health

1

Current events

A 2022 study found that 73% of Americans felt overwhelmed by the number of crises happening around the world.

2

Loneliness

Loneliness increases the risk of developing anxiety & depression, and can have an impact on lifespan.

3

Social drivers

These are the conditions in which you live, work, learn, and play (i.e. finances, education, community).

4

Technology

Constant access to social media can cause FOMO, depression, reduced self-esteem, and burnout.

If You're Feeling Overwhelmed

- Prioritize and Simplify
- Manage Your Time Wisely
- Take Regular Breaks
- Seek Support
- Develop Healthy Boundaries
- Celebrate Completed Tasks
- Break Tasks into Manageable Chunks

If You're Feeling Lonely

- Keep a Gratitude Journal
- Play Soothing Music
- Call a Friend
- Get Outside

If You're Feeling Pressure

- Talk to a Trusted Friend or Mental Health Professional about your feelings and current challenges.
- Meditate
- Set Boundaries and Stick to Them

What Is FOMO

FOMO is the "fear of missing out". To reduce this fear, focus on what you have rather than what you lack. Seek out real connections with people or nature.

- Focus on Gratitude
- Limit your time on social media/TV

**You are not alone.
If you need help...**

**Call one of our WISE
Team Members...**

Suzanne Boisclair 603.494.8242
Bert O'Neill 602.510.5615
Andrea Stefanov 602.706.3146
Pastor Paul 480.242.6697

Pastor Jim 623.792.5295
Judy Jondahl 480.388.0707
Kay Klinkenborg 816.377.2318
Phil Ladd 309.678.8445

**You can access all of the
Tools2Thrive on our
website by clicking [HERE](#)**

HAPPY BIRTHDAY MAY BABIES

Bertie Fitch 5

Marimae Roder 8

Nancy Nonini 9

Judy Green-Davis 10

Bill Bontadelli 10

Richard Campbell 13

Linda Wilson 14

Beth Moore 15

Douglas Lehman 16

Opal Willie 16

Max Klinkenborg 21

Nancy Tsuchiya 21

Jean Georges 22

Larry Cornelius 22

David Pizer 25

Robbie Robinson-Hokerk 25

Terry Olthoff 27

Jane Zukowski 27

Sharon Pitts 28

Donna Hermann 28

Marcia James 29

Elaine Dinse 29

Liz Adler 30



May Worship themes:

May 5th:

Pastor Paul will be preaching.

Read John 15:9-17.

Jesus calls us friends.

What does it take to be friends of Jesus?

May 12th:

Read Acts 1:15-17, 21-26.

What does it mean to be chosen?

How do we serve faithfully?

Pastor Paul will be preaching.

May 19th:

Today is Mental Health Awareness Sunday across the United Church of Christ

and beyond! Our WISE Team Members

will be leading us in worship.

Pastor Jim will be preaching.

May 26th:

Trinity Sunday.

How do you explain the trinity?

Pastor Paul will be encouraging us to eschew the traditional triangle shaped

explanation for a circle.

Read Romans 8:12-17.



Rainbow colors come together to make one light, the crown of universal consciousness. Hybrid and All-Encompassing Christ, you are our Crown, both human and divine. Free us from rigid categories and grant us the grace of interwoven identities. With the rainbow, lead us beyond black-and-white thinking to experience the whole spectrum of life. Rainbow Christ, you light up the world. You make rainbows as a promise to support all life on earth. In the rainbow space, we can see all the hidden connections between sexualities, genders, and races. Like the rainbow, may we embody all the colors of the world ! Amen.



Want to volunteer, but getting around is difficult? Can you pray?

The United Church of Christ, and specifically The Church of the Palms, has had a rich tradition of ecumenism in word and deed. Ecumenism refers to interdenominational cooperation in the development of relationships to promote unity. The idea is that we can accomplish more together than we can alone. This idea can be applied to the initiatives within the scope of our worship, our education and our social justice programs. Camp Genesis gives us an opportunity! The AZ Episcopal Diocese leads a unique camp for children who are directly impacted by the Criminal Justice System. Mostly lower income children attend a summer camp that lets them know that God loves them, and there is hope even when their life is scary and sad because they cannot be with someone they love. We have sent cards to children who have attended this camp. One camper saved all the cards she received. She put them in her journal and commented on how they had helped her on that very day. We have an opportunity to have our own special child to commit to pray for everyday for a year! Imagine how that will feel to an impacted child! To know someone is praying just for them everyday. At the end of the year, you get to send a card telling the child about how you prayed for them. Many people get the added benefit of improving their own prayer life by committing to this practice. Since many of the children come from lower income circumstances, a backpack is provided for each camper. A backpack with a cap and sunscreen for the sun, a water bottle, a journal and pen, and card games to build relationships with other campers. We can contribute these things through their [Amazon Wish List](#).

So, we can also help The Church of the Palms by using Scrip cards to purchase these items. It's a Win-Win! Use this QR code **BELOW** to access the Amazon Wish List OR email Nancy at nnonini19@gmail.com for the link. Please order The Church of the Palms Scrip cards early in May so the items can be purchased no later than early June. Watch for a sign up for

Camper Prayer Hearts to pray for one of these children impacted by the incarceration of a family member.



2024 Backpack Wishlist





Doing Grief™ Community Healing Project

Interfaith Chapel for Healing at The Church of the Palms

Healing Project programs are for EVERYONE - grievors, healers, and caregivers who are experiencing loss and life-shifting change due to death, broken relationships, illness, aging, a loss of meaning or hope, and more.

SPRING 2024 SERIES & ONGOING OFFERINGS:

Mourning Light Café– Shea & Andrew Darian: Fridays, 9-10:30a, May 10th & 24th. For grievors, professional healers, and caregivers to connect, learn more about the grieving process, share experiences, and gain support. Coffee, tea, and light refreshments served. Call Shea at 602-315-8480.

Healing Circles– Shea Darian, Spiritual Director: Monthly confidential spiritual direction small groups (Four-Five participants). Times & days vary; registration required. Call Shea at 602.315.8480 for more information.

SPECIAL PROGRAMS IN MAY 2024:

****WORLD LABYRINTH DAY PEACE WALK** – Dr. Robin Dilley: Saturday, May 4th, 9-10:30a. On World Labyrinth Day *(May fourth), Dr. Robin Dilley will lead The Global Walk for Peace, hosted by Doing Grief Community Healing Project at Labyrinths at the Palms. 2024 marks the Labyrinth Society's 16th annual Global Walk for Peace. Thousands of walkers across the globe in at least 35 countries will be participating. There are ten confirmed walks in Arizona, including our walk at our labyrinths. Dr. Robin Dilley is an Advanced Veriditas Labyrinth Facilitator. She uses the Labyrinths at the Palms in her work as a Licensed Psychologist and offers workshops through Arizona Labyrinth Connections. At the May 4th event, Dilley will offer a brief introduction to the labyrinths before facilitating an outdoor walk. Afterward, participants are invited to a 30-minute presentation by Dilley on "Compassion Practices." RSVP for this event and other Healing Project programs at 602-315-8480, Connect@DoingGrief.com, or sign up in the Healing Project RSVP book in the narthex or outside the chapel. A suggested donation of \$5-10 can be donated online or at the door. All are welcome regardless of an ability to pay.

Distances: Reflecting on Grief Through the Written Word – Poet Jack Evans & Guitarist Tom Bell: Saturday, May 11th, 9:30-11a. Join Jack and Tom for an interactive exploration of grief, death, loss, and change through performance, conversation, questions, and sharing reflections together.

Healing with Freeform Fiber Sculpting – Ellen Merchant: Saturday, June 1st, 9:30-11:30a. Join The Church of the Palms member, Ellen Merchant as she guides us to create a colorfully textured freeform sculpture by wrapping and weaving fabrics, yarns, and other objects into our unique creations.

RSVP FOUR WAYS: (1) The Church of the Palms/HP Sign-up Book, (2) Email Connect@DoingGrief.com, (3) Call 602-315-8480 or (4) Online RSVP form on "Healing Project" page at DoingGrief.com



"I never think of the future. It comes soon enough" – Albert Einstein

AN APPEAL FROM DYSART COMMUNITY CENTER



In 2023 the state of Arizona gave a grant to Dysart Community Center that paid for the cost of the seven week summer camp at the El Mirage and Surprise sites. Each year approximately 225 children attend this camp each day and receive a noon meal in addition to all the activities they participate in.

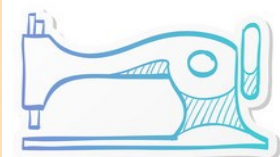
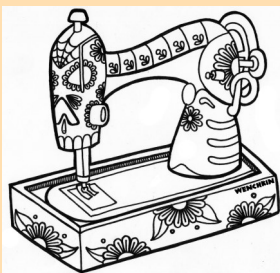
Unfortunately, the state will not be giving a grant to the center this year and the parents of many children will not be able to afford the weekly cost of attendance, which is \$75 per week. Child care can cost hundreds of dollars each week at other sites, so this is a very reasonable alternative, but still difficult for many families.

Any donations you can provide to these children is greatly appreciated. The Mission and Outreach Team will match funds raised with the goal of sending two children to camp. Contributions should be made out to The Church of the Palms with Dysart Community Center on the memo line of your check and our treasurer will send out one check to the center. If you give cash, please be sure to indicate it is for the center. Thank you for helping our neighbors in need.

IF YOU'RE GONNA DREAM,



God is Still Speaking



NEEDLES AND PINS CRAFT GROUP GALS

This month we have another request for help of the five of us, only one person has and uses a sewing machine. We would love to have some people, one, or two, etcetera with sewing machines that would be interested in helping us in our quilting and sewing projects. People that can cut and sew quilt pieces and put them together. Some people have a machine that can quilt, as well as sew. At present time, our one quilter sews the pieces together and she and another tie the quilts. We only make Lap Robe sizes baby quilts. Occasionally a little larger one. We also could use someone to make "cool ties", the ones you put a chemical inside, then soak them in water and put in the refrigerator. They plump up, you tie them around your neck when you are outside in our hot weather, and they keep you cool. Yep, they work, just ask the people that operate the Shower Trailer. You could bring your machine in and work with us, or work at home.

We would love to have you.

Questions?? Join us any Wednesday, in the Boardroom, and any time between 9:00a and 11:00a. We will supply the coffee, snacks, and materials to work with.

Love & Prayers, Needles & Pins Gals

Inspirit Bible Study at The Church of the Palms



We gather in the back of Kings Hall in the Behle Resource Center on Thursdays 3:00a to 4:30p. Bring your own Bible. Experience a fellowship open to listening and learning from one another. We pray, listen, discuss, laugh, and learn. This is not a class. It's a lived experience and the Divine is still speaking. In our daily lives, we encounter the Divine in music, nature, poetry, prose, art, theater, service to those in need, and when two or more gather in the Divine's Name. It is our intention to be open and caring.

We don't have the answers nor desire to box anyone in. We have the same generous hearts that you've already encountered at The Church of the Palms. Come and check us out. All are welcome. Contact Mark Makowski if you have any questions.



DID YOU HEAR?!

The Evangelism and Growth Team is always seeking new members for The Church of the Palms! If you want to see if the church fits your needs, please consider signing up for the next Information Session that will be held in the King Hall on Wednesday, May 15th, 2024 at 3:30p.

You will have the opportunity to meet Pastor Paul and/or Pastor Jim in addition to a few church leaders. Information will be shared regarding the church and its history and there will be time for your questions to be answered. A light supper then be shared around the table for a good visit in fellowship.

New members will be introduced to our congregation on the following:

Sunday, May 19th, 2024

during the church service. Members please help those who hold an interest in attending the Information Session by directing them to the Welcome Visitor's Desk or to the Sign Up Table in the Narthex. Our Church was blessed with many new members during 2023 and we hope for the same growth this year. If you have any questions please feel free to contact Eona Schulz at 623-974-5970 or Donna Meadows 918-845-1790.

Contemplative Prayer Introduction

This Friday, May 3rd, 9:30-11:00a, Reverend Shea Darian will present an experiential program: *Prayer Sampler: Exploring Contemplative Prayer & Meditation Practices* – a collaborative offering of the Lifelong Learning committee and Doing Grief Community Healing Project. In the Prayer Sampler, you will have an opportunity to reflect on what constitutes contemplative prayer and explore different types of prayer and meditation to identify those forms that are meaningful and healing for you. An opportunity to discover the type of prayer that brings you joy. Types of contemplative prayer may include Centering Prayer, Lovingkindness Meditation, Lectio Divina, Movement Prayer, Breathing prayers, Singing Prayers, Guided Meditation, or Mindfulness Practices. Some of the many benefits of contemplative prayer are connecting to Divine Presence, increasing our awareness of being in the present moment, clearing the mind, reducing stress and anxiety, fostering empathy and compassion, balancing emotions, decreasing depression, and enhancing self-awareness. The Lifelong Learning committee will decide on future offerings on the practice of contemplative prayer based on feedback and interest in the program.

The LBGTQ+ Ministry Team is excited to bring you some upcoming opportunities to be get involved in our ministry and local LBGTQ+ community!

A community-building experience for LBGTQ+ Family & Friends of a loved one who is lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual/aromantic, non-cisgender, nonbinary. Reflecting on artistic offerings and a story prompt around a common theme, in turn we will share brief personal stories in small groups as others listen attentively in engaged silence. We conclude together in the larger circle to reflect on common threads that emerge between stories and connections made between tellers. Come to learn more about the story circle tradition and process, and imagine how Story Circles might offer a place of meaning, hope, healing, and belonging for us in the future.

Save the Date for Upcoming Events!

- Gay For Good + StandUp Mental Health: Saturday, May 4th!
Sign up for a shirt at this year's Stand Up Behavioral Health Expo - setup shifts still available 8:30a-10:30a!
Please register by using the QR code to the right
- Pride Parade: Sunday, October 20th
- Transgender Day of Remembrance: Saturday, November 9th 2:00-4:00p



Each month in the Palm Leaf, we will feature a bite-sized learning opportunity to continue our LBGTQ+ education journey! This learning opportunity can include a highlight of an organization that we love to partner with, a TV/Movie/Book recommendation, current event update, etc.

Learning Opportunity – May 2024

LOOKOUT: Accountability News for Arizona's LBGTQ+ Community

LOOKOUT delivers fearless journalism and community events with the unified purpose to improve and expand LBGTQ+ representation on the local news stage, while strengthening and engaging LBGTQ+ communities (and their allies) in the queer experience.

Their vision is to inspire and hasten a queer experience that's liberated from injustice and delivers on the promise of equal respect, rights, and opportunity for all people – while holding those in power to journalistic account.

Visit their website at: <https://www.lookoutphx.org/>

The next LBGTQ+ Ministry Team meeting is Monday, May 13th at 2:00p. Please contact Georgia Feiste if you are interested in joining!

-Jessica R. Hermann



MAY 1-15

Wednesday, 1

9:00a Needles & Pins Craft Group BR
11:00a Feet N More Shower Trailer OS
5:00p The Healing Project CHP/KH

Thursday, 2

8:00a Feet N More Shower Trailer OS
10:00a Cosmic Christians BR/HY
2:30p Choir Rehearsal MR
3:00p Inspirit Bible Study BRC/HY

Friday, 3-OFFICE CLOSED

9:30a Contemplative Prayer Introduction/
The Healing Project CHP/KH

Saturday, 4

8:30a G4G/StandUp Mental Health Expo OS
9:00a World Labyrinth Day Peace Walk
(Outside labyrinths)

Sunday, 5

9:00a Choir Rehearsal MR
10:00a Worship Service SA
11:00a Fellowship Hour KH

Monday, 6

11:30a The Healing Project CHP/KH
1:00p WISE Mtg BR
4:00p I-HELP KH

Tuesday, 7

9:00a Men's Fellowship @ George's OS

Wednesday, 8

9:00a Needles & Pins Craft Group BR
9:00a Fellowship Mtg KH
10:00a VEC Mtg NA
2:00p The Healing Project CHP/KH

Thursday, 9

10:00a Cosmic Christians BR/HY
2:30p Choir Rehearsal MR
3:00p Inspirit Bible Study BRC/HY

Friday, 10-OFFICE CLOSED

9:00a Mourning Light Café CHP/KH
12:00p Criminal Justice Mtg BR/HY
1:00p Social Justice Mtg BR/HY

Saturday, 11

9:30a Distances: Reflecting on Grief
Through the Written Word CHP/KH
11:00a G-H Beehive Mtg KH

Sunday, 12

9:00a Choir Rehearsal MR
10:00a Worship Service SA
11:00a Fellowship Hour KH

Monday, 13

11:00a Personnel Mtg BR
2:00p LGBTQ+ Ministry Team Mtg KH
2:00p Trustees Mtg BR
4:00p I-HELP KH

Tuesday, 14

9:00a Blessings Mtg BR
10:00a Ministry Council Mtg BR/HY
11:00a Feet N More Shower Trailer OS
1:00p Operations Mtg BR/HY
3:00p The Healing Project CHP/KH

Wednesday, 15

9:00a Needles & Pins Craft Group BR
10:00a Executive Board Mtg KH
11:00a Feet N More Shower Trailer OS
2:00p The Healing Project CHP/KH
2:30p E&G Mtg KH
3:30p Information Session KH

SA=Sanctuary; B2L=Bridges to Learning; HY=Hybrid; KH=King Hall; BR=Boardroom;
OS=Offsite; NA=Narthex; CHP=Chapel; PP=Pastor Paul's Office; MR=Music Room;
BRC=Behle Resource Center

MAY 16-30

Thursday, 16

10:00a Cosmic Christians BR/HY
3:00p Inspirit Bible Study BR/HY



Monday, 27-Office Closed

Happy Memorial Day!
4:00p I-HELP KH

Friday, 17-OFFICE CLOSED

9:00a The Healing Project CHP/KH

Tuesday, 28

11:00a Feet N More Shower Trailer OS

Saturday, 18

Sunday, 19

9:00a Choir Rehearsal MR
10:00a Worship Service SA
(*New Member Recognition!)
11:00a Fellowship Hour KH

Wednesday, 29

9:00a Needles & Pins Craft Group BR
2:00p The Healing Project CHP/KH

Monday, 20

4:00p I-HELP KH

Thursday, 30

10:00a Cosmic Christians BR/HY
3:00p Inspirit Bible Study BR/HY

Tuesday, 21

9:00a Men's Fellowship @ George's OS

Friday, 31

9:00a The Healing Project CHP/KH

Wednesday, 22

9:00a Needles & Pins Craft Group BR
9:00a Mission & Outreach Mtg NA
2:00p The Healing Project CHP/KH

Thursday, 23

10:00a Cosmic Christians BR/HY
3:00p Inspirit Bible Study BR/HY

Friday, 24-OFFICE CLOSED

9:00a Mourning Light Cafe CHP/KH

Saturday, 25

Happy Saturday:)

Sunday, 26

9:00a Choir Rehearsal MR
10:00a Worship Service SA
11:00a Fellowship Hour KH

SA=Sanctuary; B2L=Bridges to Learning; HY=Hybrid; KH=King Hall; BR=Boardroom;
OS=Offsite; NA=Narthex; CHP=Chapel; PP=Pastor Paul's Office; MR=Music Room;
BRC=Behle Resource Center