

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

SEPTEMBER 2024



Picture a starfish by the ocean. How many arms does it have? One, two, three, four, five. Five arms. Obvious, right? Anyone who has visited an aquarium and seen one knows this. But guess what?

We're wrong. "The answer," writes Dino Grandoni in *The Washington Post*, "is stranger than anything most scientists expected. Simply put, the starfish appears to be mostly just a head."

So, the correct answer is ... *zero* arms. Starfish are just heads that crawl along the seafloor. If that is not surprising enough, Grandoni reports that starfish, "despite their strange appearance, aren't *that* distantly related to humans, sharing an ancestor 600 million years ago." You may think that you have some odd-looking relatives. Most of us do. But none quite as strange as a starfish.

Like a starfish, Jesus was stranger than they expected. The words and actions of Jesus were shocking to the people of Nazareth. If Jesus had been a starfish, the people of Nazareth would have tossed him back into the ocean.

So, how many arms does Jesus have? One, two, three, four, five, six, seven, eight, nine, ten, eleven, twelve?

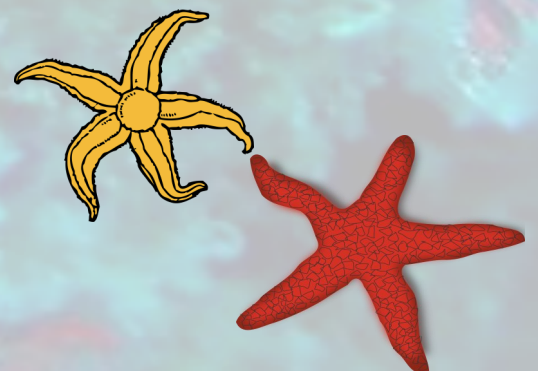
We might think so because he called 12 disciples. But the answer is zero arms. Like the starfish, Jesus is mostly just a head.

Saint Teresa of Ávila, the great 16th century mystic, said:

*Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which He looks
Compassion on this world,
Yours are the feet with which He walks to
do good, Yours are the hands, with which
He blesses all the world.*

Teresa knew that followers of Christ are the physical presence of Jesus in the world today. We are the ones who cook meals for I-Help. We are the ones writing letters to people in prison. We are the ones who sit with a grieving neighbor, give showers to the homeless, mentor a struggling teenager, or teach English to a group of immigrants. *Christ has no body but ours.*

Shalom, Paul





*“For everything there is a season,
and a time for every
matter under heaven”
Ecclesiastes 3:1*

We made it to September! Our weather should begin to be milder, providing some relief to those of us who are here during our intense summer, and we will see our Sunbirds returning. Welcome back to those of you who have already returned, and we look forward to seeing the rest of you soon.

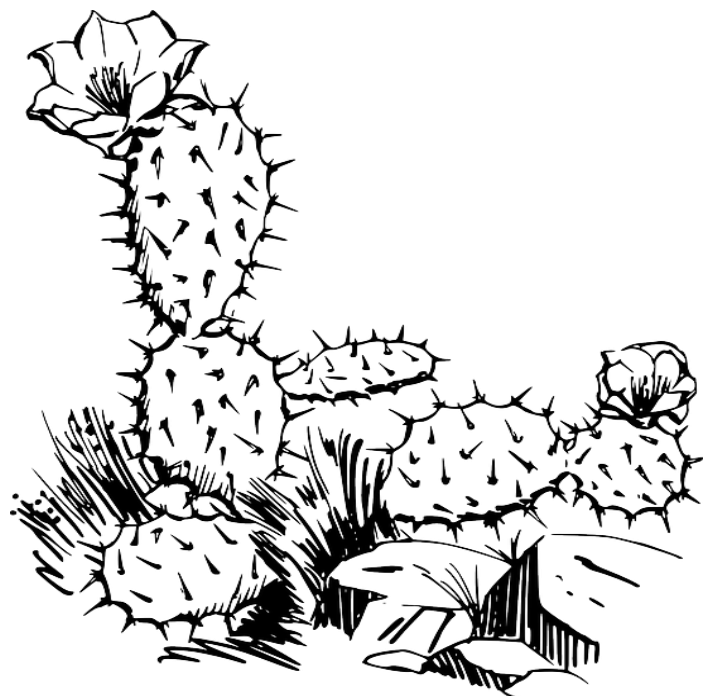
Things here at The Church of the Palms (TCOTP) are also entering a new “season” with the revision of the Constitution & By-laws. We have consolidated several areas into our Blessings Board, which will help us be more efficient. Through the Blessings Board and across all our Boards, Teams and Committees we have many opportunities to Be the Church! My wish for all of us is that we begin this September refreshed and willing to offer our time, talent and treasure to support The Church of the Palms.

Many of us already participate, some are still considering, and some of us are new to the Church. Regardless, we have resources available to help each of us identify areas that align with our personal strengths and interests. The Volunteer Engagement Committee helps match us with the various needs of the groups, and the Executive Board

is available to help guide participation as well. Dr. Phil Ladd chairs both. Additionally, our Ministry Fair is scheduled for October 6th and provides an occasion to speak with individuals from the various Boards, Teams and Committees to learn where each of us may contribute.

We have outstanding congregation members and wonderful Pastors here at The Church of the Palms. Welcome to the beginning of autumn and an excellent chance to offer time, talent and treasure to support the church’s mission.

Victoria McWilliams, PhD.
Executive Board Member-at-Large





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 Borderless Heart at the Center of Belonging

Reprinted by permission from
Joe Primo, Grateful Living

This essay explores how belonging to yourself makes you more compassionate and able to create belonging for others.

Key Teachings

We have organized ourselves around exclusion rather than belonging. Ideologies and purity tests have created cultures of "fitting in" that leave behind those who are different. The practice of grateful living gives us an opportunity to awaken our lives with compassion and seek understanding.

When you are grounded in yourself — when you belong to yourself — you can open your heart to others and see their shared humanity. If you run from the discomforts of emotional pain and any exclusion you have experienced in life, you will likely cause others pain because you do not yet fully know self-compassion.

As humans we have an inherent need — right — to belong. Sadly, as the peacebuilder John Paul Lederach says, we have organized ourselves not around belonging but othering. In other words, we all know what it feels like not to belong.

Growing up, I heard many stories from my Sicilian relatives about the challenges of assimilation as loud, pope-loving, pasta-making immigrants in a proper Protestant community. My Irish relatives said the same. My great-grandmother, who lived with me when I was a kid, didn't know what to do when the love story of how she met my great-grandfather drew attention in the *Fall River Herald* shortly after they met. Not being seen was far better than being seen as different. Both sides of my family knew fear as they sought to belong in a new place. And both, when I asked what they did to adapt, said they first had to belong to themselves.

This is not easy advice, especially today when so many groups have purity tests to differentiate who is welcome versus who will be "othered." The advice my family gave me about belonging could only be known through experience. The first time I learned this was as a teen after many years of being bullied in school. And then again in Seminary when I was surrounded by people who sought piety and, well, I appreciated irreverence.



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Veteran's Crisis Line 800.273.8255 press 1
Pastoral Care - Pastor Jim Alexander 623.792.5295
<https://thepalms.org/Tools2Thrive>

These two experiences helped me understand the pain of being excluded. It's an emotional pain that we now know — thanks to science — exists in the same regions of the brain as physical pain. And like a physical disease, it kills us prematurely.

Based on her research, Brené Brown says that belonging may not be what we think it is. She says, "Belonging is being a part of something bigger than yourself, but also the courage to stand alone and to belong to yourself above all else." The research supports what my family knew and what I learned through experience. Belonging can exist within you, but it requires you to be grounded in you. It requires you to touch the fire of your vulnerabilities. To run away will only put you on a path where you exclude others to avoid your own pain and try to be at home somewhere other than yourself.

While it is true that we can't force the people and institutions we love to love us back, that does not mean we don't have important work to do for ourselves as we work to be at home within ourselves. And when we do, it helps others. The thing we often forget about understanding our own pain — our deep vulnerabilities — is that it can open us up or close us off. By being at home in yourself, you better understand who you are and become more compassionate.

The practice of grateful living is an exceptional tool for awakening to your life and creating belonging. In every moment, the practice invites you to return to yourself again and again. Rather than run ahead or away, it says come back and take a look. It asks, what is life giving you right now that can open you up and help you belong to this very moment and place where you find yourself? And if you listen and observe, you discover that you are enough no matter what someone else may want you to believe.

When I return to myself and stand firmly in my vulnerabilities, I know time and again that I am not possible without others. I believe this is universally true. So then, thanks to grateful living, we must ask: What can we do to better care for each other?

Reflection Questions

What does belonging have to tell you about how you fit into the world?

How might you see yourself as a continuation of the human family?

How does belonging help you perceive and receive self-compassion?

What can you do today to create a sense of belonging for someone else?

Photo by: Tim Mossholder

September Worship Themes

1st Pastor Paul will be preaching on Joshua 24:1-2a, 14-18. What happens when we let fear dominate our emotions? Disaster! Can we replace fear with service? "As for me and my house, we will serve the Lord."

8th Read Isaiah 35:4-7 & Mark 7:24-37. Sometimes we need a change in perspective in life. Pastor Paul will be leading us down the yellow brick road.

15th Today is Prison Awareness Sunday. Our guest speaker is Trish Plum from Imagine Therapy Arizona.

22nd What makes you happy? Plant yourself by a living stream and live! Pastor Paul will be preaching. Read Psalm 1.

29th Read Esther 7:1-6, 9-10; 9:20-22. Did you know that there is an entire book in the bible that doesn't mention God? Esther! These verses tell a story of ultimate ironic reversal.

Spectacular September Birthdays!

Beth Georges 1

Susan Leino 2

Susan Princehouse 4

Ruth Emanuel 4

Diana Graettinger 9

Donna Meadows 9

Jan Eckstein 12

Arloa Hymans 15

Timothy Kluge 15

Eric Holmes 21

"The Hill We Climb" by Amanda Gorman

We gather at this hallowed place because we believe in the American dream. We face a race that tests if this country we cherish shall perish from the earth and if our earth shall perish from this country. It falls to us to ensure that we do not fall for a people that cannot stand together, cannot stand at all.

We are one family regardless of religion, class, or color for what defines a patriot is not just our love of liberty, but our love for one another.

This is loud in our country's call because while we all love freedom, it is love that frees us all. Empathy emancipates, making us greater than hate or vanity. That is the American promise, powerful and pure. Divided we cannot endure but united we can endeavor to humanize our democracy and endear democracy to humanity.

And make no mistake, cohering is the hardest task history ever wrote, but tomorrow is not written by our odds of hardship, but by the audacity of our hope by the vitality of our vote.

Only now, approaching this rare air are we aware that perhaps the American dream is no dream at all, but instead a dare to dream together. Like a million roots tethered, branching up humbly, making one tree.

This is our country from many, one, from battles won, our freedoms sung, our kingdom come has just begun.

We redeem this sacred scene ready for our journey from it. Together we must birth this early republic and achieve an unearthly summit. Let us not just believe in the American dream. Let us be worthy of it.

Contemplative Prayer and Meditation Samplers

With Rev. Shea Darian, Rev. Mark Makowski & Interfaith Minister, Lynette Turner

Wednesdays, Oct 2nd & Oct 9th, 3:30 - 5:00p



Join us for a two-week Contemplative Prayer and Meditation Sampler – a collaborative offering of the Lifelong Learning Committee and Doing Grief Community Healing Project at The Church of the Palms. On Oct 2nd, Rev. Shea and Rev. Mark will guide you through the contemplative prayer and meditation practices of Centering Prayer/Silent Meditation, the Buddhist practice of Lovingkindness Meditation, and Taizé Worship, a meditative Christian worship style that includes repetitions of silence, simple songs, and scripture readings in a candlelit environment. On Oct 9th, Shea and Lynette will guide you through prayer and meditation practices that engage the body and senses such as simple movement prayer, Lectio Divina (meditating on sacred readings), breathing practices, using prayer beads created and donated by Suzanne DeCroix, and sound healing with Lynette–designed to produce deep relaxation as the sound and vibrations work in tandem to calm the mind and body.

No experience necessary! This Prayer & Meditation Sampler series is for everyone whether you are an experienced pray-er or meditator, or not. Going forward, the Lifelong Learning Committee will offer classes on strengthening your prayer life on topics of interest to participants; the Healing Project will offer ongoing contemplative prayer/meditation experiences for those who desire to pray and meditate together.

Please sign up at the Narthex table or outside the Interfaith Chapel for Healing in the R.S.V.P. binder, email Connect@DoingGrief.org, or R.S.V.P. on the Community Healing Project page at DoingGrief.org.

VISITORS!

IF YOU ARE TIRED OF HOPPING AROUND CHECKING OUT CHURCHES AND WOULD LIKE INFORMATION ABOUT THE CHURCH OF THE PALMS, YOU ARE INVITED TO JOIN US WEDNESDAY, SEPTEMBER 25th at 5:00P IN KING HALL.



The Evangelism and Growth Team is offering a one and a half to two hour Information Session which will be held in King Hall to provide an opportunity to meet the Pastors, Paul & Jim, plus a few other active church members. This will give you a valuable opportunity to learn about us, gain information about the United Church of Christ, and discover the many opportunities to be involved in our church life. A guided tour of the church (you can walk—not hop) will be provided following with a light supper, fellowship and a time for photographs.

All visitors wishing to just learn about our church or those contemplating joining as members are welcome. If interested in attending this Information Session, please sign up at either the Welcome Desk or the green covered tables in the Narthex. Any new members will then be introduced to our congregation at the following Sunday, September 29th, service. If you are interested or have any questions, please contact Eona Schulz at 623-974-5970.



The Church of the Palms Presents: **BALANCING ACTS**

An eight-week Evidence-Based Program to Decrease Fall Risk. Strategies to improve balance, walking activities to improve dynamic balance and tips to avoid falls at home. There will be discussions and videos.

When? Mondays AND Thursdays, September 23rd through November 18th; 10:00a to 11:30a.

Optional testing Friday, September 20th, 9:00a to 12:00p in 15-minute increments.

Sign up is required (used to compare progress—three tests that determine fall risk).

Where? The Narthex

Who? Anyone that would like to improve their balance and decrease their fall risk.

The program can be performed seated/assistive devices permitted.

Attire: Loose clothing. Shoes should be enclosed.

What to bring: One pair of adjustable leg weights two-four pounds (optional, but helpful).

For example, on Amazon, Henkelion one pair adjustable ankle weights, each three pounds at \$22.99. *Four-five extra sets of weights will be available to burrow.

Myths about falling:

"Falls are a natural part of aging."

"If I limit my activity, I won't fall."

"Falling happens to other people-not me."

Given by Pat Thorpe, Physical Therapist, Ret, Certified in Fall Prevention & Tai Chi for Seniors.

NEEDLES & PINS CRAFT GROUP

Next time you walk by our Mission Table in King Hall, see the many articles that have not been made by our little group. Many, and I shall not name them for fear of leaving someone out, contribute hand or ready made items to us that they think you might like for yourselves or a friend. Today, let's look at the beautiful apron display. All beautifully made in colors and patterns to attract ladies, men and children. You don't wear aprons? Protect your clothes while cooking and serving and then just toss in the washer for another time. On the table, you will find boxes of note cards with beautiful poetry for many occasions, with plenty of space for your personal note. We will continue to add other items from time to time. We live in Arizona and still have hot weather to put up with. Don't forget our cool ties, door handles and seatbelt protectors. Thinking ahead, there are cool weather items also, loveable toys for children and adults to cuddle. Blankets, shawls and soon caps and scarves and much more!



**Love and Prayers,
Needles & Pins
Craft Gals**

Lifelong Learning presents

EXPLAINING "PROJECT 2025" AND ITS THREAT TO OUR DEMOCRACY Class

"Explaining Project 2025 and Its Threat to Our Democracy," a class offered at The Church of the Palms on Saturday, September 28th from 10:00-12:00p in King Hall. Registration is Required (space is limited). The class is open to the public, church members must be pre-registered.

"Project 2025" is the Heritage Foundation's document that follows the Christian nationalism ideology/ strategy with the purpose of changes in our governance, elimination of standing departments/agencies and severing some US citizens rights that are bestowed in the Constitution. It is the platform the Republican party has issued as its "Manifest Leadership" (document presented to every Republican president since 1981). Amanda Tyler, JD, Executive Director of BJC, a non-for-profit 88 year old organization working for separation of church and state, gives one of the more clarifying summaries of Project 2025. "What's different about Project 2025 is the sweeping nature of its plan. It would really rewrite the federal government and change policies in so many different areas at once in a way that it would hasten our journey down that road to authoritarian autocracy."

Whether the election brings to the USA a Democrat or Republican president, Project 2025 is already making governance and policy changes. Their work will not cease after the election. Klinkenborg will present a brief history of how "Project 2025" came to be and then describe the core elements of government changes, elimination of departments, and loss of liberties for US citizens, etc. The class will have a break with refreshments and a Q & A to follow the presentation.

Kay is a member of our church and retired to Arizona in 2018. She has facilitated numerous classes on social justice issues: White Supremacy, White Privilege, North American Indigenous Genocide, Anti-racism, Implicit Bias, "Othering" used as marginalization of BIPOC, Caste Systems, Doctrine of Discovery and Imperial Colonialism, etc. Since Fall of 2023 she has been presenting: White Christian Nationalism & Project 2025 to a variety of organizations.

She is a Spiritual Director and member of Spiritual Directors International, author, poet and continues her passion for adult education. She is a retired RN; Licensed Marriage & Family Therapist, and a Clinical Member of AAMFT. She was adjunct-faculty for University of Illinois-Springfield prior to retirement. She resides in Sun City with her husband, Max Klinkenborg (Retired ABC minister).

FOR REGISTRATION SIGN UP IN THE NARTHEX BY SEPTEMBER 26th or Call: The Church of the Palms office Monday through Thursday from 8:30a to 1:00p at 623-977-8359. Walk-ins for the class **WILL NOT** be admitted.

DEADLINE REGISTRATION: 1:00P on SEPTEMBER 26th. Church members must pre-register as well as the public.

<p>Vaccine Recommendations! By: Jayne Peak, <i>Faith Community Nurse</i></p> <p>Tetanus –Every 10 years, one including coverage for pertussis</p> <p>Influenza –Yearly, preferably in September or October, over age 65 one should have the high-dose vaccine</p>	<p>RSV –Once after age 60</p> <p>Shingles –One set of two vaccines after age 50</p> <p>Prevnar –Once after age 65</p> <p>Pneumovax –Once after 65</p>	<p>Prevnar and Pneumovax may be indicated every five years for those with lung or heart disease.</p>
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LGBTQ+ Ministry The LGBTQ+ Ministry Team is sharing some exciting upcoming opportunities to be get involved in our ministry and local LGBTQ+ community!

Story Circles for LGBTQ+ Family & Friends with Georgia Feiste, Deb Bontadelli, Andy Jordan, Susan Princehouse, and Rev. Shea Darian: A community-building experience for LGBTQ+ 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.

Please reach out to any member of the LGBTQ+ Ministry to learn more about upcoming dates!

Save the Date for Upcoming Events:

The Gay For Good September Event is in partnership with Feed My Starving Children on Saturday, September 21st! Please click the below link to sign up and learn more about the event!

- ◆ **GAY4GOOD- [Click Here](#)**
- ◆ **Pride Parade: Sunday, October 20th**
- ◆ **Transgender Day of Remembrance: Saturday, November 9th 2:00-4:00p.**

We are raffling off a beautiful art quilt below that was donated to The Church of the Palms! All funds will go towards the LGBTQ+ Ministry to support community and church events that allow us to support our LGBTQ+ community! You can start purchasing raffle tickets on Sunday, September 1st in the Narthex, and it will run through Saturday, November 9th. Please reach out to any LGBTQ+ Ministry team member if you have any questions!



Price of the tickets for the quilt:

- Individual \$2
- 3 tickets for \$5
- 7 tickets for \$10
- 16 tickets for \$20

The next LGBTQ+ Ministry Team meeting is Monday, September 9th at 2:00p. Please contact Georgia Feiste if you are interested in joining!

"In the long run, you make your own luck—good, bad, or indifferent."

—Loretta Lynn

Welcome to the Pets of the Palms Ministry!

Our mission is to honor, support, and cherish the beloved companions of our community through three essential pillars: The Rainbow Bridge Pet Memorial that celebrates the lives of cherished pets, the Pet Medical Fund to ensure access to care for those in need, and the Pet Sitting Support to provide peace of mind for pet owners in our community when needed. There are current opportunities to get involved and to share adorable pictures of your fur-baby!

- **Pet Sitting Support**

We are putting together a directory of church members who are willing and able to pet-sit for members who find themselves unable to care for their pet(s) due to unforeseen circumstances.

If you would like to be added to this directory, please use the QR code below to fill out the form, or pick up a paper copy of the form in the Narthex at the Pets of the Palms table.

- **Featured Pets of the Palms**

We will be celebrating the Palms Pet of the Month each month in the Narthex! If you are interested in having your pet be featured in an upcoming month, please send a picture along with the following details: Pet Name, Pet Age, Pet Breed, Pet Nickname (if applicable), and Pet's favorite toy to Jessica Hermann, at jessica.res4@gmail.com.

**To learn more about and/or join The Pets of the Palms Ministry, please visit the table in the Narthex and/or contact Jessica Hermann at jessica.res4@gmail.com. We are excited to share more about our mission in the coming months!

~Jessica R. Hermann~

Pets of the Palms - Pet Sitting
Directory Sign-Up



The Church of the Palms
Fellowship, Food & Fundraising
Beehive Bingo –

Saturday, November 2nd

3:00-5:00p in King Hall

Calling all Beehives, church family
members and friends!!

Mark your calendar for a fun-filled afternoon including fellowship, Beehive Bingo, and a meal. Win prizes, including restaurant and Script gift cards, church member crafts, dinners for four or six prepared by some of our outstanding church member "chefs," a timeshare weekend in Sedona, and the grand prize of a four-day weekend getaway for up to six guests at a beautiful Palm Springs home. To join the fun all you need to do is make a donation of \$20. For this donation you will receive 10 bingo cards and a delicious hot dog with "fixins" and sides. Signup sheets will be available on the opportunity table in the Narthex on Sunday, September 8th. Sign up as soon as possible as seating is limited. For additional details, see the Beehive Bingo fact sheet available in the office. Proceeds from this event will support our Social Justice Ministries and your Fellowship Team activities. Individuals wishing to participate and needing help with the donation are invited to talk to the Pastors or a member of the Fellowship Team. Hope to see you there!



September
is
PRISON
Awareness Month

*Be the
hope!*

Under the leadership of our Social Justice Leadership Team, our Criminal Justice Reform work group has been partnering with the Episcopal Diocese of Arizona. Nancy Nonini has provided fantastic leadership in this area by helping us to understand the struggles that are faced by families of incarcerated individuals. She has also worked with us by providing information on how we can assist individuals who are in the process of being released from prison. We have held Re-Entry Simulations

and have participated in Camp Genesis by praying for children and families.

As a church, we will be observing Prison Awareness Month in September. Nancy will be providing content for each Sunday Bulletin that will address opportunities for prayer and ministry. We will have a special guest speaker on Sunday, September 15th during our 10:00a Worship Service. Patricia Plum, psychotherapist and owner of Imagine Therapy, PLLC will share with us the following theme on that day:

Each of us carries moments of anxiety, fear, emotional distress, or even trauma within our hearts. These struggles are part of our shared humanity, but the Bible encourages us to find peace and restoration through faith. It reminds us that we are not alone in our pain - whether it be anxiety, depression, or trauma - God is present, offering strength, comfort, and healing. I hope people see whether we are in prison or in the free world, we are all struggling with things and we need each other.

Thank you for all of the ways you have supported the programs of our Criminal Justice Reform efforts. For more information and opportunity, please click [here](#) OR contact Nancy Nonini at 612-751-4193 OR nnonini19@gmail.com.



Wow, it's Back to School and full steam ahead! The Pantry volunteers sounded like bees today packing all the weekend bags and supper bags. We enjoyed catching up on our summer break activities and getting bags packed for delivery to the participating schools. Our volunteers are all dedicated to Helping At Risk Teens! So, every Thursday, when the schools are in session we will be packing and delivering.

I believe I mentioned to you that our office, located at 9451 N 99th Ave, Sun City has volunteers working morning hours Monday-Thursday. I would suggest you call the office at 252-259-5331 if stopping by so they can assist you with drop-offs, questions, etc. At the present time, we are actively looking for new Board members. We meet every month on the second Tuesday and sure could use any of YOU who have new ideas and free time. If interested and need more information, please call us. You can be invited to a Board meeting as a guest or representative of your church. Ok now for our monthly wish list donated by your congregation:

Jif-to-Go, Austin/Lance type crackers, Pop Tarts/Toaster pastries, Protein bars/three grams or more protein
Take care and have fun shopping for At Risk Teens.

Mickey - Fundraising Board Member



Doing Grief® Community Healing Project Interfaith Chapel for Healing at The Church of the Palms

Healing Project programs are for EVERYONE - grievers, professional care providers, and caregivers of all faiths and philosophies who are experiencing loss and life-shifting change due to death, broken relationships, illness, aging, a loss of meaning or hope, and more.

See our Fall Calendar on the Narthex table or outside the chapel.

Fall 2024 Series & Ongoing Offerings

Mourning Light Café II – Rev. Shea Darian & Dr. Andrew Darian: Fridays, 9:00-10:30a, Sept 27th, Oct 25th, Nov 8th, 22nd, Dec 13th. An ongoing series from Spring 2024. Newcomers welcome! For grievers, professional healers, and caregivers to connect, learn more about the grieving process, share experiences, and gain support. Coffee, tea, and light refreshments served. Email Connect@DoingGrief.org or call Shea at 602-315-8480.

Story Circle Small Groups – Rev. Susan Princehouse: Wednesdays, 1:30-3:00p, Oct 2nd, 16th, 30th & Nov 13th. A community-building experience to share personal stories on themes of life, death, grief, healing, loss, and change. Call Susan at 541-490-9449 or email SusanPrincehouse@gmail.com (Limit: Eight participants).

Healing Circle Small Groups – Shea Darian, Spiritual Director: Monthly confidential small groups for those grieving loss, death & change (four-five participants). Times & days vary; registration required by Sept 6th. Call Shea at 602.315.8480 for more information.

Special Programs – Fall 2024—September & October

Healing with Drum Circles – Dr. Lydia Woods: Saturday, Sept 21st, 9:00-11:00a 9:00a: Native American Style Drumming; 10:00a: Djembe Drumming. No experience necessary. Drums provided or bring your own.

Contemplative Prayer & Meditation Sampler – Rev. Shea Darian, Rev. Mark Makowski & Interfaith/Interspiritual Minister, Lynette Turner. An offering in collaboration with The Church of the Palms Life Long Learning Team: Wednesdays, Oct 2nd and 9th, 3:30-5:00p. Experience such contemplative prayer and meditation practices as Centering Prayer/Silent Meditation, Taize Worship, Sound Healing, Lectio Divina, Movement Prayer, and more.

Healing with Wood Chip Carving – Rev. Ray Larson (AKA the “Pope of Hope:”) Saturday, Oct 5th, 9:00-11:00a. Learn the basics of the meditative craft of chip carving. No experience necessary. Supplies provided.

November & December

All Souls Labyrinth Walk – Dr. Robin Dille, Rev. Shea Darian & Angela Lahman: Friday, Nov 1st, 6:00p. Come to enjoy story and song. Walk the labyrinth to commune with and honor loved ones who have crossed the threshold of death. Bring a photo of a loved one for our remembrance table and a flashlight if you choose. Seating and flashlights will be available.

Healing with Needle Felting – Ellen Merchant, artisan and Art Teacher: Saturday, Nov 16th, 9:00-11:00a. Learn the stress-relieving fun of needle felting. No experience necessary. Supplies provided.

Healing with Soul Art – Georgia Feiste, Artist: Saturday, December 14th, 9:00-11:00a. Soul Art is a meditative creative process (using acrylic paints on a small canvas) that guides you to a path of transformation by way of your own spiritual insights and intuitive creativity. No art experience necessary. Supplies provided.

- R.S.V.P. Four Ways:
- 1) The Church of the Palms/Healing Project Sign-up Book
 - 2) [Email Connect@DoingGrief.com](mailto:Connect@DoingGrief.com)
 - 3) Call 602-315-8480 or
 - 4) Use the online R.S.V.P form on “Community Healing Project” page at DoingGrief.org

September 1-15

PRISON AWARENESS MONTH

Sunday, 1

10:00a Worship Service SA
11:00a Special Executive Board Mtg BR
11:00a Fellowship Hour KH
Plastic Overshoot Day! -Creation Justice

Monday, 2-Office Closed-Labor Day!

7:30a Feet-N-More Shower Trailer
@ Grace Lutheran OS
1:00p I-HELP KH

Tuesday, 3

9:00a Men's Fellowship @ George's Café OS
3:00p The Healing Project CHP/KH

Wednesday, 4

9:00a Needles & Pins Craft Group BR
10:00a VEC Mtg NA or KH
11:00a Feet-N-More Shower Trailer
@ Grove OS
1:00p W.I.S.E. Mtg BR/HY

Thursday, 5

10:00a Cosmic Christians BR/HY
2:30p 1st Choir Rehearsal of the season! MR
3:00p Inspirit Bible Study BRC

Friday 6,-Office Closed

9:00a The Healing Project CHP/KH

Saturday, 7

9:30a Transgender Day
of Remembrance Mtg BR

Sunday, 8

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

Monday, 9

10:00a Lifelong Learning Mtg BR/HY
1:00p I-HELP KH
2:00p Trustees Mtg BR/HY
2:00p LGBTQ+ Mtg KH

Tuesday, 10

10:00a Feet-N-more Shower Trailer
@ Bicentennial Park OS
10:00a Ministry Council Mtg BR/HY
3:00p The Healing Project CHP/KH

Wednesday, 11

9:00a Needles & Pins Craft Group BR

Thursday, 12

10:00a Cosmic Christians BR/HY
1:00p Worship Mtg BR/HY
2:30p Choir Rehearsal MR
3:00p Inspirit Bible Study BRC
5:45p Bus leaves The Church of the Palms
to downtown Phoenix—Jim Wallis

Friday 13,-Office Closed

9:00a The Healing Project CHP/KH
12:00p Criminal Justice Mtg BR/HY
1:00p Social Justice Mtg BR/HY

Saturday, 14

10:00a COA Mtg KH
Led by Max Klinkenborg

Sunday, 15

9:00a Choir Rehearsal MR
10:00a Worship Service SA;
Special Guest Speaker-Trish Plum
*Volunteer Recognition Sunday!
11:00a Fellowship Hour KH

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

September 16-30

PRISON AWARENESS MONTH

Monday, 16

7:30a Feet-N-More Shower Trailer
@ Grace Lutheran OS
1:00p I-HELP KH

Tuesday, 17

9:00a Men's Fellowship @ George's Café OS
3:00p The Healing Project CHP/KH

Wednesday, 18

9:00a Needles & Pins Craft Group BR
10:00a Evangelism & Growth Mtg KH
11:00a Feet-N-More Shower Trailer
@ Grove OS

Thursday, 19

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

Friday 20,-Office Closed

9:00a Balancing Acts Optional Testing NA
Led by Pat Thorpe
9:00a Mourning Light Café CHP/KH

Saturday, 21

9:00-11:00a Healing w/ Drum Circles CHP/KH

Sunday, 22

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

Monday, 23

10:00a First Balancing Acts Class NA
Led by Pat Thorpe
10:00a Executive Board Mtg BR
1:00p I-HELP KH

Tuesday, 24

10:00a Feet-N-more Shower Trailer
@ Bicentennial Park OS

Wednesday, 25

9:00a Needles & Pins Craft Group BR
5:00p Information Session! KH

Thursday, 26

10:00a Cosmic Christians BR/HY
10:00a Balancing Acts Class NA
Led by Pat Thorpe
2:30p Choir Rehearsal MR
3:00p Inspirit Bible Study BRC

Friday 27,-Office Closed

9:00a Mourning Light Café CHP/KH

Saturday, 28

10:00a Christian Nationalism Seminar KH
Led by Kay Klinkenborg

Sunday, 29

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

Monday, 30

1:00p I-HELP KH

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