



The Church of the Palms



God is still speaking,
UNITED CHURCH OF CHRIST

September 13, 2026

Sixteenth Sunday after Pentecost

10:00 AM

Your Words Can Build or Break, Your Choice!

Our Church Life		Pastor Mark
Welcome		Pastor Paul
Prelude	<i>How Beautiful</i>	Jennifer Hoppe
Call to Worship		Larry DeLong
*Hymn	<i>The Stewardship of Words</i>	Congregation
Spiritual Reading	<i>J.K. Rowling, Maya Angelou, Christian Morgenstern, Erma Bombeck</i>	Larry DeLong
Anthem	<i>Homeward Bound</i>	Sanctuary Choir
Scripture Reading	<i>John 14:1-3, 23</i>	Pastor Mark
Message	<i>Just One Word</i>	Pastor Paul
*Hymn	<i>Wonderful Words of Life</i>	Congregation
Baptism		Pastors Mark & Paul
New Member		Pastors Mark & Paul
Offertory Sentences		Pastor Paul
Offertory Music	<i>Be Thou My Vision</i>	Jennifer Hoppe
Benediction		Pastor Mark
*Hymn	<i>Welcome Home</i>	Congregation

*Please stand as you are able.

**Communion is available after Worship. Please come forward as you are able; if you are not, please remain seated as we will come to you. The bread for all Communion Services is gluten-free.

Our services are video recorded thanks to a gift in memory of Ramona Schenk. They are posted on social media and our website.

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Our W.I. S. E. Covenant

The Church of the Palms is a WISE Congregation for Mental Health
Therefore:

- We commit to create a **WELCOMING** environment for people with mental wellness issues, challenges, individuals with disabilities and to their families and support persons.
- We commit to **INCLUDE** people with mental wellness issues, challenges, or individuals with disabilities in their life, in the work and leadership of this congregation.
- We commit to **SUPPORT** people with mental wellness issues, challenges, individuals with disabilities and their families.
- We commit to **ENGAGE** with other organizations that work at the intersection of mental wellness issues, challenges, individuals with disabilities persons. This includes, but is not limited to: Not-for-profits, Natl/ST organizations, faith/spiritual/religious organizations. We also commit to ENGAGE in continued education for our congregation on these topics.



Our Open and Affirming Statement

The Church of the Palms, United Church of Christ, welcomes all people into the full life and ministry of our church, regardless of age, race, or gender; personal, mental or physical ability; gender identity or expression; sexual orientation; ethnic, cultural or religious background; marital, social, or economic status; or life history. We believe that God loves all People and offers us gifts by our diversity. We affirm families and relationships built on love, respect, responsibility, and trust.

Church Staff and Leadership

Senior Pastor - Rev. Paul A. Whitlock
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Office Hours: Monday-Thursday 8a-1p;
Fridays-Office Closed

Address: 14808 North Boswell Blvd
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**Please pray for our
fellow church families:**

Marlys Davenport, Doris Gott
Lynda Chubbuck, Donna Stenberg
Nancy Tsuchiya, Bonnie Adrian
Andy Jordan, Shari Kanehl
Herbert Turner, Sue Wilson
Jane (Everett Leff's sister)
Jennifer Charyk (Ken Barberi's friend)
Sara Shettlesworth (Georgia Feiste's sister)
Alexia Hale, Don Zoss, Richard Campbell
Marcia Hollingsworth
Bill Olsen and Cyndie Klein
(Brandenbergers' friends)
Bob Thompson (John Durbin's brother-in-law)
Debbie Williams (For Her Family)
Eileen (Patti Sutherland's sister)
Danette Jenkins,
Emily Rowe (Chuck & Carrie's daughter)
Bob Carlson, Doris Hoy, Betty Teeson,
Sandi Askew,
Victoria McWilliams, Heidi Saupe
Robert (Ellen Merchant's son)
Gene Bennett (Carrie Rowe's Dad)
Marimae Roder, Mary Evers
Ruth Humes
Charlie Albrecht (Meri Waddell's brother)

*Pray for churches working with migrants
and asylum seekers. Pray for our
homeless. Pray for our pastors and their
families. Pray for the leaders and staff of
the Southwest Conference and the National
Setting of the United Church of Christ.
Pray for the Tent of Nations.*



This week, let's pray for the
members & ministries of:

West Valley Christian Fellowship
14001 N Thunderbird Blvd.

Solidarity for Our Indigenous Siblings

The Church of the Palms, United Church of Christ, acknowledges the communities of Indigenous People who first lived in the land of this valley we call home. The particular land on which this building stands was honored and managed with stewardship by Hohokam, the O-odham Jewed and the Pima-Maricopa as well as the diverse vibrant Native communities who make their home here today.

Remember, you can watch today's service again on our website, **thepalms.org**. If you are interested in becoming a member, our next Visitor Information Session will be on **September 27**, right after worship in the boardroom. Your presence with us—whether in person or online—is truly valued and deeply appreciated. We are grateful you chose to spend part of your day in community and worship with The Palms.

Social Justice Prayer

God of radical welcome,
remind us that every person is worthy of
dignity, belonging, and care. Help us build
communities where no one is excluded,
forgotten, or made to feel like a burden.
May our welcome be more than words—it
may be lived in how we love one another.
Amen.

OUR LIFE TOGETHER THIS WEEK:

Sunday, September 13

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

Monday, September 14

10:00a Executive Board Meeting BR
2:00p LGBTQ+ Meeting BR

Tuesday, September 15

9:00a Men's Fellowship Breakfast @George's Café OS
2:00p InSpirit Sacred Reading/
Scripture Gathering BR Psalm 105
5:00p AA Big Book Study (closed meeting) BR

Wednesday, September 16

9:00a Needles and Pins Craft Group BR
10:00a "Let's Talk" BRC
2:00p Operations Council Meeting BR

Thursday, September 17

10:00a Meditation Experience BR
12:00p Criminal Justice/Prison Reform Meeting BR
1:00p Choir Rehearsal MR

Friday, September 18—OFFICE CLOSED

Saturday, September 19

Sunday, September 20

9:00 Choir Rehearsal MR
10:00a Worship Service SA
11:00a Fellowship Hour KH
11:15a Board of Trustees Meeting BR
1:30p Neighborhood Meditation Group CHP

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; LB Labyrinth
BRC=Behle Resource Center; MG Memorial Garden



Today's flowers are given by John Claiborne, remembering his husband who passed away in 2016. His 73rd birthday would have been this week.

SAVE THE DATE



West Valley Community Center (formerly Dysart)

TRUNK OR TREAT is on **October 31**, yes, Halloween Day. This year they will also be hosting a costume contest and musical entertainment.

More information will follow as the date gets closer, but please add it to your calendar. It was so much fun last year, and The Church of the Palms has participated for many years.

When Love Doesn't Feel Like It's Enough: Dementia Workshop

Living with a dementia diagnosis in the family can be overwhelming. Join us on **Saturday, October 3, from 10 a.m. to noon** for a free workshop offering understanding, practical tools, and support for caregivers.

Our presenter, **Jack Register, LCSW**, therapist and founder of Catharsis Counseling Center in Phoenix, will guide us through what dementia is, how it affects daily life, and ways caregivers can care for both their loved one and themselves.

This workshop is open to all caregivers, family members, and anyone seeking compassionate guidance.

Please see the sign-up sheet on the green table in the narthex.

Meditation experience: Resonance of Light, led by Rev. Lynette Turner

Thursday, September 17, 2026, Chapel of the Church of the Palms, 10:00 a.m.

Resonance of Light is a 60-minute immersive meditation experience designed to gently guide participants into deep relaxation, spiritual grounding, and inner spaciousness. Throughout the session, the pure tone of a quartz crystal bowl will weave through the room, creating a vibrational field that supports calm, clarity, and connection.

We will begin by settling the body and breath, then move into a guided meditation that relaxes each part of the body from head to toe. The crystal bowl's tone will rise and fall like a soft current, helping participants release tension, quiet the mind, and open to the presence of peace.

After the guided portion, we will rest in silence, allowing the sound to continue its work within us. Gentle reflection, breathwork, and grounding practices will help integrate the experience, leaving participants centered, refreshed, and spiritually renewed.

This session is open to all — whether you are new to meditation or returning to a familiar practice.

Part I: How to Evaluate Your Emotional Bandwidth Tool.

-Kay Klinkenborg



Bandwidth 5: I am rested, refreshed, and able to focus and respond without feeling put upon, angry, or testy.



Bandwidth 4: I am aware I feel somewhat irritated, that I am being bothered, but I can respond appropriately. I know I need to take a break, drink some fluids, maybe eat lunch. Space to regroup.

Bandwidth 3: I am edgy, having trouble concentrating, and don't really want to be participating in this conversation/event. I am not actively listening, out ahead of the person talking, thinking of what I will respond. I might have a headache and not ask for the break I need to regroup.

Bandwidth 2: I am sharp in my responses, not focused, blaming others for what is happening or what I am experiencing. I am tired and ignoring it. I am over-committed and ignoring that, as well. I keep pushing, but feel like I am moving through mud.

Bandwidth 1: My mind and body are screaming: "Please, not one more request of me; I can't even do the list I have." I have no coping skills for emotional conversations. I really want to be left alone. In the past, I have called this place for myself "emotionally thin," not much reserve left to give to anyone. A clear message that self-care needs to be a priority and a plan for that put into action.

So, let's do an experiment together. Pick 1-2 people with whom you agree to share where you are on your Emotional Band Width Scale. Just a fun project to help you take a pause and look at your response to life. Want to be 5G...good goal. But life happens - bumps in the road - and I can't be Pollyanna when I don't feel that way. So being honest about my Emotional Bandwidth will benefit those with whom I interact and help me be more balanced with self-care, able to respond to support others when I pay attention.



Welcome New Member:

Wendi Malmgren

My family moved to Arizona in 1965 from Rockford, Illinois. From 2001-2022 I lived in Coeur d'Alene Idaho and Spokane Washington. I moved back to Arizona in 2022, living in Prescott Valley and returned to the Valley of the Sun in May of this year. I have a Master of Educational Leadership degree from Gonzaga University and Master of Social Work degree from ASU. I am a career social worker, working with and

advocating for disenfranchised children and families. For the past six years I have worked as a social worker and behavior specialist in Arizona schools, providing Behavioral/Mental Health support services for children with special needs. My specialty in that role is working with middle/high school students. I have an LMSW in Arizona, and experience as a clinical and equine assisted psychotherapist. I enjoy writing, reading, cooking, thrifting, cuddling with my cat Kimmi, hiking, gardening (plants and flowers only) and attending theatrical and dance performances. I am excited to explore all of the possibilities for spiritual growth and opportunities for community outreach at The Church of the Palms. I appreciate the smaller church, close knit church community and inspirational services.

Neighborhood Meditation Group



A new neighborhood meditation group is gathering in the chapel on the **third Sunday of each month, from 1:30–3:00 p.m.**

All are welcome to attend.

The next gathering will be

Sunday, September 20.

Rooted in **Buddhist principles yet fully non-sectarian**, the gathering offers a gentle, accessible space for quiet reflection and shared presence. Each session will include a brief introduction, **20 minutes of guided meditation**, a time for response, and open discussion. The group's leader brings experience in both **Christian and Buddhist meditation practices**, offering a thoughtful bridge for participants from all backgrounds.

A **free-will offering** will be received to support the ministries of the church. Come settle into stillness, breathe deeply, and explore a practice that nurtures peace within and among us.

Recital – Kathryn Grumley, Soprano

An Afternoon of Beloved Opera Arias
and Musical Theater

September 26, 3:00 pm
The Church of the Palms Sanctuary

