

# The Church of the Palms

*God is still speaking,*  
**UNITED CHURCH  
OF CHRIST**



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July 11, 2021

Seventh Sunday after Pentecost

10 a.m.

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*How can we bring peace to our lives?*

|                                    |  |                      |
|------------------------------------|--|----------------------|
| Prelude                            | <i>Cantilena</i>   | Elaine Klauser       |
| Our Church Life                    |  | Pastor Jim           |
| Welcome                            |  | Pastor Paul          |
| Call To Worship                    |  | Toni Berg            |
| Hymn 668 v. 1-3                    | <i>For the Healing of the Nations</i>                          | Congregation         |
| Spiritual Readings                 | <i>Hendrix, Gandhi, Woolf, Dalai Lama,<br/>Tutu, Roosevelt</i> | Toni Berg            |
| Scripture Reading                  | <i>Amos 7:7-8</i>  | Pastor Paul          |
| Special Music                      | <i>Building Bridges</i>  | Andrew Jordan        |
| Message                            | <i>Tearing Down Walls</i>                                      | Pastor Paul Whitlock |
| Hymn 677                           | <i>Let There Be Peace on Earth</i>                             | Congregation         |
| Pastoral and Lord's Prayer (debts) |  | Pastor Jim           |
| Offertory Sentences                |  | Pastor Jim           |
| Hymn 673                           | <i>Down by the Riverside</i>                                   | Congregation         |

# Church of the Palms: An Open and Affirming Congregation

Phone: (623) 977.8359  
14808 North Boswell Boulevard  
Sun City, Arizona 85351

Website: [www.thepalms.org](http://www.thepalms.org)  
Office Hours: Monday -Thursday 8a.m. - 1p.m.  
Friday - Office Closed  
Office E-Mail: [manager@thepalms.org](mailto:manager@thepalms.org)

| Ministers             | The Whole Church      |  |
|-----------------------|-----------------------|--|
| Senior Pastor         | Rev. Paul A. Whitlock | <a href="mailto:pastorpaul1911@gmail.com">pastorpaul1911@gmail.com</a>     |
| Associate Pastor      | Rev. Jim E. Alexander | <a href="mailto:jim.alexander@thepalms.org">jim.alexander@thepalms.org</a> |
| Organist              | Elaine Klauser        | <a href="mailto:ebunney1@gmail.com">ebunney1@gmail.com</a>                 |
| Moderator             | John Durbin           | <a href="mailto:jst4us21@cox.net">jst4us21@cox.net</a>                     |
| Faith Community Nurse | Judy Jondahl          | <a href="mailto:judyjondahlfcn@gmail.com">judyjondahlfcn@gmail.com</a>     |
| Office Manager        | Lindsey Riley         | <a href="mailto:manager@thepalms.org">manager@thepalms.org</a>             |
| Members at Large      | Pat Durbin            | <a href="mailto:jst4us21@cox.net">jst4us21@cox.net</a>                     |
|                       | Eona Schulz           | <a href="mailto:jimandeona@hotmail.com">jimandeona@hotmail.com</a>         |

## 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.

This week, let us pray for the members and ministries of Unity Spiritual Center.

## Semi-Annual Giving Statements

The semi-annual giving statements for January 1 through June 30, 2021, will be sent out this week. If we have an email address for you, the statement will be sent out electronically; make sure to check your spam folder. If we do not have an email, the statement will be printed and mailed to you. Any questions? Please contact Bertie at 623-977-8359.

**LOVE OF CREATION** Check your car's tire pressure. Properly inflated tires improve the car's gas mileage. This will not only decrease your carbon emission but also save you money.

**SOCIAL JUSTICE PRAYER** Good and gracious God, you invite us to recognize and revere your divine image and likeness in our neighbor. Enable us to see the reality of racism and free us to challenge and uproot it from our society, our world and ourselves. This we pray in the name of Jesus. Amen.

## In Memoriam



Jeanne Chisholm

March 1929—July 2021

# “Sharing God’s Unconditional Love, Justice, and Extravagant Welcome”

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|--|---|
| <p><b>Medical Health Concerns</b></p> <p>Lynda Chubbuck, Mary Whitlock, Jeff Scruggs<br/>Charles Brennaun, Gordy Funck,<br/>Vern Greenhalgh</p> <p><b>Pending or Recovering from Surgery</b></p> | <p><b>Prayer Requests</b></p> <p>Pray for Anthony Park. Pray for churches working with migrants and asylum seekers. Pray for our I-HELP guests. Pray for our pastors and their families. Pray for the leaders and staff of the National Setting of the United Church of Christ.</p> |
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## Our Life Together

|                |  |  |     |
|----------------|--|--|-----|
| Sunday 7/11    | 7:30 a.m.  | Shared Conversations. Facilitator Bobbie Chapman   | B2L |
|                | 10:00 a.m.   | Sunday Worship   | SA  |
|                | JOIN US ON-LINE AT <a href="https://thepalms.org/online-worship-services/">https://thepalms.org/online-worship-services/</a> | Peace is a fragile thing. It is easy to build walls. God calls us to knock down the walls that we erect between each other and with the divine. Pastor Paul will be preaching on Psalm 85:8-13, Amos 7:7-15, and Mark 6:14-19. *Worship online Monday. |     |
| Monday 7/12    | 4:00 p.m.  | I-HELP   | KH  |
| Tuesday 7/13   | 8:00 a.m.-12:00 p.m.   | Feet-N-More Shower Trailer Ministry  | OS  |
|                | 4:00 p.m.  | NO Jump Start. Class is on break July/August.  |     |
| Wednesday 7/14 | 9:00-11:00 a.m.  | Service Project Craft Group  | BR  |
| Thursday 7/15  | 10:00 a.m.   | Cosmic Christians. Facilitator Linette Stenberg  | B2L |
| Friday 7/16    | 10:00 a.m.   | Constitution and Bylaws Task Force   | KH  |
|                | 1:00 p.m.  | Nominating Committee   | KH  |
|                | 1:30 p.m.  | Social Justice Action Team   | B2B |
| Sunday 7/18    | 7:30 a.m.  | Shared Conversations. Facilitator Bobbie Chapman   | B2L |
|                | 10:00 a.m.   | Sunday Worship   | SA  |
|                | JOIN US ON-LINE AT <a href="https://thepalms.org/online-worship-services/">https://thepalms.org/online-worship-services/</a> | Pastor Paul will be preaching. Read John 6:5-13. In this familiar story, a child takes the lead. Are there other things where kids can give us guidance? What can children teach us? *Worship online Monday.   |     |

**KEY** SA=Sanctuary, BR=Boardroom, B2B=Bridges to Boards, KH=King Hall, OS=Offsite, B2L=Bridges to Learning. Join us on the Bridge online! Visit <https://thepalms.org/bridges> and click on the link to participate.



### **Recordings of Previous Worship Services Are Now Online**

If you would like to watch one of our previous worship services online or share it with a friend, you can click on the link below. It will take you to The Church of the Palms YouTube Channel. From there, you can click "Subscribe" and that will give you access to everything we have recorded and posted. Enjoy!!

<https://www.youtube.com/channel/UCtSWhlLbbpPHb8w2rg8RI8g>



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

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>

To break up the lazy, hazy daze of summer, and because July has been deemed "Anti-Boredom Month," our WISE article for the month contains some fun activities, insights and information. These may just boost your mood. They may also help you in your effort to stay mentally and physically healthy. There is at least one activity for every day in July. Enjoy!

For those without computers, you may request printed worksheets to be mailed to you; call Lindsey in the Church Office at 623-977-8359. A full list is at our website: [thepalms.org/Tools2Thrive/](https://thepalms.org/Tools2Thrive/)

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|---------|---|
| July 11 | Today is "Cheer Somebody Up Day". This is pretty self explanatory. Go on! You can do it!  |
| July 12 | Today is "Simplicity Day". Thoreau said, "As you simplify your life, the laws of the universe will be simpler. Today, declutter, slow down, turn off the TV, complete that nagging task you have been avoiding so that tomorrow you will not stress!  |
| July 13 | Today is "Embrace Your Geekness Day". We all have those qualities/likes or dislikes that no one else can understand. Today is the day you can learn to embrace with pride those passions, dreams, and imagination that makes you...YOU! Also, tune into the new <a href="#">Lectio Visual</a> .   |
| July 14 | Today we "Focus On Grounding". To be grounded is to be present in the moments of your day and have the sense that you are on a firm foundation mentally and emotionally. Our trauma (past or present), anxiety, harmful urges or substance use disorder all play a part in UN-grounding us. Try these grounding techniques: Place your hands under running water, adjusting the temperature from cold to warm and then cold OR pick up/touch the items near you. Really engage in the feeling created by the sensations created by the water or by the items. Engage with the colors of the items or imagine the water as a calming color such as blue, pink, violet or green.  |
| July 15 | Today is "Pet Safety Day". Pets are a part of the family for sure! Have you made a plan for them incase of fire or other disaster? Have you made arrangements for them upon your incapacitation or death or? Today is the day to make sure your furry, feathery, or otherwise beloved pet is protected when you can't be there for them.  |
| July 16 | Today is "Learn How to Re-socialize After Isolation". We have all been isolated during the last 18+ months of COVID. There are also those who may be returning to normal life after a long hospitalization or having been incarcerated. No matter what has kept us away from normal socializing, it can cause stress and anxiety. Here are some tips for coping with re-socialization: In safe and trusted environments, enter into small group activities. As your mind and body adjust to being with people, increase the frequency of times you participate. As you continue the process of re-socialization, you can participate in larger gatherings. Be gentle with yourself and others. There is no harm in alternating the size of groups with which you interact. It may take time to readjust your comfort level. Allow yourself time to prepare mentally before you "go out". You can use the grounding and breathing techniques found in this calendar. |
| July 17 | Today is "Toss Away the Could Haves & Should Haves" Day. Today is the day to embrace the here and now, living in the moment. Tomorrow is not promised and the past cannot be changed. Therefore, live each day to the fullest and know that every new day is a blessing.  |