

MESSENGER

A Newsletter of Prince of Peace Lutheran Church & Preschool

“WORSHIP ❖❖❖ CONNECT ❖❖❖ SERVE”

September 2019

How Do You Begin?

(Note from Pastor Rick: I originally wrote these words during my first weeks at Prince of Peace in September of 2009. Ten years have flown by. I continue to be blessed to serve a wonderful community and a gracious God. As I reflect on these words now, they apply more than ever.)

One of my favorite quotes is from St. Francis of Assisi:

Start by doing what's necessary; then do what's possible, and suddenly you are doing the impossible.

For the past two weeks, I've been living out the first stanza of this saying. I have been learning names, setting up my computer, getting keys, arranging my office, attending meetings, doing basic paperwork, launching my e-mail address, observing the POP culture and many other logistical feats. However, I am continuing to discover that prayer is the most necessary thing I do every day. I've mostly been praying for courage (what did I get myself into?), wisdom (you want me to decide what?), strength (the buck now stops at my desk— yikes!) and patience (why can't we fix everything right now?).

Prayer is a wonderfully diverse thing. Some utilize it as a last resort when life takes a negative turn. Some utilize it as a way to deliver to God their “wish lists.” Some utilize it as a way to open meals and meetings with a quick “thank you” for what they have been given. Some pray quietly and some pray loudly. Some pray quickly and some pray slowly. Some kneel and some walk around.

I think of prayer as a conversation and there are three hallmarks of any good conversation:

Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.

Saint Francis of Assisi
PICTUREQUOTES.COM

1. Both parties trust each other.
2. Both parties share with each other.
3. Both parties listen to each other.

While I am good at talking to God, I am not so good at listening. Dan Rather, former CBS anchor, once asked Mother Teresa what she said

during her prayers. She answered, "I listen." So Rather turned the question and asked, "Well then, what does God say?" To that Mother Teresa smiled with confidence and answered, "He listens."

I've always hoped that my prayers would become that advanced, that easy. Over the next few weeks and months as I turn my focus from what's necessary to what's possible at Prince of Peace, rest assured that I will be doing a lot of listening. God has a plan for us and it's our job to stop talking long enough for God to communicate it.

One day we will look back on today as a launching point to a new future filled with dreams fulfilled and potential realized. One day, God will utilize us to do the impossible. The trick is not to get ahead of ourselves. Look at the time! I've got to go pray.

Peace,
Pastor Rick



How Do We Work to End Gun Violence?

The Evangelical Lutheran Church in America is saddened by the all-too-frequent occurrences of gun violence in the U.S. We mourn the loss of life. We grieve for the victims and their families who often feel silenced. And we lament for those who have done violence to others and often feel removed from a community of faith.

We invite you on a journey of prayer, scripture, stories and church teachings with this resource, "A 60-Day Journey Toward Justice in a Culture of Gun Violence." Together through daily observances, it calls us to work toward the prevention of gun violence as people of God who strive for justice and peace in all the world. It may be used for individual reflection, group Bible study, adult education sessions, and congregational daily devotions.

In 1994, the ELCA adopted the social message *Community Violence*, calling for advocacy to end the cycle of violence in the U.S. Twenty-five years later, this message is still relevant and should be considered another resource on your journey. Also available to download are an easy-to-use guide and appendix noting key documents and actions, and a gun violence litany.

Pastor Rick invites you to join him on this journey beginning September 1, 2019. To begin, go to www.elca.org/60days.

Servant Outreach Ministry

Mission outreach beginning in September
LUNCHES FOR LEARNING

Our children have just returned to school and so our minds can naturally think of other children and their schools. Imagine if you could not send your children to school because they needed to spend their time begging for food. They could not go to school because they could not afford the uniform. They could not go to school because they are just plain too hungry.

It is into this world, that Lunches for Learning began in Honduras in 2004. This marvelous ministry provides a meal at school so that children do not have to beg and may attend school. In addition they attempt, when needed, to furnish uniforms for those children. It is a joint effort of the school parents and the food provided by donations to Lunches for Learning. The story of the beginning of this ministry is awe-inspiring and we will share it in future newsletters. For the month of September we are asking that you consider helping a child stay in school at the cost of \$150 per year or \$15 per month.

Watch for additional details about how we may be involved with the children in a particular school in Honduras. This year-long ministry may hopefully evolve into a long-term partnership with Prince of Peace. Please contact Paula Sturgeon (480.236.6378, paulasturgeon@me.com) if you have any questions or would like to get involved.



Compassion Central

POP's Visitation and Care Ministry

All of us have been given gifts, by God, for the well-being of the Body of Christ. I invite you to take an inventory of the gifts that you have been given. Are you one who enjoys visiting others? If you are being called by God to share your care-giving gift, please let Pastor Paul know. If you have need of care, please contact Pastor Paul (602.740.7187) or the church office (480.945.9537) to let us know.



THE MESSENGER is printed monthly for the purpose of informing members and friends of upcoming events, for sharing good news about our members and for sharing the Gospel of the Lord Jesus Christ through word and action.

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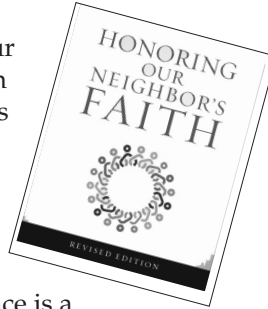
Please see the website for individual staff e-mail addresses.

Women's Bible Study Returns

Tuesday, September 10, 9:30 a.m.

This year we will be studying the faith traditions of our neighbors. And by neighbors, of course we are referring to our global neighbors. We will be using a wonderful book, *Honoring Our Neighbors Faith*, published by Augsburg Fortress. Although the book is \$15 we do have some scholarship money available. Please speak to Janet DeJonge if you would like to participate and need assistance purchasing the book.

During this year-long journey we will develop a deeper understanding of our own Lutheran tradition and the history of our church. We will also find it fascinating to compare our tradition with those of our neighbors. Paula Sturgeon has led this class twice before with much success. It is also a fine class for those who cannot make a weekly commitment, yet wish to participate on a drop-in basis. You may reach out to Paula Sturgeon (paulasturgeon@me.com) for more information or to Janet DeJonge(janlde76@gmail.com) to get your name on our sign-up sheet. Women's ministry at Prince of Peace is a great place to be and all are welcome!



Sunday Worship

Worship Schedule

Worship, 9:30 a.m.

September 1

12th Sunday after Pentecost
Hebrews 13:1-8, 15-16
Luke 14:1-8, 7-14
"Let Mutual Love Continue"
Pastor Paul, preaching

September 8

13th Sunday after Pentecost
Psalm 139:1-6, 13-18
Luke 14:25-33
"Cost/Benefit Analysis"
Pastor Rick, preaching

September 15

14th Sunday after Pentecost
1 Timothy 1:12-17
Luke 15:1-10
"Celebrate Good Times, C'mon"
Pastor Rick, preaching

September 22

15th Sunday after Pentecost
1 Timothy 2:1-7
Luke 16:1-13
"Generosity 101"
Pastor Rick, preaching

September 29

16th Sunday after Pentecost
1 Timothy 6:6-19
Luke 16:19-31
"Two Lives"
Pastor Paul, preaching

Prince of Peace Foundation Scholarships

The Prince of Peace Foundation is accepting applications for tuition scholarship grants for the 2019/20 college year. Grants will be awarded to members of Prince of Peace who will be incoming freshmen or Prince of Peace members already attending college. The grants will be based on the information, records, grades, etc. contained in the completed scholarship application.

Forms are available in the church office and our website (popphoenix.org/About/POP Foundation) and **must be returned to the church office no later than December 1, 2019** (mark Attn: Foundation Scholarship Committee). For more information, contact Dr. Doug Beischel, Scholarship Chair (602.361.6496) or the church office (480.945.9537).



Pastor Rick's Open Office Hours

***Wednesdays,
1-3 p.m.***

Come on by for a bottle of water or cup of coffee and conversation with Pastor Rick.

Theology Pub Returns

Tuesday, Sept. 8th 7 p.m.

McFate Brewery

Kick off the new year with your Bible, beer (or other beverage) and lively discussions with great people at McFate Brewing, South Location (1312 N Scottsdale Rd., Scottsdale). This is a time for free discussion and the sharing of ideas and is open to all adults, including your friends who aren't members of POP. Please send Pastor Rick an e-mail (pastorrick@popphoenix.org) or a text (408-472-0529) if you plan to be there.

Wednesday Bible Study Returns on September 11!

Wednesday mornings, September 11, 18, 25, 9:30 a.m. in the office conference room

Join Pastor Rick as we look at the assigned scripture readings for the following Sunday. This is your opportunity to help create a sermon! The coffee is hot, the discussion is faith-affirming and the laughter will warm your hearts. All are welcome.

Save the Date

**Elderberries
first outing of the
season...**

Wednesday, Nov. 13

**Are you 21-35? We are
planning a happy hour!
Contact Audrey with
your information to get
on the list for this new
group!**

Calling All Musicians!

by Lynne McGinley

We've all heard the saying "It takes a village to raise a child." Well ... it takes a congregation to support a music program! Prince of Peace has always had great music and opportunities to enhance our worship experience. We would love to have more voices singing with the choir — we welcome all ages. Rehearsals are held before worship once or twice a month.

Not a singer, then maybe a ringer! Kay Cook directs bell choirs for both children and adults. Rehearsals are held Sunday afternoons and are part of our service several times throughout the year. Do you play an instrument? Is it hiding in a closet? Dig it out and let me know. It would be great to put some ensembles together!

I'm always open to suggestions and new ideas! Come talk to me!

Lynne McGinley

Make a Difference during the 2019-2020 School Year!

This year's ministry calendar has been finalized and I am looking for volunteers willing to SPEND TIME with youth this year! Ministry's impact is only as wide as the amount of adults involved ... we NEED YOU! Please let me know if you are interested in helping in some way this year! Once a month, visiting ChILL on Sunday mornings, or even helping at a retreat.

What are the qualifications for helping with youth?

- Be Yourself;
- Be Kind and Affirming;
- Make Time for Them

Thank you for your prayerful consideration. I look forward to an awesome group of adults spending quality time with our young people this year!

Thank you, Audrey

Sew and Tie Resumes September 6

Sew & Tie Quilters resume working on Friday mornings beginning Sept. 6, between 9 a.m. and noon in the choir room to help assemble quilt tops into warm blankets.

Completed quilts are donated to various organizations such as Interfaith Cooperative Ministries, Lutheran Social Services and Helen's Hope Chest where the quilts are distributed to those in need.

Come join us as we always welcome more hands in this ongoing project. We also welcome donations of gently-used sheets or any cotton fabrics.

If you have questions, please call or text Suzy Steinmetz at 480.332.8754.

Children, Youth and Family NEWS!

The goal of Prince of Peace's Children, Youth and Family Ministry is to create space for Christ to work in the lives of all youth and their families. The space we focus on is faith formation, community building and service.

Sunday School

Rally Sunday is Sunday September 8! Sunday School (4-yr-old- to 5th grade) begins! This year will focus on some of our favorite Bible stories in interactive and new ways! In order for our children to get the most out of their Sunday morning children's ministry experience, we need a wonderful "village" of adults to guide and love them. We are asking EVERY family to volunteer at least 1-2 times this year. Sign up HERE: <https://signup.com/go/MCLZHdT>. The lessons are entirely planned for you, easy to use and hands-on fun for the kids! You can choose what kind of lesson you would like to teach on the sign-up.

Questions? Contact Audrey Cox or Angela Sherrill.

6th-12th Grade Sunday Mornings

- **Ch.I.L.L**
Every Sunday, 6th-12th grades, 9-9:30 a.m. in the Conference Room!
We meet for check-in time, prayer and of course...do-nuts!
- **Sunday School Aides**
We are encouraging 6th-12th grade youth to sign up as Sunday School aides this year, no more than 1-2 times a month.
- **Youth Worship Leaders**
Confirmation youth will serve as Youth Worship Leaders regularly

Service Opportunities

- **Serve Pancakes at Grace**, 6:30-9 a.m.
September 8, October 27
- **Feed My Starving Children**
November 30, 9-11 a.m.
- **Marathon Water Station**
January 19
- **Arcadia Cares Packathon**
March 21
- **Serve Dinner at First Church UCC**
April 26

Community Events

- **Trunk or Treat**, October 25
- **Feed My Starving Children**, November 30, 9-11am
- **Church Picnic**, December 1
- **Marathon Water Station**, January 19
- **Preschool Ice Cream Social**, February 22
- **Packathon**, March 21
- **Street Fair**, April 4, 4-7pm

Fall Youth Ministry Kicks Off!

Confirmation

For those entering 7th or 8th grade, confirmation is about faith exploration, growing as a family in faith, community building and exploring our greater calling. Confirmation includes a once-a-month session with parents and youth, at-home activities, ChILL on Sunday mornings, and participating in service. Fall Schedule (11 a.m.-2 p.m.)

September 8 Kickoff for Students & Parents
October 20
November 17

High School Youth Group

Time for a year of community building for anyone in 9th-12th grades! We will meet once a month offsite for new adventures and time to build strong faith friendships! Save these fall dates!

September 15 Kickoff Party!
October 25 Trunk or Treat

Youth Group Early Release Lunches

Lunch with youth group friends on Early Release Days at 12:45 p.m.!

September 11
October 23
December 11

Milestone Ministry

Celebrating important moments in life and in faith through Milestone Ministry! Here are this fall's upcoming milestones:

Start of Kindergarten September 8
5th Grade Bibles September 15
Confirmation Celebration October 27

Taking Faith Home

Each Sunday there is a Taking Faith Home insert in the bulletin to take home with you for easy and interactive ways to explore faith all week long! If you aren't in church, download it on our website!

www.poppheoix.org/children-youth/parents-and-family

Stay Informed on POP Ministry

Instagram is poppheoix

Facebook is poppheoixaz

Text Updates! Text @popyouthaz to 81010

Or email acox@poppheoix to be added to the list for Youth and Family Updates!

ELCA Churchwide Assembly Declares ELCA Sanctuary Church

8/7/2019

MILWAUKEE —The 2019 ELCA Churchwide Assembly voted to approve a memorial that declares the ELCA a sanctuary church. The ELCA is the first North American denomination to declare itself a sanctuary church body. As a sanctuary church the ELCA is committed to serving and supporting migrant children and families in communities across the country.

Sanctuary: What Does It Mean?

Bishop's Letter: August 12, 2019

Dear Friends in Christ,

The ELCA Churchwide Assembly convened in Milwaukee, Wisconsin. The business items addressed included a resolution on the subject of Sanctuary. The Grand Canyon Synod supports/endorse the Background Provided to the Assembly by the Memorials Committee, which you can read below.

Assembly Action, by majority

- To receive with gratitude the memorial from the Metropolitan New York Synod concerning sanctuary;
- To reaffirm the long-term and growing commitment of this church to migrants and refugees and to the policy questions involved, as exemplified most recently in the comprehensive strategy *Accompanying Migrant Minors with Protection, Advocacy, Representation and Opportunities* (AMMPARO);
- To recognize that the ELCA in congregations, synods and the churchwide organization are already taking the actions requested by this memorial; and
- To request that appropriate staff review the existing strategies and practices by the five current sanctuary synods and develop a plan for additional tools that provide for education and discernment around sanctuary;

What becoming a sanctuary denomination does NOT mean:

Some thoughts from a legal perspective provided by the ELCA legal counsel, Thomas Cunniff...

- From a polity standpoint: Nothing in this action binds synods, congregations, or any other organizations affiliated with the church; it binds only Churchwide. This resolution does not

require congregations to do anything. I want to make this clear to congregations and others.

- View this ACLU resource on sanctuary. It is an excellent explainer of the difference between legal and illegal actions that often fall under the name "sanctuary," and the gray areas around those.
- There is no call in the action for civil disobedience or any illegal actions. The specific actions mentioned are all legal. Whether any person or organization chooses to engage in civil disobedience (and therefore accept the consequences) is up to them. The Churchwide organization does not understand this action as calling for any illegal actions.
- Fourth, the action does not attempt to answer the question, "What does this mean?" Instead, the action specifically requests ELCA Church Council provide guidance as to what it means to be a sanctuary denomination.

What does this mean?

- In its simplest form, becoming a sanctuary denomination means that the ELCA is publicly declaring that walking alongside immigrants and refugees is a matter of faith. The ELCA Churchwide Assembly—the highest legislative authority of the ELCA—is declaring that when we preach on Sunday that Jesus told us to welcome our neighbor, we will use our hands and voices on Monday to make sure it happens.
- In baptism, we are brought into a covenantal relationship with Jesus Christ that commits us to strive for justice and peace in all the earth. Following the example of Martin Luther, we believe that advocacy is a crucial expression of baptismal identity. As a church, we have advocated for stopping the detention of children and families for decades. We have spoken out against family separation, sought a pathway to citizenship for community members that have lived in the U.S. for many years, and have taken steps to address the root causes of migration in a way that honors the humanity in people who must flee.
- Being a sanctuary denomination means that we, as church together, want to be public and vocal about this work. At

the same time, we will have conversations about what sanctuary means with many of our members and discern future action and direction. For us, welcoming people is first and foremost a matter of faith which impacts how we live out all our vocations in God's world, including our political life.

- To declare ourselves a sanctuary church body is to say that we seek to provide concrete resources to assist the most vulnerable, especially families and very young children, who are feeling the sharp edges of this broken system. are seeking nothing more than a safe place to live in peace.
- Being a sanctuary denomination is about loving our neighbors. While we may have different ideas about how to fix this system that separates children from their parents and keeps them in deplorable conditions. and we may have different ways of loving our neighbors, our call to love our neighbor is central to our faith, regardless of their nationality or current circumstances.
- Being a sanctuary denomination will look different in different contexts. It may mean providing space for people to live; providing financial and legal support to those who are working through the immigration system; or supporting other congregations and service providers. We cannot mandate or direct our congregations and ministries to respond in specific ways. Each must work out what this means for them in their own context or in partnership with other caring communities of faith.
- While we don't yet know the full scope of the work that this declaration will open for the church, we do know that our faith communities are already doing sanctuary work. Sanctuary for a congregation may mean hosting English as a Second Language (ESL) classes, marching as people of faith against the detention of children and families, providing housing for a community member facing deportation, or, in some of our congregations, having thoughtful conversations about what our faith says about immigration. All of these are a step closer to sanctuary

Sanctuary - continued on page 7

in our faith communities and sanctuary in our world for people who must leave their homes.

- Except for our members whose ancestors were here before European settlement or others who were forced to come to the U.S. against their will, the ELCA is an immigrant church. Our decades-long work with immigrants and refugees is how we practice our faith in the world. Lutherans started Lutheran Immigration and Refugee Service, one of the nine refugee resettlement agencies in the U.S.
- At our last assembly, we also committed to walking alongside Central American children and families fleeing their communities by passing the AMMPARO strategy (Accompanying Migrant Minors with Protection, Advocacy, Representation and Opportunities).
- Through the AMMPARO strategy, we are also working through our global partners in Central America to alleviate the conditions that cause people to migrate. We support organizations and faith communities that work with deported migrants in Central America and advocate for the humane treatment of immigrants in Mexico. In the U.S., we have a network of 151 welcoming and sanctuary congregations that are committed to working on migration issues and a welcome for immigrant communities. The church also has five sanctuary synods (our regional structures), all of which do work with immigrants, refugees and asylum-seekers.

As with all resolutions, this resolution uses language that includes "encourage, assist, coordinate, engage." It does not use language that includes "require, demand, expect."

In my personal view, resolutions are best used as opportunities to engage people at a point that best fits their starting point, and moves them forward. You and your congregation know that starting point best. It is my hope and prayer that this letter provides some clarity for you and your congregation or ministry setting.

Please contact me, or any of the voting members if you have additional questions.

In Christ,
The Rev. Deborah K. Hutterer

Elizabeth Eaton Re-elected Presiding Bishop of the ELCA

MILWAUKEE — The Rev. Elizabeth A. Eaton was re-elected presiding bishop of the Evangelical Lutheran Church in America (ELCA) Aug. 6 at the 2019 ELCA Churchwide Assembly. On the first ballot, 897 votes were cast and 670 votes were needed for election. Eaton received 725 votes, which is 81.19 percent of the vote.

Eaton is the first ELCA presiding bishop to win re-election on the first ballot. She was elected to a first term as presiding bishop at the 2013 ELCA Churchwide Assembly in Pittsburgh.

The first ballot for presiding bishop was cast during the first plenary on Aug. 5. The vote was declared invalid because of an unconstitutional early vote on the amendments to the bylaws of the ELCA constitution. This included an amendment that gave the ELCA Church Council the right of vote at a churchwide assembly, which included the election of the presiding bishop.

"Thank you, Vice President Horne. And thank you to all of you, and thank you to the voting member who rightly brought to our attention that we were not following our own procedures," said Eaton, addressing the assembly after the election results were announced. "The law is in place for a reason, but I'm really happy for the gospel part right now."

"We're church, church first," Eaton said, recalling the first of the four emphases she introduced after her election in 2013. "Our lives are not only supported but our lives are surrounded, and our lives have their basis and meaning in the death and resurrection of Jesus Christ. And especially as we experience that in our lives and are changed by that in word and sacrament. That's where we get any authority or certainly any integrity to do works of love and justice, because we're church."

Report from POP Council President

by Debbie Nelson, Church Council President

I hope everyone has had a good summer. Personally, we were able to get away to Southern California and the cool pines of Show Low, AZ before school started. It's nice to see the pews filling up again now that summer break is over.

A few agenda items slated for council these next few month include:

1. Campus safety. Some council and staff members will attend a conference locally in October that will help guide us in the appropriate measures we should take.
2. Stewardship campaign will kick off in the fall.
3. Five-year campus maintenance plan.

Our September meeting is scheduled for September 17 at 5 p.m.

Peace to each one of you,

Debbie

Preschool News

Book Fair

Prince of Peace will host the Scholastic Book Fair in the narthex from August 27 through September 6. Families are invited to check out the book fair to purchase books for your family library or your child's classroom! Teachers will select books for their wish list the day before the fair opens. This is also a great time to do some Christmas shopping! Books are offered at a great price and 55 percent of the proceeds come directly back to POP to purchase new books, toys, games, and equipment!

Book Fair Hours

Daily
9-10:30 a.m.
11:45 a.m.-1 p.m.
2:45-3:30 p.m.

We will also have special late hours for our parents who pick up later in the afternoon. The fair will be open from 4-5 p.m. on Tuesday, September 4 and from 5-6 p.m. on Wednesday, August 29 and Wednesday, September 5.

Every teacher has set aside books that they would love to add to their classroom library. You can find them in the designated boxes in the Book Fair and purchase them for your child's class!
Thank you for your support!



Grandparents Day

Just a reminder that Grandparent's Day is September 4 at 9 a.m. Please pass along the following information to any grandparents who are attending:

Grandparents will enter through the front office and go straight to their child's classroom. Please remind the grandparents which classroom the children are in!

Grandparents will take their grandchildren to the sanctuary for JAM at 9:15 a.m. where they will watch their grandchildren sing and dance. Once JAM has finished, they are welcome to escort their grandchildren to the book fair and/or brunch. Brunch will be held in the gymnasium. From there, they can briefly visit their grandchildren's classrooms. All grandparents must exit through the front office to ensure proper checkout procedures.

If your children have out-of town-grandparents who would like to shop the book fair online, please send them the link below:

<https://bookfairs.scholastic.com/bookfairs/cptoolkit/homepage.do?method=homepage&url=princeofpeacepreschool>

***Please note:** our POPIT classes are not participating in Grandparents Day. Instead they will send home a special gift for their grandparents.



Faith Formation Tips for Home

by Audrey Cox

Caring Conversations — Family Dinner

One of the ways we pass on our faith and values to our kids is through caring conversations. If you're like our family, the hustle of the weekly schedule can really limit the time we spend around the table together. A recent survey conducted by Eckrich(R), a product of ConAgra Foods, found that 40 percent of American families eat dinner together only three or fewer times a week, with 10 percent never eating dinner together at all. Mealtime is a great time to spend in quality conversation with your children and yes, teens too!

The website, www.thefamilydinnerproject.org, has lots of ideas for how to address the challenges of getting your family together for a meal as well as conversation starters and even games to break the ice.

This month, let's all work to find a way to increase the number of times we have family dinner time and build the amount of caring conversation happening in our homes.

Volunteer at Feed My Starving Children

November 30
from 9-11 a.m.

Register now and invite friends —
ages 5 and up!

<https://www.fmssc.org/join-group?join-code=WN97G1> or just visit <https://www.poppohoenix.org/serving>



BG's

Road Trip September 27-29

Let's go on a trip through Southern Arizona ... Kartchner Caverns, Tombstone, Bisbee, Sonoita wineries, Tubac, Mission San Xavier del Bac and more! We are trying to keep the cost for two nights of lodging, van rental and entry to the caverns around \$275. Meals, wine tasting, and shopping would be in addition. Fun, Fun, Fun . . . let us know if you can go! There will be a sign-up sheet in the narthex...or contact Lynne McGinley or Jana Peterson.

"Serve Breakfast at Grace"

**Sundays,
September 8
and October 27**

6:30 - 9 a.m.

Sign-up to help provide a meal to those experiencing homelessness in our community.

www.poppheoenix.org/serving



Roses to...

◆ Tracy Fish, Mary Quinsler and Sherry Smith for serving on Altar Guild in August.

◆ Greg Quinsler for deep cleaning the carpet in the sacristy

◆ Oscar Serrato, violinist, for sharing his music during worship on Sunday, August 25.

Special rose to...

Pam Godward Evans who will be inducted into the ASU Hall of Fame; she will be recognized at halftime at the Oct. 12th ASU football game. Pam set the standard for the Sun Devil Women's Gymnastics program that would come to be recognized as one of the best in the country. A standout gymnast for the Sun Devils from 1977-80, she became ASU's first female All-American in gymnastics, earning the nation's top honors on balance beam in each of her final two seasons in Tempe. Congratulations, Pam!

Bashas' & Fry's Programs

During July, Prince of Peace earned a rebate of \$18 from shopping at the Bashas' family of stores, including AJ's Fine Foods and Food City. If you need a Bashas' Community Support card that is linked to our church, please contact me, or Maria in the church office.

Instructions for participating in the Fry's program are posted on the church's website (www.poppheoenix.org). Click on the Serving tab and go to the Grocery Store Rebates page.

Steve Crofton
Coordinator, Bashas' & Fry's grocery store programs
602.463.7175; Stephen.Crofton@gmail.com

Travel Opportunity

There are a few spaces available for an exciting trip to Eastern Europe that will be highlighted by attendance at the Passion Play in Oberammergau, Germany. This is a once-a-decade event and you surely want to be a participant. The trip is May 25 – June 24, 2020. Please contact Pastor Paul (602.740.7187) for complete information.

Monthly Attendance and Revenue Report

as of July 31, 2019

	July 2019 (4-week month)	July 2018 (4-week month)
Monthly Attendance	360	417
Monthly Offering	\$36,068	\$22,352
Monthly Offering Budget	\$38,384	\$25,477
Variance	(\$2,316)	(\$3,125)

Wellness Committee

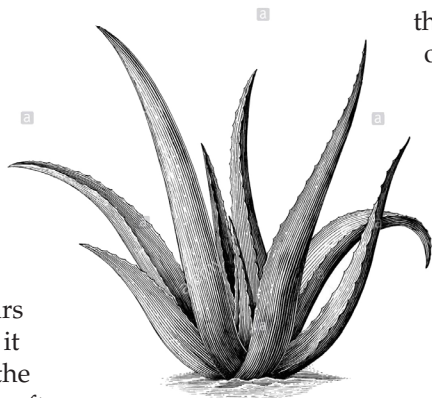
Learn More about Aloe Vera

by Beth Schneider

It is not unusual to see aloe vera plants incorporated into desert landscaping or growing in pots. It is commonly recommended as an ointment for relieving the pain of burns. Aloe vera is not new. It was first used over 6000 years ago. However, recently it seems to have become the latest miracle plant. It is often included in the ingredients list for lotions and other beauty products, but ads also claim that it can relieve acid reflux and heart burn, help manage cholesterol, improve sleep, sooth stiff and aching joints, and help users feel decades younger plus many more.

There are two forms of aloe vera: one, a clear gel which is generally used topically, and two, a yellowish latex, commonly taken orally as a laxative. At one time the Food and Drug Administration (FDA) regulated products made with aloe vera as an over-the-counter drug. In 2002, the FDA required all aloe laxative products removed from the market because the companies which manufactured them failed to provide the safety data required for continued approval.

Both the National Center for Complementary and Integrative Medicine, a division of the National Institutes of Health and the Natural Medicines Comprehensive Database (NMCD), a reliable source of information about natural remedies, have conducted research of the safety and effectiveness of products containing aloe vera. Both agree that more research is necessary because current results are inconclusive. The National Center concluded that the topical use is likely safe and that there is some evidence that the topical use of aloe products might be helpful for treating psoriasis and certain rashes, as well as soothing burns, but there is not enough evidence indicating that it can heal wounds. Furthermore there is insufficient scien-



tific evidence to support the use of aloe vera for other uses.

The NMCD arrived at similar conclusions, also saying that it is “probably safe” if used topically and “possibly safe” when taken orally for a limited time. It doesn’t give aloe vera a rating of “effective” or “likely effective” for

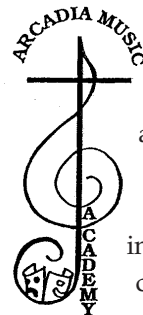
any condition. It is rated as “possibly effective” for some conditions such as acne, burns or psoriasis. Latex is possibly safe but likely unsafe if large doses are taken daily.

What conclusions should be derived from the research? First if the benefits promised in an ad sound too good to be true, they probably are. Although creams, lotions and gels containing aloe applied topically probably are not harmful, they should not be applied to deep cuts or severe burns. Talk to your doctor for advice before taking aloe vera orally as it can interact with other medications and/or adversely affect conditions such as heart disease, diabetes, kidney problems, or electrolyte imbalances. Future research may provide more definitive conclusions as to the safety and effectiveness of products containing aloe.

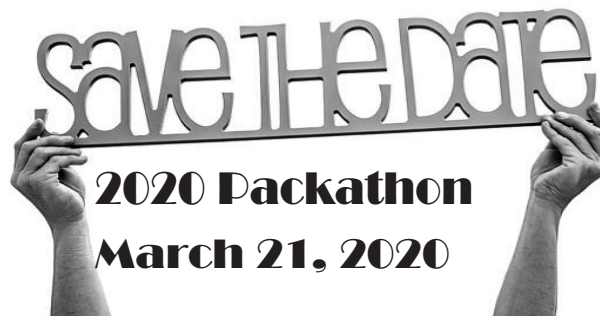
News of Members and Friends

DEATHS

July Arlene Rudel (former member)
Wally Voight (former member)
Norm Tucker (former custodian)



Arcadia Music Academy rosters for fall are filling up. Lessons are available for all ages for piano, violin, viola and guitar. For more information or to register, contact Maria or Keri at AMA@popphoenix.org



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHILL Youth Group- 9 am Worship- 9:30 am Coffee Fellowship- 10:45 am 1	LABOR DAY Church office, preschool, daycare, POPT closed 2	Preschool Book Fair Preschool Chapel- 9 am Library- 10 am Knitting Group- 1 pm Theology Pub- 7 pm 3	Preschool Book Fair Preschool Jam- 9 am Pastoar Rick's Open Office Hours- 1-3 pm 4	Preschool Book Fair Preschool Jam- 9 am 5	Preschool Book Fair Sew & Tie- 9 am 6	Quilters- 9 am Boy Scout Troop 6- 1 pm 7
<u>Rally Sunday</u> Choir Rehearsal- 8:30 am Youth Service Project at Grace Lutheran CHILL Youth Group- 9 am Worship/Milestone Ministry- 9:30 am Coffee Fellowship- 10:45 am Confirmation- 11 am Kid's Bells- 3 pm POP Adult Bells- 4 pm 8	Grant's Partners- 7 pm Boy Scout Troop #6- 7 pm 9	Preschool Chapel- 9 am Women's Bible Study- 9:30a am Library- 10 am Knitting Group- 1 pm 10	Preschool Jam- 9 am Bible Study- 9:30 am Elderberries at US Egg-11:30 am Early Release Lunch- 12:45 pm Pastoar Rick's Open Office Hours- 1-3 pm 11	Preschool Jam- 9 am 12	Sew & Tie- 9 am 13	Quilters- 9 am 14
CHILL Youth Group- 9 am Worship- 9:30 am (Milestone Ministry/5th grade Bibles) Sunday School- 9:45 am Coffee Fellowship- 10:45 am HS Youth Kick-off Party- 11 am Kid's Bells- 3 pm POP Adult Bells- 4 pm 15	October Newsletter Deadline Boy Scout Troop #6- 7 pm 16	Preschool Chapel- 9 am Mary & Martha- 9:30 am Library- 10 am Knitting Group- 1 pm Church Council- 5 pm 17	Preschool Jam- 9 am Bible Study- 9:30 am Pastoar Rick's Open Office Hours- 1-3 pm 18	Preschool Jam- 9 am 19	Sew & Tie- 9 am 20	Quilters- 9 am 21
Choir Rehearsal- 8:30 am CHILL Youth Group- 9 am Worship- 9:30 am (Milestone Ministry/5th grade Bibles) Sunday School- 9:45 am Coffee Fellowship- 10:45 am Kid's Bells- 3 pm POP Adult Bells- 4 pm 22	Boy Scout Troop #6- 7 pm 23	Preschool Chapel- 9 am Mary & Martha- 9:30 am Library- 10 am Knitting Group- 1 pm 24	Preschool Jam- 9 am Bible Study- 9:30 am Pastoar Rick's Open Office Hours- 1-3 pm 25	Preschool Jam- 9 am 26	Sew & Tie- 9 am 27	Quilters- 9 am Boy Scout Troop 6- 1 pm 28
CHILL Youth Group- 9 am Worship- 9:30 am (Milestone Ministry/5th grade Bibles) Sunday School- 9:45 am Coffee Fellowship- 10:45 am Kid's Bells- 3 pm POP Adult Bells- 4 pm 29	Boy Scout Troop #6- 7 pm Feed My Starving Children 30	<div style="border: 2px solid black; padding: 10px;"> <p>SEPTEMBER 2019 AA, nightly, 5:30-6:30 p.m., Arcadia Room 12 Survivors of Suicide, 2nd & 4th Wednesdays, 7-9 p.m. Room 1, AMA Pod</p> </div>				

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