



• **Grateful**

I wake up in the morning next to Anne, and I am grateful.  
I get up out of bed, and I am grateful.  
I wiggle my fingers and toes, and I am grateful.  
I watch the sun rise as I walk by Benderson Lake, and I am grateful.  
I text or FaceTime with one of our children, and I am grateful.  
I enjoy breakfast, and I am grateful.  
I talk and plan with one of my dedicated colleagues on staff, and I am grateful.  
I visit a church member in the hospital, and for the opportunity to connect,  
I am grateful.  
I lay down my head at night in a comfortable bed, and I am grateful.

You get the idea.

*At every turn, if you and I have eyes and ears, life has lots of ways of reminding us that all the earth is the Lord's and that every moment of our lives is a great gift from the God who creates and saves us. (Psalm 24:1)*

But far too many times . . .

I'm in a hurry.  
I overlook the blessing.  
I miss the gift.  
I worry about what comes next, instead of seeing and hearing right now.

This day, I pray that God will help us receive the gifts before us.  
This day, I pray that God will fill your heart and my heart with gratitude.  
This day, I pray that God will teach us to count our blessings.

This day, I pray that you and I may grow in grace and faith,  
to the glory of Jesus Christ.

Peace,

grateful for  
small things, big things  
and everything  
in between.



## • **Love Notes**

Dear First Presbyterian members,

I am unable to properly put into words my appreciation for how faithfully the church members kept up with and visited my mom, Betsy Bivin. It meant the world to her. She was always so delighted to get the calls and visits.

A special thank you to Cheryl Track for all she did for me as well and to Dr. Bell for being with us for her memorial service.

Margaret (Bivin) and Mark Coffin

Dear First Presbyterian family,

I want to express my sincere thanks for all your prayers and well wishes. I want to especially thank Glen Bell and Cheryl Track for their concerns.

Sincerely,  
Linda Hildebrandt

## • **Safety, Security, Emergency Preparedness and Response Ministry Team**

*by Stephen Wright, business affairs member and chairperson of SSEPR ministry team*

The safety, security, emergency preparedness and response ministry team was recently formed. The members of this team have all volunteered their time and energy to participate in this important work. The team members are Victor Garraus, Bonnie Geer, Bill Kealing, Rachel Martin, Scott McLeod, Neil Price, Cheryl Track and Steve Wright.

**The mission of this ministry team has been established as follows:**

Develop, implement and annually review and update an Emergency Operations Plan (EOP) for First Presbyterian Church. Further, this ministry team will facilitate emergency preparedness and training for the leaders of the church and key personnel associated with the operations and activities, worship services and other events held on the FPC campus.

To accomplish the mission set forth for this ministry team, close working relationships with law enforcement agencies, fire and emergency responders and other professional resources will be sought, cultivated and embraced.

The first in a series of training and informational meetings has been scheduled for **Wednesday, August 8**, in the fellowship hall at 6:00 p.m. The attendees will hear from local fire and emergency responders as well as local police personnel. Prior to the meeting, these professional resources will be touring the FPC campus with members of the safety and security ministry team to evaluate and discuss the safety, security and emergency preparedness requirements for the church campus. A report of these findings and other key elements on these important topics will be shared with the meeting participants. A question and answer period will follow the presentations.

A second training and informational meeting is planned for **Wednesday, September 12**, in the fellowship hall at 6:00 p.m. The focus of this session will be on dealing with medical emergencies, CPR training and the use of a defibrillator and tourniquet. The FPC faith community nurse, Cheryl Track will be leading these training exercises and demonstrations.

Following these first two programs, a comprehensive Emergency Operations Plan will be crafted by the safety and security ministry team members. The proposed plan will be reviewed by the business affairs committee and a final recommendation will be presented to the session of elders for approval and implementation.

While these programs are targeted for the leaders, ushers, greeters and staff at FPC, **all in the FPC congregation are encouraged to attend and actively participate.**

Having a well thought out plan for potential emergency situations is an imperative for our church. Having well trained people to implement the plan is equally important. Having a well informed, supportive congregation on such matters will help insure our success in achieving the goals of thoroughly and faithfully preparing and training for emergency situations.



August 2018

**Stage/Storage Area in the Fellowship Hall:**

Plans for the storage area and permanent stage have been submitted for permitting. There is a possibility that construction could begin this fall. However, it will most likely begin after the first of the year due to contractor scheduling and church programming.

**Letters from our mission partners:**



**Building a Better World,  
One House at a Time**  
"For every house is built by someone, but the builder of all things is God" Hebrews 3:4

Dear First Presbyterian Church,

We were delighted and thankful to receive your \$5,000 check for the balance from the Imagine the Future capital campaign. Our donations were not as high in 2017 or thus far in 2018, so the arrival of these funds was very timely and appreciated! God's timing is always perfect! The first \$20,000 (sent in 2016) enabled us to do one specific, very large and costly project that we otherwise would not have been able to undertake.

We at Fuller cannot adequately express our gratitude -- and the gratitude of those you have helped -- by your generosity and faith. Thank you for making our work possible.

In Christ,  
Cathie D. Meyer  
Secretary/Treasurer



Dear First Presbyterian Church,

Thank you for your donation of \$8,500 (the final payment of the \$25,000 from the Imagine the Future capital campaign). Because of you we are making a difference to so many in our farmworking community.

Summer is upon us. Most of the farming in our area has stopped for the season, but our community is as active as ever! All summer long the mission welcomes mission teams ready and willing to work to improve the quality of life for those in our community.

We are especially excited that our dental clinic will be opening in the next few months. Once open, the clinic will be the only source in our area to provide free dental care to income qualified uninsured adults.

First Presbyterian Church, summer is here, and your continued support is making a difference in the lives of those we serve!

Dios le bendiga,  
Kathleen (Kathy) Dain  
Executive Director



Dear First Presbyterian Church,

We would like to take this opportunity to thank you for your recent final pledge payment of \$8,500 from the Imagine the Future capital campaign. This gift has been applied toward your Cedarkirk's capital campaign pledge of \$25,000.

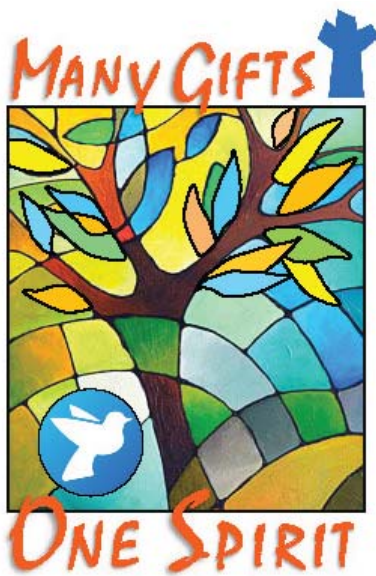
Your generosity enables us to move forward with plans to build a new dining hall and retreat cottage as well as make much needed renovations to Cedar Lodge. The design of our new facilities takes into account not only the comfort and care of our guests, but also provides greater accessibility to all God's children.

We are thrilled to think of all that will be possible for our guests, our staff, and our community. On behalf of all of us here at Cedarkirk, thank you again for believing in this ministry and caring deeply about its future.

Sincerely,  
Julie C. Poulin, CFRE  
Capital Campaign Director

Rev. John Reiter  
Executive Director





Gifts! It's wonderful to receive a gift and sometimes even more meaningful to give one. Stewardship is like that - something that can be received or given. A stewardship gift may be public or personal, spontaneous or well planned.

Just as it is important to give and receive gifts, we must also consider how we use the gifts we have been given. Do we fully appreciate that Jesus was sent by God for the salvation of the world? Do we know that we are saved by God's gift of grace, that we only need to accept it? Do we let the Holy Spirit guide us in understanding our gifts and how to use them? Do we unconditionally share our gifts with each other and with our church?

By sharing our gifts, we equip each other and the church to carry out the mission of Jesus. You can help the stewardship ministry team shape the 2019 stewardship campaign by telling about these:

- the gifts you have received
- the gifts you have shared
- the impact they have made in your life

The following questions are provided to help guide you. You may return your answers to the church office, by placing them in the offering plate on Sunday, or by emailing them to [info@firstpressarasota.org](mailto:info@firstpressarasota.org). Responses will be used anonymously.

What spiritual experiences and steps of faith have occurred for you at our church?

What are the most valuable ways you contribute to our church?

How has our church contributed to your life?

What makes our church unique?

Make three wishes for the future of our church.

*There are different kinds of gifts, but the same Spirit distributes them.*

- 1 Corinthians 12:4



## Regular Worship Schedule Starts Sunday, August 19

- Traditional Worship  
8:15 a.m. in the chapel
- New Song Contemporary  
Service - 9:00 a.m.  
in the fellowship hall
- Sunday School for all ages  
10:00 a.m.
- Traditional Worship  
11:00 a.m. in the sanctuary  
with choir

### • **Calling All Volunteers!**



*If you want to touch the past, touch a rock.  
If you want to touch the present, touch a rose.  
If you want to touch the future, touch a child's  
life.* - author unknown

The time is now! The need is ongoing! Invest in Children, is the mission initiative that links First Presbyterian Church with Sarasota's Brentwood Elementary School in an active partnership. We are seeking additional people to join the current team of volunteers for the upcoming school year.

Volunteer opportunities include assisting children with computer use, math, science in small groups, reading with the students, or simply being present to support the teachers in pre-K and kindergarten classrooms, through 5th grade. Teachers also need help with clerical tasks.

No special experience is necessary - just a love for children and the desire to help them flourish. Anyone with expertise in a specific area is also welcomed in all grade levels.

Giving of your time to this initiative is a rewarding experience. Just ask the volunteer team members who have participated at Brentwood in the past! Call Jinny or Ron Miller, who head up the committee, at (941) 924-9494 to answer any questions or to find out the details of how to join this great team!

**Don't forget to drop off your contributions of school supplies** for Brentwood staff and children whose family budgets are limited. The Invest in Children committee would like to take as many of the donated supplies as possible to the school before opening day. The date to receive supplies at the church is **Sunday, August 5**; although, for late shoppers, a dedication of school supplies will be observed on Children's Sabbath, Sunday, August 12.

A big thank-you to all who have already placed their donations in the containers at the church!



• **Pain Management Without Drugs**

written by Chip Schaaff, LMHC, member of Health and Wholeness Committee

“Pain is part of life.” “Pain is mandatory – suffering is optional.” How do you react to each of these statements? How about this statement: “The misuse of and addiction to opioids – including prescription pain relievers – is a serious national crisis...” [National Institute on Drug Abuse, March, 2018]. There is an overwhelming amount of data to back up this statement. Is there something we can do to more effectively manage our own pains?

This three-part series will examine the nature of pain and non-pharmaceutical ways of managing it. The International Association for the Study of Pain states that “pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage.” We know that pain can be acute, that is, short lived like a headache or a stubbed toe, or it can be chronic like arthritis, recurrent migraine headaches, or irritable bowel syndrome. There are countless other causes for pain. So, pain contains a sensory component and an emotional component.

Most people think of pain as resulting from physical injury or disease, but psychological factors play a huge role in pain perception... Pain is a warning sign but for such a sign to be useful, pain must influence human nature in a way that increases survival. Thus, pain must be intimately tied to brain function that governs behavior and decision making. This interaction between the pain message and the brain centers involved accounts for the powerful effect of a person’s state of mind or the severity of the pain he or she experiences. The pain message can be modulated with techniques which will be discussed in the second part of this column next month. Although medications do play an important role in pain management we can learn effective techniques which can have amazing power over our discomfort as well as our lives.

*LifeMindDirection.com*

• **Cowden Smith Library News**

*Hillbilly Elegy: A Memoir of a Family and Culture in Crisis* by J.D. Vance is on the New Books shelves of Cowden Smith Library. It is a memoir about the white working poor who suffer from drug addiction, poverty and hopelessness in Appalachia. The author loves these “hillbillies” and describes the factors that helped him move beyond this adverse childhood to Yale Law School and beyond.

Also on the shelves is *At Wit’s End: What You Need to Know When a Loved One is Diagnosed with Addiction and Mental Illness* by Jeff Jay and Jerry Boriskin. Hazelden Betty Ford Foundation classifies it as a must read for families seeking answers about a loved one’s co-occurring disorder. Real-life stories offer hope as people recover and families heal.

• **Salt Shakers**

A wonderful way for members and friends of First Presbyterian Church to get to know each other better is to “break bread” together. Groups of six to eight people (couples or singles) meet once a month from September-November/December. Each group can decide whether they want to have a potluck at a member’s home (each bring a dish), dine at a restaurant, have a picnic, or brunch. Be creative!

Complete the form below and put it in the offering plate or turn it in to the church office. The last day to sign up is Sunday, August 27.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

Please check:

- Willing to organize your group for the first dinner at a home or restaurant? (Everyone takes a turn.)



## • **New Member Bios**

*submitted by Mary Elle Hunter, membership committee*



**David and Mary Federico** joined First Presbyterian Church in June. Residents of the Sarasota-Bradenton area for several years, the couple recently celebrated their 13th wedding anniversary. Each of them has an adult child from a

former marriage.

Mary is a native Floridian, originally from Jacksonville. A job opportunity for her father in Pennsylvania prompted a family move to the northeast, where she was awarded a National Merit Scholarship she studied at Wake Forest University in Winston Salem, North Carolina and earned a B.A. degree in psychology.

An early childhood in California for David was interrupted by his father's accepting a teaching position at the U.S. Air Force Base in Ankara, Turkey. This move took his family to a completely different culture for three years. Returning to the States, he spent his high school years in Nashville, Tennessee and financed his college years by selling books door-to-door.

Both David and Mary had successful careers in the business world. His natural sales ability led to positions in multiple industries, and to his present position as CEO of OptiWell MD. He works with physicians nationwide introducing them to patient solutions and protocols. Mary, meanwhile, has had a long and productive career with BellSouth/AT&T in marketing.

Now Mary spends her days at the property management firm she owns and operates, focusing on vacation rentals here and in the Destin/Fort Walton Beach area. In his leisure time, David, an avid cyclist, can be seen riding around Sarasota on his red Trek bike.

After visiting other area churches, the message received from the sermons at First Presbyterian really resonated with David and Mary. The warm, friendly treatment from the congregation and staff was welcoming, and they are looking forward to being a part of their new church home!

**Gregory and Heidi Knudsen** are among the newest members to join First Presbyterian Church. They have lived in Sarasota since 2001, having met here. Greg is a Minnesotan, while Heidi is originally from western Pennsylvania. They have three children - **Bode-7**, **Ben-6** and **Sloane-3**.

A former trumpet player with the Sarasota Orchestra for sixteen years, Greg is now a software engineer with a local company. Heidi attended the University of Pittsburgh where her majors were in psychology and women's studies.

Now a stay-at-home mom, Heidi has had several fascinating careers: running one of her family's restaurants, being a sales rep for Sysco, and a flight attendant for five years, and working at Sarasota's TV station - ABC 7, and for a local plastic surgeon.

When Greg has time, one of his leisure activities finds him on the golf course. Heidi says she used to read a lot, and they both like to travel. However, since two of their children have special needs, they stay pretty busy helping them to be their best selves.

Sloane currently attends First Presbyterian preschool, and Ben attended one year, which got the Knudsen family interested in the church. They believe the culture of inclusiveness is very evident, and that is very important to them as a family.

They have found the congregation to have such a warm, welcoming feel, and they have decided "this is home."

**Marilee Young**, a former member of First Presbyterian Church, is welcomed back with the group which joined the membership in June. A native Floridian who was born in Bradenton, she was a resident for many years in Sarasota, and was active in church activities while growing up.

After her marriage, Marilee and her husband also lived in North Carolina, Georgia and Ohio, before returning to Sarasota. Her early experiences in Sarasota at the downtown branch of the YMCA became a thirty-year occupation

cont. page 8

• **New Member Bios** (cont. from page 7)

with the organization, from which she recently retired.

Marilee has two sons and a grandson. One of her sons lives locally, and the other one is a resident of suburban Atlanta. Her grandson is living and working in Orlando.

With so many positive memories of the church where she spent a major part of her life, Marilee feels fortunate to reaffirm her close ties with First Presbyterian Church.

• **American Heart CPR Class**

Learn to save a life or refresh your skills and renew your card. The class cost is \$25. However, the fee may be higher for a healthcare provider. You will receive a two-year CPR certificate. Join us **Tuesday, August 21**, from 12:30-2:30 p.m. or 6:00-8:00 p.m. in the fellowship hall. Call the church office to register, (941) 955-8119.



• **Presbyterian Women**

Bring your Christmas spirit to PW Lite on **Tuesday, August 14** at 10:30 a.m. in the fellowship hall.

Marilyn Tschirgi and Colleen Forristall will provide supplies to make greeting cards. All women of the church are invited to join us. No special talents are required; just come and have fun.

Please join us as we recognize and celebrate the  
thirty-year anniversary of the ordination of the

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**Rev. Glen Bell**

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**Sunday, August 26, 2018**  
**First Presbyterian Church**

**8:15 a.m. Traditional - Chapel**  
**9:00 a.m. Contemporary - Fellowship Hall**  
**11:00 a.m. Traditional - Sanctuary**

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**Reception at 10:00 a.m.**

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**Personal greetings may be sent to Glen at**  
**First Presbyterian Church**  
**2050 Oak Street**  
**Sarasota, FL 34237**

**If you choose, gifts may be made in honor of Rev. Glen Bell to**  
**The Presbyterian Outlook Magazine or**  
**Louisville Presbyterian Theological Seminary**



• **Birthdays**

1	Amy Davis	13	Emmy Schmidt	Jessica Wright
	Tiffany Campbell		Caroline Kennedy	Barbara Shepherd
2	Bruce Lindell, Jr		Neal Price	Chrissy Catlin
	Marcia Kleinschmidt		Yajaira Adumuah	Anderson Angel
	Dana Gaddis		Sue Spigel	24 Kai Bohl
	Bill Conroy	14	Tom Allen	Linda Harrison
3	Brian Track		Tina Jiva	25 Greg Hawkins
	Nancy Elswick		Mo Aubry	Margaret Cass
4	Patricia Akal		Heather Buinicki	Brian Holmes
	McLain Miller		Charles Winship	26 Maddy Boehm
	June Raskin	15	Susie Smith	Rogers Moore
	Molly Nurczyk		Maryann Wells-Bowman	Eric Tingstrom
5	Bob Messick		Elizabeth Blitz	27 Tony Strong, IV
	Linda Wishart	16	Elaine Barnett	28 Carla Harding
	Mark Johnson		Marti Clapp	Billy West
	Marilyn Tschirgi		Maggie Courter	Charlotte Harrington
6	Dawn Blomgren	18	Jim Turner	29 Sue Benjamin
	Rose Cardinal		Beverly Eckert	Karen Gremlí
	Tish Goodale		Turner Allen	30 Barbara Anderson
	Olami Sanchez	19	Rich Paul	Garrett Heburn
7	Bobbie Dean	20	Michael Brown	Patrick Monahan
	Bruce Maxian		Sarah Van Nostrand	James Griffith
	Joey DeLuca		Rich McGuire	31 Henry Mills
8	Velma Yost		Daniel Morris	Jane Friday
	Anne Whiteside	21	Lilly Herrli	William Morgan
	Mary Radcliffe		Judith Hart	Verna Dederer
	Mary Federico		Kitty Werner	
9	C. Manly Molpus		Toni Westerfield	
	Bill Kealing	22	David Delaney	
	Kathy Messick		Linda Hildebrandt	
11	Molly Hudson		Vicky Urban	
	Sebastian Contreras		Phil Humphreys	
12	Clara Ordonez	23	Joan DePlonty	

• **Anniversaries**

1	Steve & Patty Largo	18	Tim & Cindy Hallinan
2	Scott & Janice McLeod		Jerry & Pat Feeney
3	Marvin & Mary Ellen Miller	20	Larry & Marcia Schaper
4	Ron & Kelly Saba, Jr.		Andy & Barbara Anderson
	Sean & Christine Harrington		Dick & Marti Clapp
5	Sam & Muffie Ochi	22	Kent & Joanne Simons
6	Rod & Judy Rhoades	23	John & Valerie Schaub, III
7	Bob & Carol Brightman	24	Bob & Emilie Kimbrough
	Scott & Julie Griffith		John & Betsy Cairns
8	Berry & Lynne Catlin		Al & Barbara Zappala
	Ken & Karen Putt		Abbey Tyrna & Matthew Leshko
9	Joey & Thyra Schwab	25	Greg & Rhonda Hawkins
	Steven & Donna Phillips		Floyd & Janet Churn
11	Dick & Kay Steinman	26	Gunther & Linda Lahm
	Lorenzo & Carrie Mills	27	Bob & Michelle Messick
	Bob & Patti Wrobel		Dave & Francesca Muir
12	Jean & Yvonne Dumas	28	Ken & Marsha Fischl
15	Demetri & Raynette Lignos		Bruce & Melinda Marsh
16	Tom & Barbara Hostetler	29	Ted & Mary Jo Kline
		31	Tony & Mary Williams



**Blessings from  
your church family**

**Cross Connections** is a monthly publication of First Presbyterian Church of Sarasota, Florida, Volume 36 Issue #8. Please submit articles for the next issue by August 15, 2018. Articles submitted are proofed and edited.



## Cross Connections

First Presbyterian Church  
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**The Stephen Ministry logo** symbolizes that we all are broken people, and that it is through Jesus that we are made whole. Stephen Ministers are care givers while God is the cure giver.

Stephen Ministry is *Your* ministry. You play an important role.  
Here's what you can do:

**Pray** for God to bring hope and healing to hurting people through our Stephen Ministry.

**Accept** care from a Stephen Minister during your time of need.

God doesn't expect you to bear your burdens alone.

**Tell a friend**, neighbor, coworker, or relative who is hurting about our Stephen Ministry.

If you would like a Stephen Minister to call on you, please contact the church office (941-955-8119) to speak with Pastor Glen Bell (x108), Pastor Kelly Fitzgerald (x106) or Stephen Ministry Leader Steven Phillips (x124).

If you would like to learn more about the Stephen Ministry program at First Presbyterian Church, go to [firstpressarasota.org](http://firstpressarasota.org) and find our "Stephen Ministry" category in the linear menu. Click on it to learn about this important confidential, one-on-one ministry that is available to you.