



• ***Congratulations to Cheryl Track!***

One of the greatest strengths of our congregation is the ministry of Cheryl Track, our faith community nurse. Cheryl is deeply devoted to caring for all of us. Each week finds her in our homes, at our bedside in the hospital - or checking up with us over the phone. She is an integral member of our care team, along with Steven Phillips, our director of music ministries and congregational care; Kelly Fitzgerald, our associate pastor for family ministry; Floyd Churn, our parish associate; and me.

Recently she was board certified in faith community nursing, which is quite an achievement. Please surround her with your affirmation and thanks. Cheryl writes,

*Talk to anyone who knows me, and they will tell you I love nursing! Being a dedicated ICU nurse since 1988, I received board certification in Critical Care in 1994, wanting to show my employer and my patients my commitment to delivering excellence of care, going the extra mile.*

*Faith Community Nursing has come a long way since I took the vigorous week-long foundations class to become a FCN ten years ago. American Nurses Credentialing Center, ANCC, announced in 2014 that faith community nursing was a specialty practice. This was big news, elevating the level of credibility of the profession. I knew I wanted to achieve excellence in the profession I love serving at First Presbyterian Church, so last November I started the process of board certification for faith community nursing through online portfolio application, articulating my performance of practice in Professional Development, Professional and Ethical Nursing Practice, Teamwork and Collaboration, and Quality and Safety. The most difficult part of this process was articulating this in 1,250 words or less!*

*A few weeks ago, I received an email that I had passed the certification process! Going through this process has sparked new interests in doing some writing, working on future presentations and contributing to research in faith community nursing.*

*As a lifelong learner, I encourage you to go the extra mile in whatever it is you love doing!*

*God doesn't call the qualified, God qualifies the called. -Unknown*

I am grateful to serve each week alongside committed leaders at First Presbyterian Church - our elders, deacons, staff and so many others. Thank you for all you do to serve the Lord and reach one more person for Jesus!

Peace,

Cheryl Track

### • **Please Take the SCOPE Survey**

SCOPE's mission is to connect and inspire citizens of Sarasota to create a better community. By collecting and analyzing data, they provide reports to nonprofits to improve their effectiveness. *SCOPE has launched the needs assessment surveys for adults and teenagers in Sarasota County as part of the Sarasota County Community Plan for Children and Youth. Data that they gather from the survey will be used to help determine priorities, goals, recommendations, and strategies for the youth plan.* You can find out more about the plan on their website: <http://www.scopesarasota.org/sarasotacyp/>

We would greatly appreciate if you could take the survey and share it with your friends and family.

TEENSURVEY: <https://www.surveymonkey.com/r/sarasotateens>

ADULT SURVEY (ages 19 and over): <https://www.surveymonkey.com/r/sarasotaadults>

### • **College/Continuing Education/ Technical School Scholarships 2017-18**

Scholarship money is available for the upcoming school year. Interested students and families should pick up an application from the church office and return it by July 15. Transcripts, including those from the spring 2017 semester, should be included or forwarded as soon as they are available. Returning applicants need only to update their grades and contact information. All college and technical school students are encouraged to apply.



### • **Capital Campaign Update - July 2017**



Our first worship service in our renovated sanctuary was absolutely glorious! The processional was inspirational, the music was powerful and the dedication of the sanctuary gifts - baptismal font, communion table, pulpit, lectern, organ and cross - was poignant. It will be a day that will remain in our hearts for a long time. A special edition of *First in Focus* (a church email publication) captures the day with photographs. If you are currently not receiving *First in Focus*, and wish to do so, please contact the church office.

As the finishing touches and punch list items continue in the sanctuary, demolition/construction has begun to the entrance of the administration building. This next phase of work includes a new exterior ramp and walkway, a new gate and exterior doors, replacing the interior stairs as well as new flooring and renovating the reception area of the office. This will greatly improve access, safety and visibility in these areas in addition to beautifying the existing spaces. We hope to complete with this phase of the work in August. Access to the office area and the second floor through the main doors will be limited from time to time due to the construction. Signs will be posted with directions on how to safely enter and exit the building. During this period there may be times the church office maybe closed or hours abbreviated.

Continued page 3



June 4, 2017, what a glorious day!



Office and stairwell demolition with guest worker, Glen Bell!



## • **School Bells Will Be Ringing Soon**



Yes, even though it may be vacation time for children, it's hard for some adults in the middle of a Sarasota summer to consider that school will start for 2017-2018 on August 14. Which means that now is the time to start gathering school supplies for those whose family budgets are limited.

*We are seeking donations for the children of Brentwood Elementary School, which has been the site of our mission project at First Presbyterian Church during the last year.* The assistant principal of Brentwood suggests, in addition to typical items such as backpacks, pens, pencils, notebooks and paper, these items are especially needed:

- flash drives
- glue sticks
- zip-lock baggies
- tissues
- headphones for computers

Anytime during July, drop off your contributions in the distinctive containers in the narthex of the sanctuary, the fellowship hall entryway, or the church office. Monetary contributions are also welcome and can be put in the Sunday morning offering marked "Brentwood School Supplies." The steering committee will be glad to do your shopping for you.

The official closing date for the Brentwood school supply campaign is Monday, August 7, in order to have the majority of the supplies delivered to Brentwood before the opening of school on August 14. However, for last-minute shoppers, contributions will be accepted until Sunday, August 13 when the church service will include a special blessing for students, teachers and educators, and for the donations of school supplies.

One last reminder: A tax-free shopping day for school supplies is August 5. However, it's a good idea to check what is and isn't eligible for tax-free purchases by consulting the lists available online or at Staples, Office Max or other retailers.

## • **Salt Shakers**



Salt Shakers provides an opportunity to share a meal with six church members or friends (couples or singles). Members and friends enjoy getting together and what better way is there than "breaking bread" with each other?

We applaud Barbara Anderson and Marti Clapp who have organized Salt Shakers for many years and are now stepping down. Thanks, Barb and Marti, for the great job in providing the quality ingredients needed to help arrange our Salt Shaker gatherings.

Sign-up for the fall Salt Shakers that begins in August, complete the form and drop it in the offering plate or turn it in to the church office.

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

Please check:

I am willing to host the first potluck and organize a date with your group.

I am willing to host a following potluck.



To donate online, go to [www.firstpressarasota.org](http://www.firstpressarasota.org) and click on the "Online Giving" button on our home page.

You will designate the amount and select a fund and an optional memo. For instance, if you want to make a payment towards your pledge, you would select General Fund. You then will enter your email address and press "Continue." You will be asked if you would like to create an account or continue as a guest. If you are a member, you might want to create an account so you can set up a recurring contribution or view your contributions.

If you have selected to continue as a guest, select your checking account, savings account, debit card, or credit card (Visa, Master Card, or Discover), then enter the pertinent information, and press "Give." You will receive an email for your receipt.

If you created your own account, follow these five steps:

- 1 - The gift amount and fund will be displayed.
- 2 - Enter how often you want to give.
- 3 - Select a payment method.
- 4 - Review and process your gift.
- 5 - View and print your receipt.

Each step must be performed to complete the online giving process.

If you have any questions, call Lisa Garcia 955-8119 ext 101.



## • **Presbyterian Women Activities**

On **Tuesday, July 11**, we will have a luncheon at 11:30 a.m. at Sunnyside Village Retirement Community Building hosted by Jo-An Keep. We will be in the Chart Room and we will be ordering off the menu. Lunch is \$8 and payable to Jo-An in cash on the day of the luncheon. Reservations must be received at the church office no later than July 5.

### **SAVE THE DATES:**

On, **Tuesday, August 8**, 10:30 a.m. we will be crafting by making greeting cards hosted by Colleen Forristall. Materials will be provided to make the cards. Come join the fun!

On **September 12**, at 9:30 a.m. there will be a coordinating team (CT) meeting and at 10:30 a.m. there will be the women's Bible study.

On **Wednesday, September 13**, at 11:30 a.m. the PW Luncheon will be hosted by the Mary Martha Circle. All women are welcome.

For more information on any of these events, please call co-moderators Pamela Lamb (941-727-2685) or Flossie Paul (941-536-0974).



Christ caring for people through people.

**SOMETIMES  
LIFE CAN BE A  
STRUGGLE**

***Loneliness...Loss...Divorce...Illness***

***Spiritual Emptiness...Depression***

**STEPHEN MINISTERS ARE HERE TO HELP**

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) or Stephen Ministry Leader Steven Phillips (x124). Visit our link on the church website: <http://www.firstpressarasota.org/stephenministry.html>.



## • **Protect Yourself From Melanoma**

*submitted by Cheryl Track,  
Faith Community Nurse, RN.*

When you are a young adult, ages 25-29, and starting your career path and loving each day, hopefully you are applying sunscreen every day too! You are likely not aware that melanoma is the most common cancer for your age group and most frequently occurs on the back of the legs.

When you are 50 years old and planning for the future, you need to be responsibly addressing the age appropriate cancer screenings. Melanoma in men, is having an increased mortality rate and over the age of 50, 1 in 33 men vs. 1 in 52 women, develop this cancer.

Comprehension of these statistics reinforces the need for patient engagement in primary prevention like avoiding midday sun, applying SPF 30-45 physical sunscreen, wearing UPF clothing and seeking shade. On average, one person dies from melanoma every hour.

Melanomas arise from unregulated melanocytes, cells that produce melanin or pigment. The function of melanocytes is to protect our cells from UV damage by producing greater levels of pigment that absorb UVB. The cells reside in the lower layer of the skin and the dispersal of melanin occurs throughout the layers of skin.

Risk factors for melanoma are long-term UV exposure, residing close to the equator or at high altitudes, fair complexion, history of more than one blistering sun burn and a family member with melanoma. When detected early, melanoma is highly treatable. If diagnosed and removed prior to spreading to the lymph nodes, there is a 5-year survival rate of 98%.

This month's focus is on getting a skin exam, scanning for new or changing moles and practicing sun-smart behavior.

Taken from: [www.DOCSofSarasota.com](http://www.DOCSofSarasota.com)

## • **Everyone Needs a Summer Challenge!**

Help the SunCoast Blood Bank meet its needed supply this summer while helping First Presbyterian reach its goal of recruiting the most blood donors!

Please ask your friends and co-workers to donate blood and vote for First Presbyterian today through Saturday, July 22, by calling 866-972-5663, or going to [scbb.org](http://scbb.org) to schedule online appointments. Platelet donors, call 855-977-5283.

If you donate blood by Saturday, July 22, you will be eligible to donate and vote again at the SunCoast Blood Drive held at **First Presbyterian Sunday, September 17**, making yourself eligible to win a one-week cruise for two! The last day to donate blood and vote will be Saturday, September 30. You may also donate at bloodmobile locations around town. Just ask for a voting card wherever you donate, fill it out, vote for First Presbyterian Church and hand it back to the SunCoast staff. Each time you donate blood or platelets, you are eligible to vote! Voting must be done at the time of donation. For any questions, contact Cheryl Track, RN, faith community nurse (941) 320-3828.



## • **Meditation Website of the Month**

The spiritual formation ministry team has been viewing internet websites that help us contemplate the Sacred Presence of the Spirit. These sites offer moments of quiet and prayer, sometimes with music, sometimes with scripture, sometimes with directed prayer. Many of these sites send a daily meditation to your email “inbox.” Most take only 10 to 15 minutes of time. They can be downloaded onto your phone, tablet, laptop or desktop so you can access them from multiple locations. Take a few minutes each month and explore – wander around and sample what the website has to offer you. Can this site enhance your spiritual journey and enrich your prayer life? Hopefully, you will find one that is comfortable for you. If you are presently utilizing a site for the enrichment of your spiritual life, please share it with the ministry team so we can consider passing it on to Ellen Forbes, co-moderator at [forbesej@comcast.net](mailto:forbesej@comcast.net).

### **Meditation Website for July**

*The Upper Room* is a global ministry dedicated to supporting the spiritual formation of Christians seeking to know and experience God more fully. You are probably familiar with their monthly devotional booklet that has been published for many years. Now you can access their daily entries from their website and have a meditation sent directly to a phone or a laptop.

Go to the site [daily.upperroom.org](http://daily.upperroom.org). Click on the “About” option on the menu bar at the top of the page. Then explore the “How to Use Daily Reflections.” In addition to the daily reflection, there is an opportunity to practice Lectio Divina or join in prayer with other Christians. Explore and see if this site suits you and subscribe to receive the daily reflections.

[daily.upperroom.org](http://daily.upperroom.org)



## • **Think On These Things**

I heard the voice of Jesus say, “*Come unto me and rest; Lay down, thou weary one, lay down thy head upon my breast.*” I came to Jesus as I was, weary and worn and sad; I found in him a resting place, and he has made me glad.

I heard the voice of Jesus say, “*Behold, I freely give the living water, thirsty one, stoop down, and drink, and live.*” I came to Jesus, and I drank of that life-giving stream; my thirst was quenched, my soul revived, till travelling days are done.

I hear the voice of Jesus say, “*I am the dark world’s light. Look unto me, thy morn shall rise, and all thy day be bright.*” I looked to Jesus, and I found in him my star, my sun; and in that light of life I’ll walk, till travelling days are done.

Hymn written by Horatius Bonar (1846)  
(from the Presbyterian Hymnbook, 1955)





## • **Sarasota County Adopts Date for New Housing Rules**

The Sarasota County Commission unanimously agreed at its Tuesday, May 23, 2017 meeting that by September 1, 2017 the county wants regulations that favor more affordable housing. Among the many SURE members who attended the meeting, nine members were designated to speak. From First Presbyterian Church, SURE network member and Family Promise Coordinator, Barbara Chase gave a heartfelt testimony.



Barbara thanked the commissioners for the time to speak. As a Sarasota resident and tenant since 1978, she related she has seen rates quadruple in recent years and there is a crucial need for affordable housing. She went on to say,

*As coordinator for Family Promise at First Presbyterian Church, I know how hard these families work in order to transition back into their own homes. How it breaks my heart to think these kids don't have a place to come home to—to do their homework, a place to call home, a bed to sleep in. How it worries me to think that once they get back into a place, will they be able to continue to afford it? Or, will rates be raised once again to unaffordable amounts?*

County and city government leaders, developers and nonprofits continue to craft

ways to work together to promote housing that is affordable to workers making the average area wage, which according to a new report on affordable housing completed this week, is in the low \$40,000 range or less. The commissioners agreed county staff should start work on their specific proposals to meet the September 1 deadline.

In the Wednesday, May 24, 2017 *Herald Tribune*, Zach Murdock wrote the article concerning affordable housing. He ended the article by stating affordable housing is the focus this year of Sarasota United for Responsibility and Equity, SURE, an interfaith coalition of local congregations that throws its extensive community support behind policy issues to demand changes. Last year the group successfully pushed for increased use of civil citations instead of arrests for minors for first-time misdemeanors.

As Sarasota United for Responsibility and Equity, we continue to work on justice issues concerning our community. If you would like to learn more, and/or become a SURE member, please contact Dorothy Murphy, (941) 485-3518.

*Carry each other's burdens, and in this way you will fulfill the law of Christ.*

- Galatians 6:2

• **Birthdays**

2	Kathy Herron Dick Clapp Hal Serrie	13	Vicki Wacksman Bonnie Geer Hope Meyer Hilda Gaeta	26	Paula Camastro Mike Groninger Harris Hudson
3	Branden Bailly Jordan Cook Ethan Alsum Kade Dean	14	Georgia Cotter	28	Scott Carter Todd Williams Mary Webb Mike Swick
5	Dorothy Mullen Ellen Millar Raynette Lignos	15	Katy Sabin Bob Johnson Shawn Icely	29	Lynn Matthews
6	Merv Altman Peggy Messick Zach Martin Tricia Lewis	16	Jack Young Liam Brelsford	30	Jack Hutchens, Jr. Elena Bretoi
7	Olivia Wright Nancy Rodriguez Tom Hostetler Janet Churn	17	Robyn Collins Alan Nelson		
8	Tara Track Muffie Ochi	18	Kim Becking		
9	Nancy Wilkinson Michael Taaffe Kyle Mendenhall	19	Alma Fleck Jean Martin Al Zappala Sam Ochi Bill Rice		
10	Ann Moore Lauren Reasoner Glen Bell	20	Danielle Hall Allison Mendenhall		
11	Quigg Warnecke Liza Strong Billy Douglas, III Kyle Hubert	21	Paige Houglan Julianne Romanenko Maureen Jones		
12	Betsy Marshall Roger Cady	22	Andy Anderson Eddie Burgess Anne Bell		
		23	Alex Romanenko		
		25	Patricia Martin Harriet Frye Jayden Adumuah Andrew Strong		



**Blessings from  
your church family**

**Anniversaries**

1	Jack & Susan McDonald	15	Rich & Irene Dulaney, Jr
5	Doc & Sue Benjamin Ryan & Lydia Chapdelain	16	Ward & Anita Brass
6	Tom & Judy Melly Rich & Flossie Paul	19	Drew & Maryann Stuart
7	Bill & Peggy Strutton Thom & Verna Dederer	25	Jeff & Ellen Steinwachs
9	Charles & Ann Proctor Jorge & Clara Ordonez	26	Bruce & Trina Lindell, Jr
10	Jay & Candy Swick	27	David & Debbie Delaney
11	Jack & Sue Simpson		Jimi & Paula Camastro
13	Don & Ann Opdycke	29	Ron & Jackie Wright
14	Patrick & Heather O'Neill		Dick & Mo Aubry
		30	David & Andrea Householder Phil & Jeannette Hohmann

**Cross Connections** is a monthly publication of First Presbyterian Church of Sarasota, Florida, Volume 35 Issue #7. Please submit articles for the next issue by July 15, 2017.



## **Cross Connections**

First Presbyterian Church  
2050 Oak Street  
Sarasota, FL 34237-7093

(941) 955-8119

[www.FirstPresSarasota.org](http://www.FirstPresSarasota.org)

Non-Profit  
Organization  
U.S. Postage  
Paid  
Permit No. 757  
Manasota, FL

*Return Service Requested*