



• ***A Welcome Future***

I have just returned from Montreat, where I was one of the leaders of Trent@Montreat April 16-19. Trent is a conference for pastors in their first few years of ministry. Several dozen new pastors learned helpful ways to deal with some of the most challenging aspects of ministry, both theological and practical.

This year there were tracks on preaching, Christian education, church staff, strategic planning, youth ministry, and solo pastoring. I led one of the tracks.

I had the chance to spend a lot of time with fifteen recently-ordained pastors, serving from Michigan to Texas to Florida. Here's what I learned: The future of our church is in good hands. These pastors were creative and committed, with many of them already demonstrating great tenacity and persistence.

This morning I received a note from one of the participants. She writes, "This week at Trent has been proof of God's love. I am coming away with much more than I ever anticipated could be possible - on every level: academic, professional, spiritual. I am beyond grateful for all the gifts of the leaders - teaching, affirming, sharing. Thank you doesn't seem nearly satisfying enough or deep enough or genuine enough - but thank you."

My Montreat time reaffirmed how valuable the Pastor Development Seminar is for gifted young Presbyterian pastors. We are looking forward to our sixth group of pastors in 2018.

I am grateful to each of you who participates in, prays for, and offers your gifts to support our Pastoral Development Seminars. We have another group of six young pastors coming in October and February. Thank YOU for your servant leadership!

Peace,



SUMMER IS COMING
AND SO IS OUR SUMMER
WORSHIP SCHEDULE

This will be our schedule for worship from Sunday, May 27 through August 12:

New Song Contemporary Worship
9:00 a.m. Fellowship Hall

Traditional Worship
11:00 a.m. Sanctuary

We look forward to seeing you at one of these services!

• **Love Notes**



The First Presbyterian Church Family,

It was such a great treat for Ann and me to read the thoughtful and uplifting messages you shared on the beautiful “We Care” poster that Bill Conroy kindly brought to us following the recent Sunday services.

My recovery from hip replacement surgery is proceeding satisfactorily. Your thoughts, prayers, and love have been so helpful and uplifting. We are very fortunate to be part of such a wonderful family!

Our Love,
Steve & Ann Wright

I have been blessed in so many ways, and the most recent example came when I was able to borrow a recliner from Bev Eckert. I found out about the recliner from Cheryl Track, our faith community nurse. We arranged for a local mover to bring the recliner to our home. I have been sleeping in it ever since and I have enjoyed a good night’s sleep. Tomorrow, April 3, I will have an epidural in my lower back area and depending on the success rate of that injection, I will have a second epidural in two weeks. I needed that type of encouragement as today, April 2, I was told by my eye doctor that I have a hole in my macula which must be repaired. I had an open macula operation 11 years ago when we lived in Ohio and it was successful so I am confident this procedure on my other eye will be fine.

I am so thankful for Bev Eckert and Cheryl Track for telling us about the recliner. I am also thankful for Pastor Glen’s prayers and for Pastor Floyd Churn’s visit to our home where he could see the handsome recliner. Like all gifts, I will treasure the use of the recliner, but it is a gift to be repaid and by that I mean that the recliner is really on loan to me, and that it will be used by other First Presbyterian members when I no longer need a recliner.

Blessings and gratitude,
Leif Jacobsen

Bravo! Our wonderful music department did an outstanding job Holy Week culminating with an Easter masterpiece service! A special thanks goes to our volunteer choir. Your efforts

are greatly appreciated with the demands of Holy Week, the countless hours rehearsing and showing up Thursday, Friday and the entire Easter morning.

Bill & Jean Fulton

Dear FPC Family,

Thank you very much for the beautiful “We Care” poster and the thoughtful messages on it. I have it hung prominently in my apartment where I look at it every day and smile. I miss all my FPC friends and look forward to returning to my Tuesday afternoon “job” in the office as soon as I am able.

Much love,
Bonni Arbuckle

Dear Church Members,

Thank you for the beautiful “We Care” poster and the expressions of hope and encouragement. Dee and I feel so blessed and fortunate to be a part of the First Presbyterian Church family.

Sincerely,
Charlie & Dee Stottlemeyer

Dear Knitters of the Prayer Shawl Ministry,

What a lovely surprise - your shawl and message is inspirational and comforting.

Thank you,
Carmen Pedicini

Thank-you for the support and prayers from my church family during my recent illness. A special thanks goes to Glen Bell, Cheryl Track, Floyd Churn and Rachel Martin along with the “Lunch Bunch!”

Sincerely,
Vicky Urban

• **Pentecost Sunday - May 20**

At our 8:15, 9:00 and 11:00 a.m. services we will rejoice and give thanks for our church growth in the past year. Wear red and join the celebration of the Holy Spirit at work among us!

You are also invited to a 10:00 a.m. **church-wide potluck brunch** in the fellowship hall in honor of our new members.



Three years ago, the capital campaign task force began working to identify the goals of the *Imagine the Future* campaign and one of the goals was to support local and worldwide mission projects. As the list of mission partners was developed, we wanted to include a ministry with children in the Sarasota area but had not identified one at that time. We are pleased to report that two local children's mission partners have now been identified: Brothers and Sisters Doing the Right Thing and Brentwood Elementary.

Brothers and Sisters Doing the Right Thing

Brothers and Sisters Doing the Right Thing is a small afterschool program that provides tutorial and mentoring services to elementary, middle and high school students. Services are provided four hours a day by one to two volunteers at the Robert Taylor Community Center. There is also an academic summer camp program offered. Currently, there are 35 students enrolled in the program - mostly middle school students from Booker Middle, Brookside Middle and Sarasota School for the Arts and Sciences. Services are coordinated with parents and teachers from the student's school.

The program charges the family a small monthly fee and receives some funding from the Sarasota Community Foundation Giving Challenge, but it is mostly dependent on churches for funds to cover costs for transporting the students, school supplies and snacks. Our gift of \$3,000 will strengthen the efforts of this program and impact the children and youth served.

Brentwood Elementary School

First Presbyterian and Brentwood Elementary have been building a strong relationship over the past two years with volunteers helping in classrooms and tutoring students on a weekly

basis. Through this relationship, we have learned of several needs that have been identified.

Brentwood is currently under construction for a new cafetorium and renovation of their media center. The school was built in 1954 and is very much in need of these improvements. The Sarasota County School Board is providing the funds for the construction/renovation of the structures, but new furnishings are not included.

Our gift of \$22,000 will benefit the school in three ways:

- A reading area in the media center with new furniture will be created. The new furniture that is kid-friendly, colorful and comfortable will attract students and visitors to the media center. It is desired to have the media center become a "destination" place.
- There will be a volunteer center within the media center. The student tutorial process will be improved by providing a place for materials to be kept and a space for the volunteers to gather and share experiences. A central location will allow the volunteers to more efficiently collect the books, practice pages, manipulatives, etc. needed to work with the students.
- Outside courtyard seating will be provided. The school offers many social and medical programs to its 694 students and their families. Brentwood receives Title 1 funding for 74% of their diverse student body. Outdoor seating for the courtyard between the cafetorium and the media center will significantly impact the students by creating an area to attract families and increase their involvement in programs and events held during the day, evenings, and on weekends. The courtyard connecting the new cafetorium and renovated media center will serve as a hub for families and visitors. Volunteers will also be able to use the outdoor seating to work with students.



• **Invest In Children**
Sarasota County School System
Honors First Presbyterian



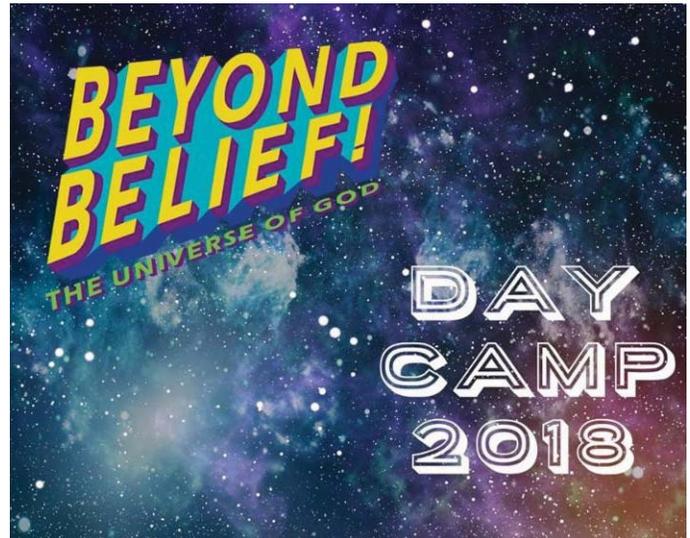
At an impressive recognition celebration held on Tuesday, April 10, awards were presented to outstanding volunteers and business partners for their participation in the Sarasota county school system's volunteer and partnership program. Among those receiving awards at the celebration were members of First Presbyterian Church.

Diane Bittner, who is active with her husband, Bob, in FPC's *Invest in Children* program at Brentwood Elementary School, was named Senior Volunteer of the Year for her work with the art teacher at the school. The Bittners, members of First Presbyterian for nine years, began volunteering at Brentwood last year, and have found it more rewarding than they could have imagined. They encourage others to join them and experience the joy they have received.

Joanne Simons, who serves as an elder at First Presbyterian, was also named Senior Volunteer of the Year at Gocio Elementary School. She has volunteered in the school's media center for more than four years, and spends every Monday morning suggesting favorites to students, cataloging new books and repairing worn books. She calls her volunteer time there the most worthwhile time of her week, and a great opportunity to be a part of a community of young, enthusiastic readers.

Jessica Armstrong, a deacon at First Presbyterian, and her husband, George, were honored as Outstanding Business Partners at Bay Haven School of Basic Plus. The couple are the owners of The Rosemary restaurant in downtown Sarasota.

Congratulations for representing First Presbyterian's continuing mission of commitment to public education!



July 30 - August 3
Day Camp Is Out of This World

We can't wait to see you!

Day Camp at First Presbyterian Church is an amazing adventure - unlike any other church camp in town! We partner with Cedarkirk Camp and Conference Center to bring in exceptional camp counselors to work with our children. Alongside our church volunteers, we strive to provide a nurturing environment for kids to experience a week of camp activities, Bible study and outdoor fun - all right here in Sarasota!

Full-Day Program (9:00 a.m. - 5:30 p.m.) for children who are rising kindergarten through 5th grade. Day Camp cost: \$100.

Half-Day Program (9:00 a.m. - 12:00 p.m.) for preschoolers who have turned three by April 2018 and are potty trained. Day Camp cost: \$50.

There are volunteer opportunities for youth and adults! Parents who volunteer may use half-day nursery care for children who are not old enough for camp.

Please contact Kelly Fitzgerald with any questions
KFitzgerald@firstpressarasota.org



• **Moving Toward Mental Health**

*submitted by Cheryl Track,
RN-BC, Faith Community Nurse*

This article was written by Daniel Epstein, LPC, LMHC a licensed psychotherapist and program director at The Berman Center a mental health and substance abuse treatment center in Atlanta, GA.

As the program director for a mental health and substance abuse center and a practicing psychotherapist, I work with some incredible people experiencing a diverse range of symptoms and diagnoses. Yet, regardless of diagnosis, there is one thing I prescribe for all of us:

Move.

Grandma Jo always told me about sleep, diet, exercise, and being kind to people. Knowing her, she didn't read science journals or peer-reviewed studies about the significance these actions can have on our lives and overall health. She just knew some good old-fashioned wisdom—wisdom that science has since validated. So, I want to focus on one of those simple, yet overlooked old-fashioned bits of wisdom. A bit of wisdom that, coincidentally, is an important aspect of mental health recovery: movement.

I don't know the last time I walked my dog without seeing someone jogging or riding a bike (even in winter!) or waited at my local coffee shop without someone in yoga gear behind or in front of me on line. This is all exercise: fantastic, healthy, beneficial, highly recommended in my treatment plans and certainly a form of movement. However, movement doesn't need to involve vigorous exercise.

Our brains are wired to reward us for actions that help us survive, like a migrating herd of elephants leaving a trail of dust behind them, a kitten pouncing on a toy mouse or a quick

stroll around the block with your best friend (mine is a 26-pound, super scruffy schnauzer-poodle rescue). Even Ellen DeGeneres, in her white sneakers, bopping down the aisle of her studio audience gets a dopamine reward for that movement.

I'll admit: I dance. A lot.

I do it because I understand the neurological benefits and enjoy the feeling. Dopamine is more than the "good feeling" chemical. It's also helping regulate my mood, sleep, cognition and behavior.

As a therapist, I always like to assign challenges to my clients. Here's one for you: The next time you're feeling stressed, overwhelmed, sad, etc., put on an upbeat song, bring your whole

attention to the music and lyrics and move (dance, walk, etc.). That's it.

If it seems simple, that's because it is. When we're having a tough time, we tend to sit and dwell. So, let's do the opposite. Let's move and distract.

And to be clear, I'm not suggesting "distracting" as in "avoiding." But we often confuse dwelling

with problem-solving, and dwelling is actually just focusing on feeling bad, rather than proactively solving a problem. When my clients report dwelling, I often ask, "So, you've sat on the couch and dwelled for a few weeks now, and nothing has changed. How about we try something different?"

Bonus points: Move with others. Connectedness is another neuro-beneficial phenomenon. Not only will you get the natural joys from connecting to another person and moving around, you'll also benefit from taking your mind off your problems. Often that's the solution itself.

Taken from www.NAMI.org/Personal-Stories/



• **Cowden Smith Library News**

FACEing Mental Illness: The Art of Acceptance by local journalist Carrie Seidman is now on the new books shelf of the Cowden-Smith Library on the second floor of the administration building.

Carrie's project consisted of having local participants with mental health issues create self-portraits to help tell their stories. The purpose was to help change attitudes about mental illness. It has had successful results including a premiere of a documentary at the Sarasota Film Festival. The book includes photos of the creative, colorful art work and the amazing stories of courageous people.

In fact, the library has a whole new section of books on mental health and spirituality written by professionals for the layperson. Look for Richard Rohr's ***The Divine Dance: The Trinity and Your Transformation*** referenced by Rev. Floyd Churn in his recent adult education class.

The library is also including new books on social issues and recently added ***Sing for Your Life: A Story of Race, Music and Family***. This book was selected as Sarasota's One Book, One Community for 2018 by Sarasota County libraries and historical resources.

Suggestions are welcome for additional books with these themes. Send to Raynette Lignos: raylignos@gmail.com



• **SunCoast Blood Drive**

Thank-you to all who came out for the SunCoast Blood Drive April 8. SunCoast collected 19 units of blood, with the potential of helping 57 people!



Green

Going paperless not only helps the environment, it helps FPC save money and is convenient for you. At FPC, you can receive information via email in three ways:

- *News@First* is a weekly newsletter sent out on Friday. It highlights upcoming events.
- *First In Focus* is a monthly email with pictures of many of our activities.
- *Cross Connections*, our monthly publication, lets you know about activities at church and has special interest articles, "Love Notes" from members, and a calendar of birthdays and anniversaries for that month.

In addition to receiving electronic communications, you can also make your contributions electronically.

If you are interested in receiving the weekly, or monthly newsletters, or *First in Focus* via email, or if you would like to sign up for online contributions, contact Lisa Garcia at LGarcia@FirstPresSarasota.org or call (941) 955-8119.

• **New Member Bios**

submitted by Mary Elle Hunter, membership committee



Karen Frieder joined First Presbyterian Church in January as an associate member. Her home church in northern New York state is First Presbyterian Church in Buffalo, about twenty miles from Wheatfield, NY where she has been a long-term resident.

While in Sarasota for the winter months, she has a home in Oakwood Manor.

Born and raised in western NY, Karen married a high school classmate, who passed away in 2015. She has two children - a daughter, a PhD microbiologist living in Portland, Oregon, and a son who is in marketing and is married with an eight-month-old girl, living near Wheatfield.

Karen bypassed college initially and worked in secretarial and administrative positions most of her life. Thanks to a tuition assistance program from one of her employers, she received a B.S. degree in management in 2012 at the age of 60.

Karen was an office manager for First Presbyterian Church in Buffalo in the 1980s. She has been singing in the choir there for thirty years and has been a member for approximately thirteen years.

She has found that although First Presbyterian in Sarasota is much larger than her home church, there are many similarities in the two congregations. The welcoming family she discovered in Sarasota is so much like the one at First Presbyterian in Buffalo.

An avid and active member of the Sports Car Club of America for more than forty years, Karen recently completed four years as president of the Wheatfield Garden Club. She has also been involved in the Wheatfield Agriculture Preservation Group and the Wheatfield Comprehensive Plan Task Force, helping to update local laws and zoning ordinances.



• **Presbyterian Women**

Did you know that Buddhists have nuns? Join us at the next PW gathering on Tuesday, May 1 in fellowship hall at 11:30 a.m. when our featured speaker is Kelsang Sangzin, a Buddhist nun from the Kadampa Meditation Center here in Sarasota. She will speak to us about loving, kindness and meditation, and how she became a Buddhist nun. This gathering also celebrates the annual Presbyterian Women birthday offering which supports worthwhile programs not included in ongoing General Assembly mission support. Here are this year's recipients:

- Cottage Village, a tiny-house community for low-income residents of Cottage Grove, Oregon
- Village of Grace Center for Physical and Spiritual Health, a retreat center managed by Presbyterian Women in Tegucigalpa, Honduras
- The Dwelling Place, a organization in Minneapolis and St Paul, Minnesota providing for the physical, emotional and spiritual needs of women and their children following their escape from a violent partner.

The cost of the luncheon is \$10. To make reservations, please call Mary Webb at (941) 758-6035 or the church office at (941) 955-8119. The deadline to make your reservation is noon on Monday, April 30. Payment may be made in cash or check on the day of the luncheon at the door. Make checks payable to Presbyterian Women.

Save these dates for our summer activities:

June 5 - Flossie Paul will tell us about her recent mission trip to Cambodia. Read *The Rent Collector* by Camron Wright for an insight into her experience.

July 17 - Join us for lunch at Bay Village hosted by Pat Woody.

August 7 - Colleen Forristall and Marilyn Tschirgi will lead us in some fun craft time.

For any questions about Presbyterian Women, please contact co-moderators Flossie Paul at (941) 536-0974 or Pamela Lamb at (941) 210-7478.



• **SURE Update**

As SURE moves from our Nehemiah Action event into the summer, we have a lot to celebrate.

- On March 19 almost 1,000 people came to the Nehemiah Assembly seeking community justice.
- We were able to influence the county to take Affordable Housing more seriously by taking steps toward a Housing Opportunity Fund.
- The school board is working on a plan to expand a program that will cut out-of-school suspensions.
- Along with nine other organizations, SURE is working for the passage of a bill that will save 7,500 children from an arrest record.
- SURE is growing in strength and numbers to help bring about great cooperation, responsibility and equity in Sarasota.

Our work is not yet done. While we follow-up with our officials to ensure their promises are met, we are also working to increase support through our Investment Drive. Over the course of the next two months we will meet with 40 business owners in Sarasota to invite them to invest in a better Sarasota.

If you have contacts with any local businesses that you recommend SURE meet with, please contact Will Newton, Executive Director of SURE, at suresarasota@gmail.com or (941)323-4221.

• **Tenting for Termites**

We have a beautiful church and campus with a large amount of wood. Our buildings do not have a significant problem, but do need to be tented. The tenting is scheduled for Tuesday, May 29 through Thursday, May 31. The church campus will be completely closed during this time. Please help us work to remove all food products from any classroom or meeting space you may utilize before this date!

• **Preschool Security Updates**

In order to comply with the new State of Florida regulations for child care facilities, all individuals who utilize any area of the building that is subject to use by the preschool program must comply by having a current background screening on file.

What does this mean for you?

If you are volunteering or working on or around the church campus during preschool hours of operation (Monday through Friday, 8:30 a.m. - 3:00 p.m.) you must check in at the church office. Do not go through the preschool area unless accompanied by a staff member. This includes the fellowship hall.



To donate online, go to 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 contribution 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.

• **Birthdays**

1	Pam Harding	12	Star Allen	21	Ansley Saba
	Sean Boudarga		Phil Kleinschmidt		Mary Elle Hunter
2	Tyler Schaub		Diane Price		Kris Abitz
	Jay Swick		Mary Groninger		Emily Harding
	Eric Delp		Bob Kelly		Scott Griffith
	Keysha Rivera		Barbara Zappala	22	Sheryl Vieira
3	Charlotte Davis-Friedman		Nathan Dunn		Anna-May Jacobsen
	Gunther Lahm	13	Kay Steinman		Patty Haas
4	Kim Schwartzkopf		Caden Tyrna-Leshko	23	Candy Swick
	Roger Guerrero	14	Kate Keeley	24	Betsy Chapman
	Jean Luker		David Boehm		Abby Clissold
	Bill Racine		Cord Van Nostrand		Victoria Guenther
5	Doc Benjamin		Conor O'Neill		Jane Wright
	Dan Kelly		Ron Vander Schaaf		Molly York
	Dave Luebs	15	Susan Reaves	25	Kirsten Whitford
	David Landers	16	Jeff Rencher	26	Katherine Keeley
6	Jane Boyden	17	Janet Garner		Nery Diaz
	Diana Hovorka		Rachel Martin		Aislynn Loyless
	Jean Dumas		Marcia Brown		Pam Schweizer
	Colleen Forristall	18	Beth Ann McFadyen-Boyer		Rebecca Carlstad
7	Jim Barnett		David Lalmond	27	Kelsey Anderson
	Lucas Raynor		Doris Van Nostrand	28	Leona Huber
	Molly Harding		Sara Miller	29	Richard John
8	Rainey Blomgren		Daniel Rosa		Rob Morris
	Karen Johnston		Troy Simpson		Branford Adumuah
9	Devin McSweeney	19	Valerie Schaub		Flossie Paul
	Ella Schwab		Cynthia Widman		Jane Minton
	Maryann Boehm		Emily Weitekamp		Terri Runk
	Cameron Khuu		Chloe Alsum	30	Matthew Eastmoore
	Julie Griffith	20	Dorothy Powrie		Marshall Eastmoore
10	Shelby Harding		Clare Carter		Ellen Forbes
	Denise Kopel		Sydney Garcia		Michelle Messick
			Joanne Simons		Madeline Blanton
				31	Alexander Taaffe
					Ron Saba, Jr.
					Mark Saba
					Matthew Morris
					Debbie Delaney

• **Anniversaries**

2	Don & Stephanie Fleming
4	Cord & Sarah Van Nostrand
6	Jordan Cook & Lynn Riechmann
10	Robert & Cynthia Widman
	Nick & Amy Stine
13	Darrell Cain & Kim Thomas-Cain
20	Doug & Stephanie Tarnowsky
22	Craig & El Gesell
23	Dave & Pamela Lamb
24	Connor Davis & Karen Eber Davis
26	Adam & Patricia Martin
	Kelly & Scott Rhodes
27	Carl & Geri Stover
30	Charlie & Marcia Morris



**Blessings from
your church family**



Cross Connections

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We will be receiving the Pentecost Offering **Sunday, May 20**. This unique offering allows congregations to direct 40 percent of what they receive for ministries to benefit vulnerable children, youth and young adults. The remaining 60 percent supports various Presbyterian Church (USA) missions through child advocacy (10 percent), youth ministry (25 percent), and young adult volunteer opportunities (25 percent).

Cross Connections is a monthly publication of First Presbyterian Church of Sarasota, Florida, Volume 36 Issue #5. Please submit articles for the next issue by May 15, 2018. Articles submitted are proofed and edited.