



• ***Be the Helpers***

As I write these words, at least 37 people have already died in the Carolinas and Virginia from Hurricane Florence. 350,000 people are without power. Some communities have endured over thirty inches of rain, and the Cape Fear River is cresting at sixty-two feet.

Presbyterian Disaster Assistance quickly shared this news: “PDA is deploying teams to affected presbyteries to meet with Presbyterian and community leadership. We will assist in coordinating relief efforts and mucking out homes and churches. After initial needs are addressed, PDA will remain – providing spiritual and emotional care and long-term recovery to address the unmet needs of those impacted.”

I am grateful for our church’s quick response. I am grateful for your generosity in participating in our special offering for Hurricane Florence relief. (It’s not too late: please write your check to the church and put “hurricane relief” on the memo line.) We will be making gifts in the weeks ahead both to Presbyterian Disaster Assistance and specific congregations in the affected area.

When Mr. Rogers (an ordained Presbyterian pastor) was a boy, and he would see scary things in the news, his mother would say to him, “Look for the helpers. You will always find people who are helping.” Thank you for your determination and persistence in helping, both week-to-week in so many ways – and in this instance for the people of the Carolinas and Virginia.

Peace,



## • Love Notes

Pastor Glen and First Presbyterian Church,



I wanted to take this time to thank you for all of your prayers and concern. My dad has shared with me that you often ask how I am doing and ask to be informed. I have survived six rounds of chemo very well and I'm convinced it's due to all the prayers and God's faithfulness. Again, thank you and First Presbyterian for your continued prayers for healing from this awful disease.

Jesus bless you all!  
Melainie Peterson  
(Duane & Doris Harff's daughter)

Dear Friends,

My family and I thank everyone for the love extended to my grandson and me during our recent trials. Prayers and concern from Glen, Kelly, Cheryl, Lydia Circle and many others helped Dan's transplant surgery go well and he and his organ donor/sister are doing great. Thanks be to God!

Bettie Blake

Dear Friends in Christ,

I thank you deeply for your love and support during my back surgery and recovery. I am touched by your "We Care" posted and calls. I'm feeling better already! I am grateful to be part of our caring and loving community.

John Parks

In Memory of Caroline Kennedy:

For the past three-plus years I had been a driver with iTN Suncoast and enjoyed every minute of my time with this wonderful lady. She participated in my card karaoke and was a delight. I will always cherish our time together.

Linda Davis

Dear First Presbyterian Family,

I learned recently that "We Care" is no mere catch phrase at our church. During my short stay at Memorial Hospital for tests and evaluations, Glen's prayer and visit followed by Cheryl Track's concern prepared my heart for whatever was to come. And then the "We Care" poster that Sunday was a welcome embrace by my church family. Thank you, thank you. I am so grateful.

George Chorba

## • An Evening With Ibram X. Kendi

by Rev. Doug DeCelle

The Manasota Interracial Book Club is pleased to announce a group trip to hear Ibram X. Kendi, author of the award-winning book, *Stamped from the Beginning: The Definitive History of Racist Ideas in America*. Dr. Kendi will speak on the topic of "How to Be an Antiracist." The event will take place on Thursday, October 25 at Eckerd College's Fox Hall in St. Petersburg, FL. The evening will start with a reception with Dr. Kendi at 6:00 p.m. followed by his lecture at 7:00 p.m. There is no admission fee for the reception or lecture.

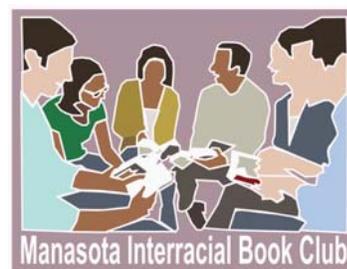
Book Club leaders, Vicki Wacksman and Janet Olshewsky, invite Book Club participants, members of First Presbyterian Church, and their guests to attend.

Additionally, First Presbyterian Church has scheduled bus transportation and refreshments for the first 55 registrants. Call the church office (941) 955-8119 to make your reservation. The bus fee is \$10. The round trip will depart from First Presbyterian Church at 4:45 p.m.

Ibram X. Kendi, Ph.D. is a professor and founding director of the Antiracist Research and Policy Center at American University. He is the author of the National Book Award-winning book, *Stamped from the Beginning*. Club members will have read the book by the time of the lecture. In *Stamped from the Beginning*, Kendi seeks to shift the discussion from how not to be racist to how to be an antiracist.

In his talk at Eckerd College, Kendi will share his own racist ideas and how he abandoned them. He also will provide direction for people and institutions who want more than superficial solutions, but actual antiracist action that builds an antiracist America. This talk promises to be both personal and energizing.

More information about the Manasota Interracial Book Club and this event can be found on our website (<http://www.douglasdecelle.net/manasota-interracial-book-club/>).



Sunday, October 7

On this day around the world, the table is set, and we are one family at one table.  
All are welcome to worship.



**Combined Worship at 10:00 am  
Sanctuary**

The first Sunday in October is designated as World Communion Sunday, which celebrates our oneness in Christ with all our brothers and sisters around the world.

At First Presbyterian Church we will celebrate our unity in Christ with engaging world music and dynamic worship experiences. Members from the congregation at Beth-El Farmworker Ministry will join us in worship.



**Mission Fair at 11:00 am  
Fellowship Hall**

Make plans to stay after worship and join us for a Mission Fair and Global Meal in Fellowship Hall. Beans & rice with chicken accompanied by an assortment of fruit will be served.

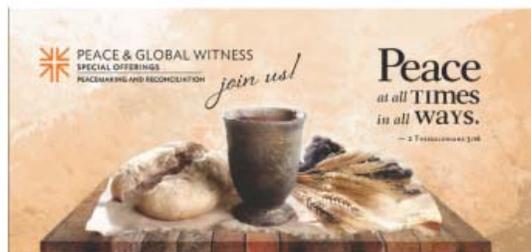
We hope our ministry partners will inspire you to use your gifts in a way to know God in Jesus Christ and to make Christ known to others.

**HOW YOU CAN PARTICIPATE:**

**Bring a non-perishable food donation** to share with the Beth-El Community. Your items will be used to enhance our worship space. When you arrive that morning, place your donations around the table at the front of the sanctuary.

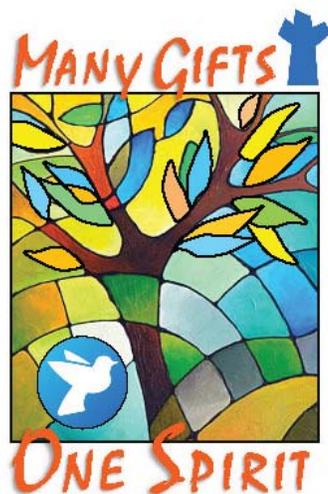
You are invited to wear traditional clothing of celebration from your culture of origin.

Give generously to the Peace and Global Witness Offering to support the peacemaking efforts of the church at every level! 25% of your gift stays here at FPC for support of our own peacemaking ministries, 25% goes to the presbytery and synod, and the other 50% is forwarded to the Presbyterian Peacemaking Program.



This is a great Sunday to bring your friends to worship!

• **Stewardship 2019**  
by Carol Papa



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

**1 Corinthians 12:4**

What an exciting time this is in the life of our church! Have you noticed the number of families with children who have recently joined the church? Children are precious gifts from God!

Recently the stewardship ministry team asked the congregation to share about the gifts given and received in the life of our church. Many of you voiced the importance of children and youth as part of our congregation. A number of you expressed a desire to see our church grow in faith and in welcoming new people into the congregation. You want more support for children and youth ministries, and more family ministry and intergenerational activities.

We often say, "Children and youth are the future of the church." Mariah Martin, one of the young people raised in our church, reminds us that our youth are also our present. She is an elder on session and was the young adult advisory delegate for the Peace River Presbytery for the General Assembly in St. Louis this past summer. Mariah describes her GA experience:

*General Assembly provided so much hope for the future of the church. I am praying that I will gain more faith for the church to receive ways that I, as a youth, can help my church and my presbytery grow and share the Word of God. . . . We were assured that youth are not the future of the church – we are, in fact, the present.*

*I have so much faith in our church, now more than ever. We are moving forward and that is exciting! My vision for the future is bright. My vision includes our voices being lifted up – providing help for the helpless and a will to live God's Word in everything*

*we do. We are that now. We are the future. My vision is bright, and I pray that yours is, too.*

Not only is it important that we care for the physical and emotional needs of our children, we are called to nurture them in faith. Just like those from the past who gave so that we can know the love of Christ, we are responsible to invest our time, talent and resources so that our children will know the love of Christ. They grow in faith and relationships when we embrace them in worship, teach them biblical stories, sing with them, provide peer and intergenerational activities, include them in mission opportunities, and allow them to observe adults demonstrating their faith.

This is a pivotal moment in the life of our church. One day we will look back at the difference our commitment has made in the faith development of our children and youth. In response to our desires for the future, the stewardship goal for 2019 is to increase the budget to include a part-time family ministry leader. This staff member will fully engage our youth and allow our associate pastor to expand our family and intergenerational ministries.

The budget also includes modest salary increases for our pastors and staff. With a generous increase in pledges, we also hope to include funding for regular guest instrumentalists and add a part-time sound system technical leader to enhance the quality of our music ministry during worship, special performances and through the website.

What can you do to strengthen the faith of a child or youth in our church? Please give generously to invest in their faith development—for today and the future.

• **Faith Focus Weekend  
October 19-21**

This year's Faith Focus Weekend for our congregation and community will be **Friday - Sunday, October 19-21**. Our speaker will be Rev. Dr. Christine Chakoian, vice president at Pittsburgh Theological Seminary. Everyone is encouraged to attend Chris's Saturday presentation, **October 20, 9:30-11:00 a.m.** Her topic, *The Church's Witness in the World: Culture and Conflict*, will lift up the importance of our witness in our divisive world today. Rev. Chakoian will also be preaching at our 8:15, 9:00 and 11:00 a.m. services on Sunday, October 21. Please make plans to join us on both Saturday and Sunday!

• **Pastoral Development Seminar  
October 17-21**

We look forward to our six new guest pastors beginning their seminar with resource leader Rev. Dr. Sally Campbell-Evans, a Presbyterian/Methodist pastor. She is ordained in the Presbyterian Church and currently serves as an associate pastor of congregational care in Tampa. In the chapel on **Thursday, October 18**, at 9:00 a.m. and 1:00 p.m., and on **Friday, October 19**, at 9:00 a.m., show your support of these young leaders in the church by listening to their sermons and giving feedback. Come and hear more about their faith journeys in the adult education presentation in the forum on Sunday, October 21, at 10:00 a.m.

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• **2018-2019 Biographical  
Statements of FFW / PDS Leaders  
and Participants**



**Rev. Dr. Christine Chakoian  
October 17-21, 2018  
Faith Focus Weekend  
Keynote Speaker**

Rev. Christine Chakoian is the vice president at Pittsburgh Theological Seminary. She previously served as pastor/headofstaffatFirstPresbyterian Church of Lake Forest, IL, and Community Presbyterian Church of Clarendon Hills, IL. In the past 35 years, she also held positions at Presbyterian churches in Oregon, Ohio, and New York. She is a graduate of the University of Illinois (B.A.), Yale University Divinity School (M.Div.), and McCormick Theological Seminary (D.Min.).

Rev. Chakoian has also written a number of articles for such publications as *Christian Century* and *The Presbyterian Outlook*. She has served as the conference leader or preacher at events on such topics as the impact of globalization on the church and rekindling your call.

She has most recently written the book, *Cryptomnesia: How a Forgotten Memory Could Save the Church*. In her book, Chris persuasively encourages us to challenge the assumption that the church's faith is obsolete. She directs

us toward the memory of who and Whose we are—a memory we may have forgotten in our information-saturated culture—with the promise that the church was born into amazingly similar circumstances.



**Rev. Dr. Sally Campbell-Evans  
2018-2019 Pastoral  
Development Seminar  
Leader**

Rev. Dr. Sally Campbell-Evans is a Presbyterian/Methodist pastor in Tampa. She is ordained in the Presbyterian Church and currently serves as associate pastor of congregational care at Hyde Park United Methodist Church.

Rev. Campbell has previously served other congregations in nurturing ministries. She shares her church's vision of "transforming lives, creating Christian community, and healing our city and the world." It is her desire to help people become Christians and grow as disciples of Christ. She looks forward to developing relationships with our PDS pastors this year. Sally attended Florida Center for Theological Studies (DMin), Union Theological Seminary (M.Div.), and Presbyterian College (BS). She is married to Rev. Clarke Campbell-Evans, also a pastor. The couple has a daughter and twin sons.

• **2018-2019 Biographical Statements Participants** (continued from page 5)



**Rev. Alex Becker, Pastor  
Langcliffe Presbyterian  
Church, Avoca, PA**

Alex Becker grew up in Wooster, OH where he lived next door to and attended Wayne Presbyterian Church during his entire childhood. He graduated from Messiah

College in Mechanicsburg, PA with a degree in Biblical Studies and earned an M.Div. at Louisville Presbyterian Seminary.

Alex is currently serving as the pastor of Langcliffe Presbyterian Church in Avoca, PA in his seventh year of pastoral ministry. He has previously served at the Henryville Community and Mount Lebanon Presbyterian Churches in Henryville, IN. He has also served as support for the Sweaty Sheep New Church Development and on staff at Churches Uniting in Christ. Beginning November 2018, Alex will be serving at Covenant Presbyterian Church in Malvern, PA.

Alex and his wife, Corinna, have been married nine years. They live with their two dogs, three cats, and one rabbit. They take a lot of joy in their little zoo of a house, and if they are not there they are likely to be out playing board games with friends, reading books at a park, or taking a hike. They have two fun-loving nephews and are expecting three new nephews or nieces to join their extended family by the beginning of next year.



**Rev. Ashley Cheek,  
Family Pastor  
First Presbyterian Church,  
Sumter, SC**

Ashley Cheek serves as Pastor of Family Life at First Presbyterian Church, Sumter.

Her husband, Nick, is the senior pastor at the same church. He participated in our Pastoral Development Seminar last year. Ashley and Nick have three children, Lydia, Nicholas and Ada.

She describes her husband and children as her first call and the reason she feels so blessed to serve as Pastor of Family Life. It is Ashley's belief that family ministry is essential to a

healthy church. "It is the church that empowers the family to radically love the world, serve the community and proclaim the gospel in real and tangible ways."

As a family, Ashley and Nick and their children enjoy any adventure, especially hiking, impromptu dance parties, bikes, and traveling wherever their beloved minivan takes them.



**Rev. British Hyrms,  
Associate Pastor  
Central Steele Creek  
Presbyterian Church,  
Charlotte, NC**

British Hyrms is from Chicago, IL and the surrounding suburbs. She is a graduate of Purdue University with a B.S. in Industrial Engineering and holds two master's degrees from Union Presbyterian Seminary - a Master of Divinity (M. Div.) and a Master of Arts in Christian Education (M.A.C.E.).

In her early career, British worked with Andersen Consulting and later as an IT project manager for various healthcare organizations. After deciding to leave the corporate world to raise her three children with her husband, she accepted a position as an adjunct college math instructor. During her seminary education, British was appointed as the seminary's student representative to the Trustee Board and completed several internships. British has served at Central Steele Creek Presbyterian church for four years - originally as the Director of Christian Ministries and currently as Associate Pastor. She is a cancer survivor with a zest for new experiences and a passion for lifelong learning. She seeks opportunities to build bridges with people of varying perspectives as an integral part of her Christian service and witness.

British is married to her college sweetheart, Kevin. Jamal, Akilah, and Aman are their young adult children who continue to bring them blessings.

(continued page 7)

• **2018-2019 Biographical Statements Participants** (continued from page 6)



**Rev. Patrick McElwaine,  
Associate Pastor  
Clemmons Presbyterian  
Church, Clemmons, NC**

Patrick McElwaine grew up outside of Roanoke, VA. He earned his M.Div. from Union Presbyterian Seminary in Richmond, VA, a B.A. in English from Roanoke College, and received Clinical Pastoral Education training at Virginia Commonwealth University.

Patrick is the Associate Pastor of Clemmons Presbyterian Church in Clemmons, NC. He is a “generalist” associate with ministry focus in the areas of congregational care, fellowship, worship, and youth. Patrick and his family joined CPC to journey together as Jesus’ disciples in July 2016. Patrick was selected to participate in the 2018 Kittye Susan Trent Symposium for Newly Ordained Ministers at Second Presbyterian Church of Roanoke, VA as well as the Vital Church Institute’s two-year Barnabas Leadership Group.

Patrick met his wife and best friend, Allyson, while studying together at Roanoke College. They have two children: Malachi (2 1/2) and Bridget (1). In addition to serving Christ’s Church, Patrick enjoys being with his family, reading, getting outside, and trying new things – new food, new places, and new adventures!



**Allysen Schaaf,  
Associate Pastor  
Decatur Presbyterian  
Church, Decatur, GA**

Allyson Schaaf was born and raised in Lincoln, NE. She spent her teenage and college years in NC. She was ordained as an elder at Forest Hills Presbyterian Church, High Point, NC. At the University of North Carolina at Chapel Hill she studied Exercise and Sport Science. Her involvement and leadership in Presbyterian Campus Ministry led her to Union Presbyterian Seminary in Richmond, VA, where she earned a dual degree (M.Div. and M.A.C.E.)

Allyson is in her fifth year as the Associate Pastor for Youth and their Families at Decatur

Presbyterian Church. She has a leadership role in supporting youth pastors and bringing together youth of the presbytery. Allyson is passionate about bringing creativity and new life into worship and faith exploration. In seminary, she spent several months with the Presbyterian church in Ghana and found a love for connecting with others of different backgrounds and cultures.

She and her husband, Nathan, have an energetic beagle, Milo. Together, they enjoy cooking and baking, exploring the North Georgia mountains, kayaking and camping. Allyson also likes to read by the water while Nathan is fishing.



**Kelly Staples,  
Associate Pastor  
NorthPark Presbyterian  
Church, Dallas, TX**

Kelly Staples is originally from Shreveport, LA, where she lived until college. Her dream of being a music publisher led her to Middle Tennessee State University with studies in Recording Industry Management. She worked on Music Row in Nashville for a year and a half after college. At that time, she felt God’s call on her life, leading her to study at Austin Presbyterian Theological Seminary.

Kelly married and moved to Fort Worth, where she took a part-time job as a youth director at NorthPark Presbyterian Church, Dallas. Seven years and five positions later, she is still at the church where she started out with her current focus on youth ministry. Kelly is passionate about what youth ministry looks like in the current over-scheduled, over-competitive youth environment. She is developing an interest in communications and how we can use the digital world to do ministry and connect with others.

Kelly and her husband, Garrett, their two daughters and the family’s two cats live in Arlington, TX. Kelly has a 45-minute commute to work every day. She enjoys trying new foods and listening to podcasts on her long daily drive in the Dallas/Ft. Worth traffic.

- **Welcome Rev. Dr. Paul Reiter  
New Spiritual Director at FPC**



We are excited that Rev. Dr. Paul Reiter will begin providing spiritual direction to members of our congregation and others in the Sarasota community this fall. He is a familiar face to many here at First Presbyterian Church, active in our church choir and SURE over the past year, and

has preached in our services this summer. Paul and his wife Andrea (Ande) have three children and seven grandchildren. Scott and his family live in Lawrence, KS. John and his family live in Valrico, FL where John is the Director of Cedarkirk Camp and Conference Center. Lora and her family live in Knoxville, TN.

Paul is a retired Presbyterian pastor who has served the church for over 45 years. He is a graduate of Maryville College and Union Theological Seminary. He has served as an individual and group spiritual director, retreat leader, pastor (including many years at First Presbyterian Church of Brandon, FL), executive and general presbyter in MO, and trainer in North Carolina, Florida and Missouri. He and Ande are now living in Venice.

Dr. Reiter was trained in spiritual direction in the Souljourners program, and through the Mercy Center in Burlingame, CA. He is a member of Spiritual Directors International, which abides by the highest standards of its code of ethics. He is a member of the Presbytery of Giddings-Lovejoy (St. Louis, MO) and is transferring to the Presbytery of Peace River.

Be sure to introduce yourself to Paul and welcome him in his new role here at our church. Look for ways you can encourage him as he serves here. We are grateful for both Paul and his wife, Ande!

- **What Is Spiritual Direction?**

Spiritual direction, often referred to as spiritual companionship, involves meeting with a director to discuss your journey of faith. The director is a companion on the journey, assisting you in attending to the presence and call of God in your life. He or she is not a therapist, but rather a listener who can be helpful as you open yourself more fully to the action of God's Spirit. You need not come to spiritual direction with any great problems or concerns. God's movement in you may be manifest as a gentle desire to spend more time in prayer or a felt need to discover God's presence in the ordinary events of daily life.

Sometimes people come to spiritual direction when they experience a desire to grow in their relationship with God, or a need to discern the best choices for their life, or a sense of call from God to some form of prayer or service, or a crisis of faith in which the old answers no longer suffice, or a hunger that nothing will satisfy.

Our church affirms that spiritual formation is a key ingredient in the faith development of every Christian. In addition to the variety of ministries, classes and programs offered for children, youth and adults, we now look forward to providing an opportunity for spiritual direction. August 28, 2018, our session formally approved Paul's relationship with First Presbyterian Church as spiritual director for up to five to six hours weekly with payment on a sliding scale.

- **Save the Date - Flu Shots**

Sarasota Health Care Services will be providing flu shots, **Sunday, October 14**, from 10:00-11:15 a.m. in the hospitality suite located next to the narthex. Please bring your Medicare card or other primary insurance card. Cash and credit card payments are available. In order for Sarasota Health Care Services to continue to be able to provide this service to our church, we will need to have good attendance.



### • **Presbyterian Women**

PW Lite meets **Tuesday, October 2** at 10:30 a.m. in the fellowship hall. Cheryl Track, our faith community nurse, will educate us on the “Model for Healthy Living.” All are welcome; invite a friend, spouse, neighbor or fellow church member to join you!

**Monday, November 5** at 11:30 a.m., PW will gather in the fellowship hall for a luncheon followed by guest speaker William McKeever, director of The Academy at Glengary which provides support, education and job training for adults with mental health issues. One of the participants will come and share their story. Tom Andrews will play the piano during social time and lunch. We will also collect the annual Thank Offering. To make a reservation for lunch, please contact either Mary Webb (941) 758-6035 or the church office (941) 955-8119. The deadline for reservations is Friday, November 2. The cost of lunch is \$10 and will be collected at the door in cash or check. Everyone is welcome! Come at 1:00 p.m. to hear our guest speaker if you can't join us for lunch.

The Peace River Presbytery PW Leadership Challenge is **Saturday, November 3** from 9:30 a.m. - 1:00 p.m. at Venice Presbyterian Church. Lunch is served and costs \$10. You don't need to be a leader in PW to attend this opportunity to fellowship with and learn from other church PW members. To register, contact Pamela Lamb (941) 210-7478.

**Save the date:** The 4th Annual PW Advent Retreat is **Tuesday, December 4**. Watch future bulletins for more information.

### • **What to Eat?**

Join the health and wholeness ministry as we welcome Rebecca Henson, dietitian, for two fun, interactive educational sessions that will meet in the fellowship hall:

**How the Food God Created Keeps Us Well Thursday, October 25, 10:00-11:00 a.m.**  
Please RSVP by calling the church office (941) 955-8119 by Monday, October 22.

**Is This Good For Me? How to Read Food Labels, Thursday, November 1, 10:00-11:00 a.m.**  
Please RSVP by calling the church office (941) 955-8119 by Monday, October 29.



### • **Stephen Ministry Care For People Facing Tough Times**

We all experience challenges in life — times when we could benefit from the support of a caring Christian friend.

Stephen Ministers are ready to provide the emotional and spiritual care we need when faced with a crisis or difficulty:

- Loss of a loved one
- Hospitalization or disability
- Divorce or separation
- Loneliness or discouragement
- Spiritual crisis
- Unemployment or a job crisis
- Birth, adoption, miscarriage, or infertility
- A chronic illness
- Relocation
- Recovery after an accident or disaster
- A terminal illness
- Aging

God never intended for us to go through these experiences alone. That's why God has brought us together as a congregation and it's why we have Stephen Ministry.

If you would like for a Stephen Minister to call on you, a loved one, or a friend, please contact Pastors Glen Bell or Kelly Fitzgerald or Stephen Leader, Steven Phillips.

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.

*Therefore encourage one another and build up each other.* - 1 Thessalonians 5:11



Juice testing will be provided by: [www.sarafresh.com](http://www.sarafresh.com)

• **Update From Safety, Security, Emergency Preparedness and Response Ministry Team (SSEP&R)**

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

The SSEP&R continues to forge ahead with initiatives and the facilitation of informative and educational programs on safety and security related matters for the benefit of the FPC congregation.

On September 5, the SSEP&R team members met with Sarasota police officer Danny Robbins, Crime Prevention Patrol Division. Officer Robbins participated in a tour of the FPC campus, providing valuable insights and suggestions regarding possible lighting improvements in various locations including motion sensor lighting. He also pointed out possible sites for security camera placements and commented on other security enhancing actions that could be considered. Following the campus tour, Officer Robbins answered numerous questions from the team members and agreed to review, critique and offer commentary on the Emergency Operations Plan (EOP) that will be developed by the SSEP&R ministry team during the next several months. Developing ongoing relationships with the Sarasota Police and Fire Departments is a critical element towards achieving success with the safety and security initiative.

On September 12, Dr. William R. Clough, Spiritually Integrated Psychotherapy Training Coordinator from the Samaritan Counseling Services, made a presentation in the fellowship hall titled: "Recognizing and Responding to Someone in Emotional Distress." Following this thoughtful presentation, Dr. Clough responded to questions from the congregation attendees. Thanks once again go to faith community nurse, Cheryl Track, for making the arrangements to have Dr. Clough speak to the group.

Don't forget that on **Wednesday, October 10**, a presentation titled: "Stop The Bleed, Save A Life" is planned, from 6:00-7:00 p.m. in the fellowship hall. The American College of Surgeons Committee on Trauma is leading the effort to save lives by teaching the civilian population to provide vital initial response to stop uncontrolled bleeding in emergency

situations. The congregation members are encouraged to attend! Please call the church office to sign up so we have enough instructors, (941) 955-8119.

• **First Presbyterian Church and iTNSunCoast Transportation**

For many, getting a ride to church and around town is a challenge! That is why First Presbyterian partners with iTNSunCoast to help you get to church and the other important places you need to go.

iTNSunCoast is a dependable, local non-profit that provides rides using volunteer and paid drivers who use their own cars. They have been providing rides since 2010 and have provided over 20,000 rides this year. All drivers are screened and trained.

**Rides are available**

- any time of the day or night for any reason,
- any day of the week including weekends,
- anywhere within Sarasota & Manatee counties, and
- rides must be requested by noon the previous day.

*Cost: If coming to church, you pay just one way! First Presbyterian will pay the other way and the \$50 annual membership fee for First Presbyterian Church members for 2018 and 2019.*

Charges: Pick-up Charge: \$3.00

Mileage Charge: \$1.90 per mile

Each Additional Person: \$2.50

If using iTN for non-church related rides, you will be responsible to pay the cost both ways.

Eye appointments are complimentary at this time. Check with iTNSunCoast when booking.

For more information or to become a member, call iTN Suncoast (941) 364-7530 and tell them you are a member of First Presbyterian Church. Additional questions? Contact Cheryl Track, (941)320-3828.





## • **Pain Management Without Drugs (Part 3)**

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

In this three-part series on pain management, the health and wholeness team of First Presbyterian Church has had two goals. First we wanted to underscore the serious problem of opioid addiction caused by well-intentioned prescribing and usage of pain medications, and secondly, we have sought to open the door to possible and practical alternative ways to deal with pain. Our goal is to reduce or even stop the use of our pain medications.

It is vital that we remember the part our mind plays in our experience of pain. Did you ever daydream and not notice things going on around you? Or awaken in the night to notice a slight chest pain and immediately think it was a heart attack? Both are examples of the power of our minds to create emotional states. Both are examples of self-suggestion, that is, an idea you give yourself that can affect the way you think and feel. Let's look at four words which can help you stay focused on creating a better mental and physical state.

**Deep Relaxation:** This is a powerful combination of slow, deep breathing and mental focus on positive self-suggestions, e.g., "I can be calm and quiet." Thinking of the positive and the possible directly impacts our body's sensations.

**Distraction:** This means redirecting your attention away from the unwanted thoughts and feelings and more towards the neutral or less uncomfortable. This introduces stimuli that can compete with the pain signals because you can't think of two things at the same time such as being in pain and being relaxed. This is perhaps the easiest and simplest pain coping strategy. You get what you think.

**Decatastrophizing:** Although our pain experience might be scary, challenging to manage, or without a clear diagnosis, we can do much to lessen the suffering from catastrophic thinking. Our minds can have a tendency to imagine "worst case scenarios." Therefore, to cope effectively, we can train ourselves to control our mental activity. We can get clarity from medical evaluation rather

than self-diagnosis. We can challenge our negative thoughts and change them.

**Direction:** This involves instructing yourself to think and behave in a functional way in your day-to-day life. Use positive self-talk and positive self-suggestion. Develop some techniques to use before, during or after episodes of pain. Be intentional by choosing to learn more about pain management and by practicing the techniques that you find most helpful.

Before using a pain medication be sure to talk to your doctor about the possible side-effects and possible other medications that you could use. A less potent medication in combination with the techniques mentioned here might be all you need to manage your discomfort!

[*Hypnotize Yourself Out of Pain Now!* by Bruce Eimer, PhD. Additional support and information can be provided by contacting Chip Schaaff, LMHC, at [HypnoChip@yahoo.com](mailto:HypnoChip@yahoo.com).]

## • **Cowden Smith Library News**

*Holding Faith: A Practical Introduction to Christian Doctrine* is a new book by Cynthia L. Rigby, theologian, professor and former keynote speaker at a Faith Focus Weekend at First Presbyterian, Sarasota. It is also the book noted by Rev. Glen Bell in a recent sermon on understanding our faith. Rigby invites us to recognize our limits of understanding God and then to focus on "how what we do know matters." This is a very readable book for both the novice and the clergy and also contains much to contemplate for all. Along with references to the Bible, it delves into contemporary theology commentaries, poetry, film, literature and more. It can be found under the new area of Glen's Picks on the new book shelves of Cowden Smith Library.



## • **Invest in Children**

by Mary Elle Hunter



We welcome back all of our vacationing volunteers, and greet our new volunteers, too. The appointment of new assistant principal and the reshuffling class assignment duties at Brentwood Elementary have brought some initial changes for our volunteers as we begin the school year.

October is a planning month for members of the steering committee. We have already swung into high gear, planning our participation at the church-wide mission fair on World Communion Sunday, October 7. And as the days go by, plans are being finalized for a repeat of last year's successful Blessing Tree project in November and December's joyful Celebration Dinner with Brentwood families, faculty, staff and our own volunteers as well as church members.

November 18 is the date the Blessing Trees will be set up. They will stay in place in the sanctuary narthex, the entryway to the fellowship hall and the church office until December 9, with the Celebration Dinner scheduled for Sunday, December 16 from 4:00-6:00 p.m.

The November *Cross Connections* will have details on how to be a part of the Blessing Tree project. The steering committee is presently looking for ideas for games and activities to entertain the Brentwood students at the dinner. If you have any suggestions, call Jinny and Ron Miller at (941) 924-9494.



Keep the box tops coming! They can be found on many items such as cereal, cleaning products, snacks and paper products. Look for the small coupon on the box top, clip and deposit the box tops in the bright containers in the sanctuary narthex, the fellowship hall entry, the chapel and the church office. The program translates into welcome dollars for funding at Brentwood!

## • **Mission Trip to Cuba**

by Jean Luker, elder

On a Sunday in August of 2018, twenty-five members of the Peace River Presbytery met to make final plans for a mission trip to Cuba. We were asked to write some goals for our trip:

*Partnership  
Earnest and messy  
Listening, sharing, hoping  
Making new Cuban friends  
Connection!*

This cinquain poem shares the anticipation and hopes that we who will visit the Matanzas region of Cuba from September 27 to October 3 are holding for the results of our trip there. We will not go to Havana. Our trip is defined as mission. We will visit Presbyterian Cubans who have served their fellow countrymen in so many ways over the last 60 years. There, we pray to make a connection with our fellow Presbyterians who live in Cuba. We have high hopes that God will use us to continue to support the work that has been done by the church in Cuba. Please keep us in your prayers. Please pray that God will use us, use us all! Perhaps a new and lasting friendship awaits us all as a result of this mission.

At the Presbytery meeting in the spring of 2018 at First Presbyterian, Rev. Dr. Ary Beigy from the central part of Cuba, preached from our pulpit and we look forward to seeing him on the trip.

On Sunday, September 23, Linda and Graham Hart, Jean Luker and Jean Martin were commissioned for the trip.

## • **Latest On Our Partner Congregation**

### **Ruku Presbyterian Church in Kenya**

by *Marvin and Mary Ellen Miller*  
*Kenya Mission Trip Leaders*

For eleven years, 2005 - 2016, First Presbyterian Church partnered with an emerging Presbyterian Church in Kenya, East Africa, to assist in financing and constructing a much needed building in which to worship. Previously they had only a 20' X 40' tin building to hold their services. In those eleven years, some 20 individuals from our congregation and from neighboring churches, traveled to Kenya for two-week mission trips to assist in the construction work, fellowship with our sisters and brothers there and to enjoy the beautiful birds and animals of that picturesque country.

Many of you at First Presbyterian Church have contributed in a financial way, through our budget and in other fund drives, to move this project toward completion. The building was sufficiently complete by March of 2016; a group of 14 of us went to Kenya to participate in the dedication of that beautiful building. While not completely finished, the building was adequate for the dedication and for the congregation to open its doors to the community.

What a great day that was! The building was packed from the floor to the balcony, and overflowed to the tents outside. We praised God together for bringing us to that moment. We dedicated the building and its facilities to God's glory and to the service of Christ and his work in that community.

As noted above, there was still work to do on the unfinished parts of the building. An unfinished basement room needed to be made useable for Christian education and fellowship. A well needed to be finished in order to supply safe drinking water for the building. And the women needed a self-contained kitchen, built away from the main sanctuary to cook and prepare fellowship meals. Previously, the women used the unfinished basement room in the new church building to build a fire on the floor to cook their meals in large kettles.

Support for the Kenya mission project went through 2016. Since the beginning of 2017 to present, designated funds have been raised toward the completion of the unfinished

areas of the church building. Sufficient funds were raised to complete part of the projects, but more funds are still needed to build the much-needed kitchen for the women of the congregation. Ruku Presbyterian Church is having several harambees (fundraisers) for that purpose. Individuals are invited to assist with donations as well. Those interested can help make this possible.

We are grateful for all who have supported the journey of our church in this amazing partnership with Ruku Presbyterian Church in Kenya. It truly has been a broadening and heartwarming experience as we have seen God at work through our sisters and brothers there. We thank all who have been, and are making this partnership in the Gospel a past, present and continuing reality.





## • ***Sure Keeping You Informed***

*by Dorothy Murphy*

SURE follows through. We monitor every SURE program where there might be a change in usage in Sarasota County.

As such, we need to enlist the support of newly-appointed North Port Police Chief Garrison for civil citation.

Recently, a group of SURE members went to North Port to speak with Chief Garrison. We were presented statistics without asking for them. The Chief and the four department head officers who were present agreed that the State's new laws concerning civil citation have definitely increased usage in Sarasota County. The new law mandates every circuit court is to have civil citation in use. It also allows kids to receive civil citations even though they might not have been cooperative at first. We will be meeting with the State Attorney to verify his support for the continued implementation of this program.

We are pleased the North Port police, along with Sarasota and Venice departments, are supportive of civil citation. We thanked the chief for the meeting. His reply, "Thank you, SURE, for being among those bringing forth this issue." We also need to monitor what is happening within the Sarasota School District. We will be meeting with Sarasota Schools Police Department Chief, Paul Grohowski, to ensure that while our kids are in school they have access to civil citation.

### **SURE Members Care**

Our network members working with the affordable housing and restorative justice (out-of-school suspension) research groups have been meeting all summer. Recently, ten SURE members from our church met with congregants from the other 18 churches which make up SURE. At New Bethel Baptist Church we gathered to hone our listening skills, build relationships, and to answer the call to build justice ministry networks.

### **Important Dates**

**Sunday, October 7** - Visit our exhibit and join our excitement at the FPC mission fair, immediately following the combined 10:00 a.m. service.

**Monday, October 15** - At the Community Problems Assembly at Bethlehem Bible Church, 6:00 p.m., we will vote regarding the SURE 2018-19 calendar and possibly add an additional research team.

*I will sing of your love and justice; to you, O Lord, I will sing praise. - Psalm 101*

## • ***Hurricane Relief Harvey, Irma, and Maria***

Thanks to your generosity at the end of 2017 and beginning of this year, we have been able to make many gifts to our mission partners in response to hurricanes Harvey, Irma, and Maria. Churches and other ministries in Texas, Southwest Florida, and Puerto Rico have been blessed by your gifts.

We made our final payment last month to Presbyterian Disaster Assistance to again bless ministries and congregations in Puerto Rico, Houston, and here in Southwest Florida. Thank you so very much for your vision and faithfulness.

## • ***Caring for the Earth: An Interfaith Dialogue Event***

You are invited on **Sunday, October 21** at 7:00 p.m. at First Congregational United Church of Christ (1031 Euclid Avenue, Sarasota) to hear speaker Dr. Waleed El-Ansary, expert on Islam and the environment. He holds a Ph.D. in Islamic and Religious Studies from George Washington University and a M.A. in Economics from the University of Maryland. His research focuses on the intersection of religion, science, and economics.

**Cross Connections** is a monthly publication of First Presbyterian Church of Sarasota, Florida, Volume 36 Issue #10. Please submit articles for the next issue by October 15, 2018. Articles submitted are proofed and edited.

• **Birthdays**

1	Cheryl Barnes Cullen Sabin Justin Wilmot Julio Travieso John Hutchens Bill Burggraf	14	Savannah Pullman Devin Gulliver Quinn Gulliver	27	Joe Callan Andrew Harrington
2	Anita Brass Betsy Anderson Maryann Stuart Barry Davis	15	Karen Eastmoore Phil Kellogg Petra Tingstrom Martha Erickson	28	Kaitlyn Armstrong
3	Yvonne Dumas	16	Kaitlyn Delaney Jean Raskin	29	Jim Harding Sadie Khuu Jenna Davis Gabriel Jiva Ted Kline Sloane Knudsen
4	John Fisher Ryan Blitz Roxanne George	17	Natalie Marsh Whitney Webb	30	Cecily Gifford
5	Marsha Fischl	18	Kent Miller Steve Wright	31	Lisa Garcia Carol Hawkinson Bode Knudsen
6	Larry Schaper Pamela Lamb John Yost Jeremy Johnson Bob Kirkpatrick Keith Radcliffe Marissa Tingstrom	19	Tim Hallinan Gena Smoot Matt Swick Annie DeLuca Sherry Storms		
8	Nancy Schlup	20	Shanon Weedman Rene Corcoran		
9	Edith Phillips Susan Dean Vera Winship	21	Sandi Soper Kaitlin Harding Andrea Householder		
10	Doug Smoot Erin Duggan	22	Sandy Callahan Joshua West Lauren Turner Jerry Bernier		
11	Erin Dean	23	Pat Woody		
12	Phil Kuebbeler Charlie Morris	24	Laura Kennedy Christopher Rivera		
13	John Harman Laurie Kealing Brianna Castillo	26	Wills Young Fiona Sutton		
13	Dominick Gaeta Stephen Cole	27	Margaret Noble Thomas Martin Cathie McHugh		



**Blessings from  
your church family**

• **Anniversaries**

1	Alan & Fran Lawrence	23	Allan & Ryan LeBlanc
4	Bob & Jane Barr		Jeff & Michelle Rencher
9	Clarence & Maureen Jones		Glen & Anne Bell
10	Michael & Tammy Taaffe Bill & Laurie Kealing	24	Dave & Joanna Luebs
11	Mike Frandsen & Kelly Fitzgerald	25	Hal & Pat Davidson Michael Brown & Meg Lowman
18	Bob & Ellen Forbes Jim & Pam Harding Leif & Anna-May Jacobsen	26	Daniel & Tracy Gonzalez Seth & Sunny Westerberg
19	Bob & Marilyn Barkley Martin & Lisa Sabin	27	Paul & Molly Cole
20	Russ Terry & Marta Jimenez-Aquino	29	Bret & Claire Huber
21	Bob & Nancy Rodriguez David Low & Sherry Storms	30	Jill & Joe Hougland Lou & Sue Spigel



## Cross Connections

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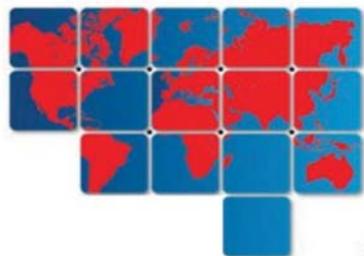
*First Presbyterian Church, Sarasota*

**SATURDAY - OCTOBER 20**

**9:30 - 11:00 AM**



*The Church's Witness in the World:*



**Culture**  
- and -  
**Conflict**  
**PRESENTATION**

**Rev. Dr. Christine Chakoian**

Vice President

Pittsburgh Theological Seminary