



• **Thank You**

At yesterday's worship services, we focused on the gratitude that the Apostle Paul expresses for the Philippian church. (Philippians 1:3-11) His thanksgiving overflows from the very first few words: "I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you, because of your sharing in the gospel from the first day until now."

I feel the same away about you.

Yesterday was such a gift to me - the lovely reception with the wonderful flowers, cake and video; the special liturgy and music during the worship services; the touching notes, cards and hugs throughout the morning. Thank you for marking the anniversary of my ordination as a pastor in such remarkable ways.

Paul's words are still true today. Our sharing in the gospel with one another, our growing and developing at every step, our holding each other in our hearts, our living out the compassion of Jesus - all this is our identity as a church.

For the last five and one-half years, you have taught me so much about following Christ - the ways you share yourselves, your commitment to growth in generosity and faith, your abiding compassion. Your love reminds me over and over again who we are - and to whom we belong.

Thank you very much for a wonderful day. May God bless us richly as we continue to serve the Lord together.

Peace,

Thank you!



• **Love Notes**

Over the years our mother, Barbara Corbett, treasured her time with the Presbyterian Women. On her behalf, I would like to thank all the women for their support and community.

Gratefully yours,
Emily Corbett

“My cup runneth over” blessing and Christ’s love has been given to me in full measure. Deacons bring communion and friends send notes and visit. I have a huge “We Care” poster, the pastors have come to pray with me, and Cheryl Track checks on me. Surely goodness and mercy surrounds me.

Caroline Kennedy

Caroline passed away Tuesday, August 27. We are so grateful for Caroline’s life and her witness.

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

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

SSEP&R and church members met with Sarasota Fire Department officials on August 8. The firemen toured the campus with us to observe and review the sprinkler systems, fire control panels, fire escapes, fire extinguisher placements and the general fire safety conditions throughout the church property and buildings. Following the tour, the fire department personnel participated in a panel discussion to provide feedback on their observations and to offer suggestions on fire safety. A question and answer session was held, affording everyone the opportunity to interact with the firemen and to learn valuable information and insights from these professionals.

Here are some key items from the campus tour and meeting:

- The FPC campus is well protected from fire hazards. Proactive measures and adherence to fire protection guidelines were viewed positively by the fire department representatives. (Kudos to Rachel Martin and the staff.)

- Fire drills need to be practiced.
- In emergency situations, FPC must have a point person to direct police or first responders to the incident or hazard.
- FPC must continue to engage the fire department and police officers as the church’s Emergency Operations Plan (EOP) is developed.
- We are on the right track in preparing for emergencies by having a ministry team working on this important facet of operations.
- Ongoing emergency preparedness training of key personnel and congregation members is an imperative to the planning process.

Ongoing training activities for the SSEP&R ministry team and the congregation are planned. Some important dates for these training sessions are as follows: (These initiatives are facilitated by faith community nurse, Cheryl Track.)

- **Tuesday, August 21:** CPR training was held for the congregation members and others.
- **Wednesday, September 12** from 6:00 to 7:00 p.m. Samaritan Counseling will be presenting “Recognizing and Responding to Someone in Emotional Distress.”
- **Wednesday, October 10** from 6:00 to 7:00 p.m. 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 in a presentation called “Stop the Bleed, Save a Life.”

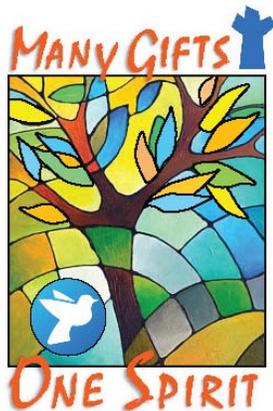
Attendance by congregation members is encouraged!



Safety committee (Victor Garraus missing from photo)

• Stewardship 2019

by Carol Papa



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

1 Corinthians 12:4

To know the love of Christ is to be filled with the fullness of God. When we care for the spiritual and physical needs of each other, those in our community, and those throughout the world, we experience that love here at First Presbyterian Church!

But how do we carry the love of Christ into the future? God's power within each of us makes it possible to accomplish "*abundantly far more than we can ask or imagine*" (Ephesians 3:20), ensuring that our legacy of faith and love continues for all. By giving generously of our time, talent and treasure, we demonstrate our trust in God to carry the church into the future.

Our gifts allow us to

- **glorify God** through worship and music,
- **build relationships and care** for one another,
- **reach out to meet the needs** of our neighbors and those around the world,
- **grow in faith and welcome others** into our church family, and
- **care for our church home** and the **dedicated staff** who support our ministry.

This is a pivotal moment in the life of our church. One day we will look back at the difference our present 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.

Serving as co-chair of our recent capital campaign was life-changing for me. After much prayer, many meetings, and working with our consultant, Alan Walworth, the task force was ready to present the campaign goals to the congregation. It was at this point that Alan asked each of us to privately write down the amount we thought we would give as a pledge. I wrote what Ken and I might give. Then Alan said, "Now write down the amount that you would *aspire* to give."

I had never thought about giving in that way. It completely changed how I thought about giving. Ken and I talked at length and prayed about moving closer to the higher number we aspired to. We found that we could give much more than we ever thought possible.

As we turn our attention to Stewardship 2019, I invite you to take a moment and write down the amount that you are considering as your pledge. Then, write down the amount that you would *aspire* to give. With reflection and prayer, can you—in faith—move closer to your aspired amount?

By making a stewardship pledge, you not only strengthen your faith and commitment to God and to the unique qualities that make us FPC, but also enable our session to financially prepare for 2019 and beyond.

• Knit, Purl, Blessings

The Prayer Shawl Knitters are getting back into action Saturday morning, September 15. We will meet in the parlor from 10:00 a.m. to 12:00 p.m. for fellowship, knitting and the blessing of any completed shawls. We will have coffee and munchies to entice you to come "check us out." Questions? Call Marti Clapp (941) 359-8097.

• Invest in Children

by Mary Elle Hunter



“Summertime and the living is easy” ...but not for Invest In Children (IIC) steering committee members. The summer began with the thought-provoking Moment for Discipleship on July 29, presented by Drew Stuart and McLain Miller that resulted in the addition of classroom volunteers for Brentwood Elementary School from our congregation.

The August calendar started with a significant undertaking to provide an appreciation breakfast for the returning faculty and staff of Brentwood. IIC steering committee members led the First Presbyterian group with support from volunteers, helpers and Pastor Glen Bell. The group was enthusiastically received by teachers and staff.



Principal John Weida graciously acknowledged the efforts and hours spent by IIC volunteers during the last year. He also announced the substantial gift from First Presbyterian’s 2017 Pentecost Offering and the *Imagine the Future* capital campaign mission initiative for the furnishings of the renovated media center which was met with much applause.

The August 12 worship services included a blessing of the Brentwood volunteers, the IIC steering committee members and the donations of school supplies. Working together earlier in the week, a team sorted the hundreds of items contributed.

Everything from multiple backpacks, zip-lock bags and pencil sharpeners to 196 glue sticks, 62 sets of headphones, and 97 boxes of tissues were just some of the items bolstered by cash donations twice the size of what was received last year. **A big thank-you goes to all** who participated to making sure Brentwood students are well equipped for this year!

Here are two early September reminders:

- There is still an ongoing need for more Brentwood classroom volunteers. Please consider sharing some of your time in this very worthwhile and rewarding mission project. Just call Jinny and Ron Miller at (941) 924-9494 and get information on how to sign up.
- Keep the box tops coming! Box Tops for Education can be found on hundreds of items, such as cereal, cleaning products, snacks and paper products. Look for the small coupon on the box top, clip it 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 of saved box tops translates into welcome dollars for funding at Brentwood!





• **Pain Management Without Drugs (Part 2)**

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

Part 1 of this series defined pain and highlighted that it has three elements. The sensory element is what the pain actually feels like. The cognitive element refers to how we evaluate our pain, e.g., harmful-harmless, annoying/awful, etc. The third element is the motivational/emotional dimension. This is the very personal part as we give pain meaning, such as how it happened, what we think of our situation at the moment, what we imagine the impact of this pain and its cause could mean to our future.

Have you ever woken up in the night and started to worry about something? We all have, and we've all experienced the heightened arousal of our heart and our breathing. Simply stated, this is our brain's alert system (the amygdala) generating the familiar "fight, flight, or freeze" response. This automatic response is a good thing if we are, in fact, in real danger from a real threat. Unfortunately, the brain can also create this alert state even when we are just imagining something. Such a state is great if we are actually in danger but it can cause real harm to our body if we don't really need it.

Now, go back to a pain you've had (or still have) and as you think about it - what caused it, how it feels, or what the future holds because of it - notice your body's response. Did you feel a little shift inside somewhere? Did your breathing rate change, or your heart rate? Does your mind start racing as if it is looking for more things to worry about? Did all this thinking change your pain awareness in some way? That's the motivational/emotional dimension again.

The third and final part of this series will give some suggestions for managing pain but here is a hint, if you will - a suggestion to begin the process of taking back control of body and mind: BREATHE, slowly, using the diaphragm muscle. Take a slow, relaxing breath in and let it out slowly. Notice how good it feels to do this simple action. Keep your mind focused on that breathing or on something neutral

like a scene in nature or a simple phrase of encouragement or gratitude. You've started the healing process already towards less pain!

LifeMindDirection.com

• **GriefShare**

GriefShare resumes **Friday, September 14**, from 10:00-11:30 a.m. in room 203. Please arrive at 9:45 a.m. for the first session.

GriefShare support group is for those who are grieving the loss of a spouse, child, family member or friend. This program is open to the community, so please invite anyone you know that may be in need of support. You are welcome to begin attending at any session, so don't be discouraged if you can't attend all 13 weeks. Each week is "self-contained," so you do not have to attend in sequence. You will find encouragement and hope whenever you begin.

Please call the church office, (941) 955-8119, to reserve your space and workbook, or register online at griefshare.org. The cost of the workbook is \$20. If you already have a workbook from a previous session, there is no cost. For more information, please contact Cheryl Track, faith community nurse (941) 320-3828, 4tracks@comcast.net.

• **Cowden Smith Library News**

I'm Still Here: Black Dignity in a World Made for Whiteness by Austin Channing Brown is the book quoted in a July sermon by Rev. Glen Bell. Part of the quote is "*I need a love that is troubled by injustice, a love that is provoked to anger when black children lie dead in the streets. A love that has no tolerance for hate, no excuses for racial decisions...I need a love that chooses justice.*"

Austin is an educated young Christian black woman who relates her experiences in the white world including the white Christian churches who are attempting reconciliation. It also includes her frustration with "white fragility" which defeats well intentioned attempts for racial justice. For those who wish deeper insight into the perspective of a black writer in America today, this book can be found on the New Book shelves of Cowden Smith Library.



• **Strength of SURE**

by Will Newton,
Executive Director of
SURE

This summer SURE met with over 20 companies asking them to invest in our work to change Sarasota for the better. To date, we have received \$18,000 in corporate investments.

We have learned how so many employers in our community are affected by out-of-school suspensions, housing affordability, and even youth arrests. Time and again we heard how SURE is making Sarasota, not only a better place to live, but a better place to work and do business as well.

SURE spoke with Jane Goodwin and Dr. Todd Bowden about their visit to see restorative practices (out-of-school suspensions) in Jacksonville schools. We will continue following up with Dr. Bowden and other school officers to insure this program is being tracked effectively. SURE continues to work towards the goal of decreasing out-of-school suspensions.

We will be meeting with local law enforcement leaders, including North Port's newly-appointed chief of police, to discuss civil citation. To date, Sarasota's civil citation usage rate has risen to 75% for 2018. This means over 200 kids are not receiving debilitating arrest records.

There's a lot to be optimistic about as well as a lot of challenges ahead. As always, the strength of SURE is the commitment and passion of our leaders and our 19 congregations who have felt God's call. As fall approaches, SURE goes from garnering corporate support to preparing our leaders to hear stories of injustice in our community. We will continue to hear how our congregations are affected by the issues that keep us up at night.

We invite new network members to join us in seeking a better Sarasota for everyone. If you want to share a bigger part of transforming Sarasota, contact Dorothy Murphy, (941) 485-3518 or come to the Community Problems Assembly, on **Monday, October 15**, at 6:00 p.m. at Bethlehem Bible Church.

But let justice roll down like waters and righteousness like an ever-flowing stream.

- Amos 5:24



• **Presbyterian Women**

PW Bible study begins again on Tuesday, September 11 at 10:30 a.m. in room 203. Jean Luker will lead us in discussion based on the *Horizons* Bible study guide for 2018-2019 by Amy Poling Sutherland titled *God's Promise: I Am With You*. The study guide is not required to attend. Please bring your favorite Bible. All women of the church are welcome.

Save the date: PW Lite meets Tuesday, October 2 at 10:30 a.m. in the fellowship hall. Cheryl Track, our faith community nurse, will join us. Watch the Sunday announcements for more information.



• **Stephen Ministry**

Thank You,
Stephen Ministry
at First Presbyterian!

A Care Receiver's Experience

At the time my wife died after a lengthy illness, there seemed to be so much to do. To think about seeking out a Stephen Minister at our church was not on my mind. But soon, gentle encouragement from good friends suggested that I look into doing so.

My Stephen Minister perfectly fit the qualities I needed: providing comfort, caring, listening, and sharing—all in complete confidentiality. I am grateful to First Presbyterian for the relationship Stephen Ministry offers as it has been such a blessing for me.

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 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.

• **Birthdays**

1	Leif Jacobsen Anna Marshall	18	Patrick Hallinan Jeanne Noe	28	Kim Whitford Amy Stine
2	Pat Higgins Allison Tracy Jo Watson Charlie Weitekamp Jim Murphy John Garcia	19	Dana Bauer John McLeod Bob Barr Russ Terry	29	Sue Cole Allan Varner Ron Miller John Parks Christine Harrington
3	Nancy Tatum Doug Anderson	20	Judy Hord Phil Khuu Lois Bowen Aiden Hougland	30	Jean Fulton Daniel Clissold Caroline Clissold Emily O'Neill Keeley Alsum Madeline Alsum Ed Johnston
4	Tony Williams		Jackie Wright		
5	Martie Smith Sue Simpson	21	Xander Jiva Ted Eastmoore		
6	Bill Bosold Miles John	22	Ronald Saba Cindy Hallinan Tony Morris Phyllis DuBois		
7	Margie Young Hans Ooms		Kev Stearns		
8	Nancy Lindsley Stephanie Edwards	23	Karen Olson Susan Gillespie Meaghan Schatzman		
9	Mary Willis		Doug Tarnowsky		
10	Dale Learn		Jim Brown		
11	Carl Stover	24	Ansley Morris Mary Jo Steltmann Helen Corcoran		
12	Pat Davidson Kate Schwab Cameron Whitford George Buermann Jean Kirkpatrick	25	Tom Singleton Ric Saba		
13	Kate DeLuca	27	Ken Papa Julie Klick Brian Bowen Nan LeVan Shane Mathis Linda Lahm		
14	Meredith Sims		Avery Kyser Jan Matthews Jerry Blanton		
15	Liliana Vargas Jack Simpson Andrew Landers				
16	Grace Hutchens Kelly Fitzgerald				
17	Sarah Pullman Ali Tarnowsky Patty McGuire				

• **Anniversaries**

3	Hal & Gretchen Serrie Rich & Jenn McGuire
14	Scott & Clare Carter
15	Guillermo & Margarita Contreras
17	Wes & Billie Burquest
18	Steve & Beth Knopik
23	Mark & Tonya Johnson
24	Richard & Robin John Timothy & Jennifer Hall
25	Branford & Yajaira Adumuah
26	Ric & Lisa Saba Rob & Linda Harrison



**Blessings from
your church family**

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Cross Connections

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