



***Humble yourselves under the mighty hand of God,
so that he may exalt you in due time.
Cast all your anxiety on him, because God cares for you.
- 1 Peter 5:6,7***

What a strange moment in history. Yes? As we begin our fifth month of Lockdown, there is no denying the toll this loss of routine has taken. For some, the break from society's driven, rushed rhythms has been a relief! It has offered opportunities to reconnect with nature, learn new skills, shelter down with good books, new recipes, and quality time with God. For others, perhaps most, the past few months have been hard. Patience is growing thin and questions mount:

When will they find a vaccine? When can we return to in-person worship?!
What will the world look like a year from now?
Will previously unchurched people flock to worship once the doors open?
Will our nation make progress in ending the racism and economic inequalities so obvious right now?

If ever there was a time to lean on God and learn from those who have gone before us in faith, it is now. Christ came that we might have life, abundant life. God's intention is for us not only to "survive" but to thrive! Hence, our worship themes for August. Join us online and read ahead (!) as we tap into the incredible wisdom of Scripture. Sermons will touch on some of the challenges facing us all: worry, difficult transitions, stress, interpersonal angst, despair and change.

Blessings and great peace to you,
Pastor Kathi



Sermon Themes in August
Surviving and Thriving in the Midst of It All

July 26: "Surviving Worry"
OT: Psalm 107:1-7
NT: Philippians 4:4-9

August 16: "Thriving By Way of
Forgiveness"
OT: Psalm 103:1-5, 8-14
NT: Matthew 6:7-15

August 2: "Thriving One Step at a Time"
Communion Sunday
OT: Joshua 1:1-6, 9
NT: Ephesians 4:11-15

August 23: "Thriving By Listening"
OT: Psalm 95:1-7
NT: Mark 10:46-52

August 9: "Thriving Through Stillness
and Prayer"
OT: Psalm 46:1-11
NT: Mark 1:32-39

August 30: "Thriving In the Midst of
Change"
OT: Isaiah 6:1-8
NT: Romans 8:28-32

CROSS CONNECTIONS

August
2020

• **Update from the Immokalee Fair Housing Alliance**

The Immokalee Fair Housing Alliance, Inc. (IFHA) is happy to announce a resounding "YES" vote from the Collier County Planning and Zoning Commission July 9 to build 128 decent, safe, hurricane-resistant, rental units for low-income farmworker families in Immokalee. Peace River Presbytery, its churches and members exceeded the challenge to contribute \$100,000 to start Immokalee Fair Housing on its way to purchasing the ten acres in Immokalee. In September, they expect to close and begin the infrastructure.

Short term, IFHA is dedicated to solving the problems of families living in unsafe and unhealthy conditions, families forced to live with strangers in the house, broken appliances and other fixtures, lack of play and study areas, and rents consuming 50-60% of the family's income per month. Especially in these times of coronavirus, the population has experienced mass contagion due to overcrowded living conditions.

Long term, IFHA hopes for a community with pre- and after-school care, playgrounds, computer access, homework assistance, adult education, religious services and affordable rents. Children will do better in school. Families



will be safer and healthier.

Housing has been the missing link for many years in assisting farmworker families to escape poverty and exploitation. Lower rents will free up needed money to buy food, clothing, medicines, and other necessities. The ripple effect will be economic

growth and stability for the city of Immokalee.

IFHA, Inc. is a 501(c)3 organization and this project will be entirely funded by foundation grants, individual and organization donations. There will be no mortgage and IFHA will be exempt from paying real estate tax. Take a look at the IFHA website for more information: www.ifha.info

IFHA is grateful to the churches of Peace River Presbytery for your prayers and faith in their mission and giving them the jump-start to do what the Lord is calling them to do. First Presbyterian Church is a partner in this endeavor. Any questions can be directed to Carleton Cleveland (203) 247-9118 or Alan Penick (941) 735-1231.



One of our First Presbyterian parishioners recently wrote to our Stephen Ministry Team:

I was a wreck:

- *too sick to be able to enjoy my life,*
- *too old to continue pretending being someone I'm not,*
- *too sad,*
- *too ashamed, and*
- *too many too's.*

I finally reached out and found, first, one hand and then another reaching back. There has been no judgment, just acceptance of me and the desire to know me and help me find myself . . .

They are Stephen Ministers.

Sisters and brothers, God has given us a tremendous resource, both spiritually and practically, to help us through both the small and large problems we may face as we walk with the Lord.

Please don't pass up the opportunity to walk a few steps, a block, or even a few miles with someone who will genuinely care for you. My brothers have walked quite a few miles with me, and I have been BLESSED!

If you or someone you know needs a Stephen Minister, please call the church office (941-955-8119) to speak with Cheryl Track, Faith Community Nurse or Steven Phillips, Director of Music Ministries and Congregational Care.



SURE

submitted by Dorothy Murphy
SURE Team Leader

FPC SURE Annual Justice Ministry Listening Process (House Meetings)

One way love is shown to friends and neighbors is to listen when they speak and share their concerns. We listen and learn as they share what is negatively impacting their daily lives.

The SURE justice ministry gathers every fall to do this. All 23 SURE congregations invite their congregants to House Meetings which involve the listening process. Our justice ministry comes together in small group gatherings. Most likely, this year house meetings will be done virtually.

We consider biblical inspiration for justice ministry, share stories of community problems, and consider next steps for making our community more like the one God intends it to be.

Stay tuned as the FPC Peace & Justice Ministry Team will be releasing the dates for this fall's house meetings. In this time of isolation and despair, it is more important than ever that we join our voices together to tackle serious problems in Sarasota: the high cost of housing, the rate of school suspensions, and the problems related to the criminal justice system.

Exciting Restorative Practices Update

At SURE'S urging, the Sarasota County School District has agreed to grow the restorative practices pilot program by adding three new locations: Brentwood, Atwater and Tuttle Elementary Schools. This means an additional 2,500 children will be given the advantage of participating in this skill-building program. Eight schools are now involved, bringing the total to about 8,000 students. With restorative practices training, teachers are given a needed and additional tool to practice in their classrooms. When problems arise, students put to practice what they have learned in their listening circles. Our SURE goal is to significantly decrease the number of out-of-school suspensions.

Criminal Justice Meeting with Sarasota Police Chief DiPino

Chief Bernadette DiPino met virtually for one hour with the SURE criminal justice research team. Rev. Laurie Etter, First Congregational Church UCC and chair of the committee, submitted a list of questions to the chief prior to the meeting. Chief DiPino talked about going forward, deepening the trust in the community and strengthening the accountability of her officers. Chief DiPino, along with Sarasota County Sheriff Knight, know SURE's continued concern that too many adults are being arrested for first-time nonviolent offenses.

***Let us not love with words or tongue
but with actions and truth.*** - 1 John 3:18

• Dial Hope

Dial Hope is a daily devotional program, founded by the late Dr. Roger Kunkel, former parish associate of our church. For encouragement and hope, every single day, please dial 941-955-8929 or go to dialhope.org.



• *Invest in Children*



Breaking News

With great concern and careful consideration, the Invest in Children Steering Committee has decided to suspend our volunteer participation with Brentwood Elementary School until a safer time. We are sad to announce this, but give thanks to our many volunteers, and ask for prayers for all the students, teachers and staff everywhere who will return to school during the COVID-19 pandemic.

Thanks, too, for the outpouring of supplies for the students at Brentwood! Since the beginning of the Sarasota County school year has been delayed, we are extending the deadline for dropping off supplies at the church on Monday - Friday, 9:00 a.m. - 12:00 p.m. noon until **Friday, August 7**. These are the most needed supplies:

Backpacks — Bike Helmets — Dry-erase or Washable Markers — Tissues
Glue Sticks — Mechanical Pencils — 24-pack Crayons
Pocket Folders — Individual Pencil Sharpeners

If you aren't able to "shop and drop," you may send a check to the church made out to First Presbyterian Church with "Brentwood Supplies" in the memo line. While we can't provide volunteers to the school at this time, we can still share an abundant assortment of supplies.
Thank you!





• **American Cancer Society Update: Diet and Physical Activity Guidelines for Cancer Prevention**

*submitted by Cheryl Track,
Faith Community Nurse*

The American Cancer Society cancer prevention recommendations are revised regularly as evidence emerges. They are created by a volunteer committee comprised by a diverse group of experts from multiple sectors. The committee reviewed the evidence on diet and physical activity on cancer risk.

Physical Activity

Previous: Adults should engage in at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week.

New: Adults should engage in 150-300 minutes of moderate-intensity or 75-150 minutes of vigorous-intensity physical activity per week; achieving or exceeding the upper limit of 300 minutes is optimal.

Diet

Previous: Consume a healthy diet, with an emphasis on plant foods.

- Choose foods and beverages in amounts that help achieve and maintain a healthy weight.
- Limit consumption of processed meat and red meat.
- Eat at least 2.5 cups of vegetables and fruits each day.
- Choose whole grains instead of refined grain products.

New: Follow a healthy eating pattern at all ages. A healthy eating pattern includes:

- Foods that are high in nutrients in amounts that help achieve and maintain a healthy body weight;
- A variety of vegetables—dark green, red, and orange, fiber-rich legumes (beans and peas), and others;
- Fruits, especially whole fruits with a variety of colors; and
- Whole grains.

A healthy eating pattern limits or does not include red and processed meats; sugar-sweetened beverages; or highly processed foods and refined grain products.

Alcohol

Previous: If you drink alcoholic beverages, limit consumption. Drink no more than 1 drink per day for women or 2 per day for men.

New: It is best not to drink alcohol. People who do choose to drink alcohol should limit their consumption to no more than 1 drink per day for women and 2 drinks per day for men.

The guideline continues to reflect the current science that dietary patterns, not specific foods, are important to reduce the risk of cancer and improve overall health. There is no one food or even food group that is adequate to achieve a significant reduction in cancer risk. Current and evolving scientific evidence supports a shift away from a nutrient-centric approach to a more holistic concept of dietary patterns. People eat whole foods –not nutrients– and evidence continues to suggest that it is healthy dietary patterns that are associated with reduced risk for cancer, especially colorectal and breast cancer.

What small changes can you start making this week to reduce your risk of cancer? Share them with a friend, or me, and let's be accountable to each other for a healthy lifestyle!

Taken from Article: *American Cancer Society Guideline for Diet and Physical Activity for Cancer Prevention; CA Cancer J Clin 2020 DOI 10.3322/caac.21591*

• **SunCoast Blood Drive Rescheduled for Sunday, August 30**

Due to blood bank staff needed in-house to help with plasma donations to help those who are hospitalized with COVID-19, all drives have been cancelled for four weeks. The First Presbyterian drive is rescheduled for Sunday, Sunday, August 30, 8:30 a.m. - 1:00 p.m. Contact Cheryl Track, faith community nurse, (941) 320-3828, to schedule. If you would like to donate at one of the SunCoast Blood Bank locations, please tell them you are from First Presbyterian and our church code for donations is #186.

• **Construction** by Anna H. Bedford, May 4, 2020, Sarasota, Florida



Like recreational boating,
construction's deemed an essential service
in Florida. It never stops.

I, classified as non-essential (Who knew?),
must shelter in place, adjacent, but apart
from condo neighbors.

But, ah, the unfolding pageant to behold
from a sequestered window
nine stories up from Sarasota Bay.

Look down: hard hats, neon vests scurry
with mysterious purpose.

Look up: orange dolls swing twenty stories high
confident on precarious platforms.

Look just ahead: a disembodied giant bows
to scoop a mouthful of Florida sand,
to twist, then rudely spit it out.

Of this it never tires

until all of this is here and all of that is there
and over eight coronavirus weeks

a hole becomes foundation

and foundation becomes an emerging

high rise, a masterpiece in planning and production
buzzing with occupants this time next year.

Allowed an outing once a day for exercise

I edge around this hive of busy building

past signs that shout "Road closed!" "Take care!"

to walk around the Bay

find solace in the emptiness

the quiet companionship of heron, egret,

and, strutting on long orange legs, an ibis.

Look just ahead: on sun-bleached rocks, anhingas
spread arms of adoration.

Look down: from unmeasured heights a pelican
crashes waterward for breakfast,

comes dripping up, pouch full for eating later.

Look up: construction!

The osprey's built a nest

on a handy post thoughtfully provided—

but, surely, an impossibly precarious platform!

I know this couple; they come back every year

their building skills have not improved—

some scraggly twigs, a dangling ribbon—

but once again a chirping chick

proves these hovering parents ace their job

building a little life. They don't need me,

nor does the mocking bird that dives down

screaming, "Not wanted here!" "Move on!"

Not needed, I obey

to construct a lonely life indoors

as best I can.



• **Birthdays**

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

• **Anniversaries**

1	Steve & Patty Largo	20	Larry & Marcia Schaper
2	Scott & Janice McLeod		Andy & Barbara Anderson
3	Marvin & Mary Ellen Miller	21	Tim & Lynne Goslee
	Jack & Trisha Senterfitt	22	Kent & Joanne Simons
4	Ron & Kelly Saba	23	John & Valerie Schaub
	Sean & Christine Harrington	24	Bob & Emilie Kimbrough
5	Sam & Muffie Ochi		Al & Barbara Zappala
6	Rod & Judy Rhoades		Matthew Leshko & Abbey Tyrna
7	Bob & Carol Brightman	25	Greg & Rhonda Hawkins
	Scott & Julie Griffith		Floyd & Janet Churn
8	Berry & Lynne Catlin		Charles & Geraldine Bernier
9	Joey & Thyra Schwab	26	Gunther & Linda Lahm
11	Dick & Kay Steinman	27	Bob & Michelle Messick
	Lorenzo & Carrie Mills		Dave & Francesca Muir
	Bob & Patti Wrobel	28	Bruce & Melinda Marsh
12	Jean & Yvonne Dumas		Ken & Marsha Fischl
18	Tim & Cindy Hallinan	29	Ted & Mary Jo Kline
		31	Tony & Mary Williams



**Blessings from
your church family**



Cross Connections

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Return Service Requested

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