

# Cross

## CONNECTIONS

A PUBLICATION OF THE FIRST PRESBYTERIAN CHURCH, SARASOTA, FL



AUGUST 2011

## Two Important Dates to Remember



### CAT Scan Deadline Friday, August 12

The Church Assessment Tool (CAT Scan) Surveys have been mailed. To get a clear picture of our church, we need every member to respond. You may either complete the survey mailed to you, or you may go online to complete it.

<http://www.surveymonkey/s/firstsarasota>

If you chose to complete the handwritten survey, you may return it by mail or you may deposit it in the black box located in the church office. If you need additional copies, they are available in the narthex or Fellowship Hall foyer.

### Regular Worship Schedule Starts Sunday, August 21

Traditional Worship - 8:15 a.m. in the Chapel  
New Song Contemporary Service - 9:00 a.m.  
in Fellowship Hall  
Spanish Worship Service - 9:30 a.m.  
in the Chapel  
Sunday School for all ages 10:00 a.m.  
Traditional Worship - 11:00 a.m. in the Sanctuary



*Interim Pastor/Head of Staff: The Reverend Dr. John Ross*

*Associate Pastor: The Reverend Clayton Thomas*  
*Director of Music Ministries: Jack M. Levick*

*Pastor for Spanish Ministries: The Reverend Julio Travieso*  
*Intern for Youth & Families: Daniel McCurdy*

# A Prayer for First Presbyterian of Sarasota

by Reverend Dr. John Ross

Dear God, bless First Presbyterian Church of Sarasota in ways that are unexpected and exciting. Bless members not in selfish ways, but bless them so that new leadership will arise to meet the challenges and the needs of future ministry only you now envision. Give your power to the membership, those who have recently joined and those with a long history of love for this unique Christian family. Allow the membership to step forward with hope. May they be risk takers for your glory, walking with courage into the bright light of your future. Give them faith to walk, trusting your voice when the darkness leads to uncertainty and worldly doubts.

O God, enlarge the witness of First Presbyterian Church. Let this community see a transition of leadership—one of power and love and witness. May the Sarasota community be bathed with compassion and love that flows from persons who are unashamed to hold high the banner of Christ above all other priorities. Thus with a hope born of courage, a new generation of Christians will display a faith that reveals a foundation of depth given by faithful saints now deceased.

O God, surround this fellowship of believers with your Spirit. Lift this family of faith in loving ways. Guide them and give them strength to bear heavy burdens, for without your presence they will stumble. Give them spiritual strength to stand tall when standing takes strength beyond their own awareness.

And finally, O Lord, let them not carry pain from old wounds. May forgiveness be given in generous portions from those who received pain, and may all become aware of insensitivities toward others. By the grace given through your love, may individual behaviors be transformed for the betterment and the unity of Christ's church. Allow this congregation, within the context of your love, to put the beatitudes you lived into their daily activities. May each breath taken be received as a gift from your Spirit that creates and gives life abundant. Continue to breath life giving love into our hearts so that breathing in and breathing out your faithfulness will be remembered from this time forth and even forevermore.

Thus may 'Thy will be done on earth.....' by us.

Amen

# Love Notes



Words cannot express my thanks to this, our church family, for all of your encouragement, love and support for Roger during his illness and graduation. We are sure he entered the gates of heaven with a large "TA-DA." He is now with his best friend, Jesus.

Love,  
Char Kunkel and Family

Truly a "TA-DA"

A warm-hearted "Thank You!" to all the wonderful people who helped with the reception for Roger's memorial service. God provided the ways and means to make it an exceptional tribute. It was very special, and Roger would have been proud. Thank you, and God bless you all.

Love in Christ,  
Diane Johnston

# Preschool News

by Clare Carter, Preschool Director

After many hours of preparation, the teachers and staff of the preschool are ready for the new school year to begin. The classrooms will soon be filled with the wonderful sounds of happy children. We are looking forward to an exciting and enriching school year.

"Small Beginnings" (our parenting class) currently has a few openings in the Thursday Toddlers (18-36 month old) and the Friday Wobblers (10-18 month old). Please call soon to reserve your space.

The preschool is in need of new kitchen appliances. Our refrigerator, oven and microwave are on their last legs. If you are remodeling and wondering what to do with your gently used appliances, we would love to take them off your hands!

For more information, call the preschool office at 366-2000. ☎

# New Member Bios

by Annette Sherman, Moderator, Interlink Committee



**Bill & Sindy Burggraf** moved to Bradenton from New York City in 2005. They love living on Sarasota Bay in a wild life sanctuary. They prefer shooting pool to playing golf or hiking through

the swamps, and they enjoy the rich offerings of theater, music and arts in the community. After looking at several retirement options around the country, the Burggrafs found that Bradenton/Sarasota is a perfect blend of nature and aesthetic beauty with a good mix of interesting, friendly people.

Sindy was a Speech Pathologist, CCC/SP with the Carle Place Schools on Long Island. Her retirement to Manatee County has been filled with volunteering opportunities. Sindy enthusiastically serves the national award winning Manatee Players Theater, PEO (a philanthropic sorority), the politically active AAUW, and a Sarasota Orchestra local organization.

While attending Kirkwood Presbyterian Church in Bradenton, Sindy chaired a successful stewardship campaign, served on nominating committees, organized outings, workshops and more. Sindy is a loyal alumna of Florida State University, having been raised in Tallahassee. She has a Master's Degree from the Queens College of City University of New York.

Bill is one of the first executive search consultants to work with lawyers, beginning in the late '60s. He has been involved in every aspect of employment in the legal profession from secretaries through law firm mergers. He was the founder and president of Catalyst Legal Resources and a director with Smythe Masterson & Judd. Since his retirement, Bill occasionally accepts assignments as an expert witness focusing on lawyers' career prospects and compensation as well as search firm disputes. Born and raised in Chicago, Bill is a graduate of the Northwestern University Business School. He is a long-suffering Cubs and Bears fan.

While living in Manatee County, Bill has served as president of their condo where he was responsible for two major renovation projects. He has great enthusiasm for book based small groups. He still participates in annual retreats with a men's group from his former church, Marble Collegiate Church (RC) in New York City. Locally, he was a Presbyterian Elder who was first responsible for stewardship and then for Human Resources. He worked closely with the Pastor and the Finance Elder to significantly reduce costs while participating in several searches from Pastor

to Youth Group Director.

Bill and Sindy have three married children (two daughters and a son) who live in Chicago, San Diego and Aspen. Their lives are further enriched by their teen-aged granddaughter and toddler grandson. With sisters' families living in DC and Chicago, the Burggrafs spend at least six weeks a year visiting relatives.

They are looking forward to serving in First Presbyterian Church, which will help them to continue to honor the living Christ. ☞

## Children's Ministry

by Sandi Soper and Gena Smoot, Moderators

### S.O.S.

Our Wednesday evening program, "Summer of Service," has been going very well. The children have collected about 238 lbs. of food for All Faith's Food Bank; they have made and given approximately 40 "Shoe Boxes" to the Salvation Army; and have made 340 sandwiches for City Kids. We still have more service activities to complete. We very much appreciate the support of the congregation and the parent and adult volunteers.



S.O.S. Crew

### It's Time to Rally!

Rally Day will be held during the Sunday School hour at 10:00 a.m. in the Fellowship Hall, on August 21, when we will be celebrating our new year of Christian Education. Come to Fellowship Hall for refreshments, crafts, fun, and fellowship. This year's Sunday School teachers and leaders will be introduced, and the classes will go to their rooms for about 30 minutes. If you are not involved in a Sunday School class, this would be a good time to come and see what's going on! Bring your friends and neighbors! ☞



# Think Twice About Immunizations

by Cheryl Track, Parish Nurse

"I never thought I'd get shingles. My incorrect rationalization was that the odds were against me getting shingles, as I am in excellent health...I exercise regularly, eat healthy, am not overweight, and have a less stressful job than the one I had in the Midwest. The doctor told me there are so many things that we don't know about the hows and whys of shingles. I do know this, I am now a firm believer of getting the shingles immunization (even though a bit pricey) and will get one in the near future to prevent any possible re-occurrence." **Testimony by, Jack Levick, Director of Music Ministries, First Presbyterian Church**

**Shingles** is a painful skin rash, often with blisters and usually appears on one side of the face or body, lasting one week to 10 days. Its main symptom is pain, which can be quite severe. Other symptoms of shingles can include fever, headache, chills and upset stomach. Very rarely, a shingles infection can lead to pneumonia, hearing problems, blindness, brain inflammation or death. Shingles is also called Herpes Zoster. For about 1 person in 5, severe pain can continue even after the rash clears up. This is called post-herpetic neuralgia.

Shingles is caused by the same virus that causes chickenpox. Only someone who has had a case of the chickenpox or gotten chickenpox vaccine can get shingles. The virus stays in your body and can reappear many years later as shingles. You can get shingles more than once in your lifetime.

## The Shingles Vaccine


Zostavax<sup>®</sup>, manufactured by Merck, is the first vaccine developed to help prevent shingles and reduce the pain associated with it.

## Who should receive the Shingles vaccine?

A single dose of shingles vaccine is indicated for adults 50 years of age and older. Even if you have had shingles, you can still receive the shingles vaccine to help prevent future occurrences of the disease. There is no specific time that you must wait after having shingles before receiving the shingles vaccine. The shingles rash should have disappeared before getting vaccinated.

## Some people should NOT get shingles vaccine:

- A person who has ever had a life-threatening or severe allergic reaction to gelatin, the antibiotic neomycin, or any other component of shingles vaccine.

- A person who has a weakened immune system because of
  - HIV/AIDS or another disease that affects the immune system,
  - treatment with drugs that affect the immune system, such as steroids,
  - cancer treatment such as radiation or chemotherapy,
  - a history of cancer affecting the bone marrow or lymphatic system, such as leukemia or lymphoma. 

Information from CDC and VNA websites

## 1 out of 3 people over 60



## Will get shingles...

# Flu Season is Right Around the Corner

by Cheryl Track, Parish Nurse

The Food and Drug Administration (FDA) has chosen the same three flu viruses as last year for inclusion in the 2011-2012 seasonal flu vaccine based on recommendations from the World Health Organization (WHO).

## Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza can affect people differently. Even healthy people can get very sick from the flu and spread it to others. During a regular flu season, about 90 percent of deaths occur in people 65 years and older.

## When should I get a flu vaccination?

CDC recommends that people get their seasonal flu vaccine as soon as the vaccine becomes available in their community.

## Who should get vaccinated?

Everyone 6 months and older should get a flu vaccine each year. This recommendation has been in place since February 24, 2010 when CDC's Advisory Committee on Immunization Practices (ACIP) voted for "universal" flu vaccination in the U.S. to expand protection against the flu to more people. While everyone should get a flu vaccine each flu season, it's especially important that certain

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people get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications. These people include

1. Pregnant women
2. Children younger than 5, but especially children younger than 2 years old
3. People 50 years of age and older
4. People of any age with certain chronic medical conditions
5. People who live in nursing homes and other long-term care facilities
6. People who live with or care for those at high risk for complications from flu

Flu season's coming...  
VNA needs you to roll up your sleeve  
and stick with us!

#### Does a flu vaccine work right away?

No. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. In the meantime, you are still at risk for getting the flu. That's why it's better to get vaccinated early in the fall, before the flu season really gets under way.

I hope to see you in September! Please feel free to call me for any questions, 320-3828. ☎

*Information from the CDC's website*



## Mark Your Calendar for Upcoming Drive-Thru Vaccinations

Wednesday, September 14th , 9:30-11:30 and Wednesday, September 21, 1:00-3:00, the Visiting Nurses Association, VNA, will be providing several vaccinations (see the chart below) at First Presbyterian. They will also be providing shingles vaccinations if there is sufficient interest. Please call the church office to sign up for the shingles vaccination, 955-8119. No appointment is required for any of the other walkup or drive thru vaccinations.

VNA offers the convenience of payment by check, cash or credit card. Medicare Part D plans cover the shingles vaccination. Payment is due at the time of service. You do not need a prescription from your doctor. ☎

Product	Charge	Covered by Medicare Part B?
Flu – regular	\$25	Yes
Flu – preservative-free	\$30	Yes
Flu – High-Dose for 65+	\$50	Yes
Pneumonia	\$65	Yes
Tetanus/Diphtheria	\$40	No – receipt for insurance filing provided
Tetanus/Diphtheria/Pertussis	\$60	No – receipt for insurance filing provided
Shingles	\$235	No – receipt for insurance filing provided

# First Presbyterian Church FAMILY CAMP!!!

**One Church Family, Una Iglesia Familia**

When: Friday, August 12- Sunday, August 14

Where: Cedarkirk Camp and Conference Center

Who: YOU! (Open to the entire Church Family)

## Fun Activities!

Line Dancing, Campfires, Canoeing, Swimming Pool, Climbing Wall, Zipline, Open Mic Sessions

## Workshops!

Crafts for Children, Youth, and the Young at Heart  
Truth in Comedy  
Spirituality in the Home  
Being Bilingual on Sunday Mornings  
Where Do We Go From Here? (Spanish)

Get your registration form at the church office. Prices for registration are \$110 for adults, \$50 for children (5 -17 years old), or \$250 for a family. ☎

## Family Promise - Shop for a Cause

A great fundraiser will take place Saturday, August 27 at Macy's in Westfield Mall at South Gate. It's called SHOP FOR A CAUSE. Family Promise is selling \$5 passes to get 10% off furniture, electronics, mattresses, and rugs and 25% off all other purchases (including sale and clearance items). The \$5 for each pass sold goes directly to Family Promise Sarasota! The \$5 passes are available in the church office. ☎

## Tervis Tumbler Youth Fundraiser

Support the youth and purchase a First Presbyterian Church tervis tumbler for \$12.00. They are available for purchase in the church office during the week. ☎



## Help Us Welcome the Children With School Supplies

FPC is inviting the community and you to join in "Rally Day," Sunday, August 21 by helping children of all ages be prepared for school. You can help our local and world mission programs make school packets by donating any of the following:

- notebooks
- notebook paper
- rulers
- pens
- small pencil boxes or pouches
- pencils (No. 2)
- boxes of crayons
- erasers
- small pads of paper
- child safe scissors

In the past, for our matching mission partners, we have given supplies to Newtown Community Center (City Kids program), Second Chance: Last Opportunity in Sarasota, and to children in Kenya and Nicaragua. Bring your goodies into the church office by August 17. Thank you so much. ☎

Florida tax free weekend is August 12-14.

## Stop By the Nursery to Meet Our New Nursery Coordinator

**Hi, my name is Noriko Beardow.**

I was born and raised in Hiroshima, Japan, but I moved to the US in 1990. My mother, sister, and two beautiful little nieces still live in Hiroshima.

I have lived in Sarasota since 2002, and worked at First Presbyterian Pre-School since 2005.

My husband, Brad, and I love Sarasota and believe it's a wonderful place to raise a family. We have two wonderful children; Clifford, age 16, and Akane, who is 8. Also residing with us in our cozy Southgate home are Mookie, the dog; Lenny, the fish; and Flick, the Corn Snake.

I enjoy sushi (surprise!), spin-cycling, traveling with my family, and any opportunity I can find to laugh. ☎



# Birthdays

1	Paula Berman Linda Carll Amy Davis Kay Tscherfinger Martha Voyles	9	Katie Marousis Melody Martin Kathy Messick C. Manly Molpus John Parr	16	Marti Clapp Maggie Courter Sarah Hudson Pam Wnorowski Lee Nees	24	Kai Bohl Kaydee Friend Linda Harrison Bob Rea, Jr Enoch Sherman		
2	Dana Gaddis Marcia Kleinschmidt Bruce Lindell, Jr Jim Smith	10	Westley Short Lisa Simpson Sebastian Contreras Shelley Fruehwald	17	Carmen Page Turner Allen Beverly Eckert Jim Turner	25	Margaret Cass Greg Hawkins Brian Holmes Maddy Boehm		
3	Suzanne Head Brian Track	11	Molly Hudson Janice Shelton Joshua Mucyo Wiehler John Hager	18	Tori Golemo Sarah Lansky Faith Sherman Michael Brown	26	Ellen Burgess Rogers Moore William Pritchard Tony Strong, IV		
4	Patricia Akal Kimberly Brown Jim Burgess McLain Miller Molly Nurczyk June Raskin	12	Andrew Figueras Sofia Figueras Caroline Kennedy Craig Morrison	19	Daniel Morris Sarah Van Nostrand Judith Hart Lilly Herrli	27	Carla Harding Nick Steele J. Cameron Thornhill Billy West		
5	Courtney Allen Mark Johnson Bob Messick Marilyn Tschirgi Vicky Walker Linda Wishart	13	Chris Ogletree Neal Price Emmy Schmidt Tom Allen	21	David Delaney Chuck Hastings Chrissy Catlin Joan DePlonty	28	Cheryl Halliday Kim Muldoon Logan Russell Barbara Shepherd	29	Sue Benjamin Karen Greml Janet Piech Orita Wieder
6	Rose Cardinal Dawn Blomgren Tish Goodale	14	Ken Wilson Elizabeth Blitz Maryann Wells-Bowman Amy Jeffrey	22	Cheryl Halliday Kim Muldoon Logan Russell Barbara Shepherd	30	Barbara Anderson William Hanka Garrett Heburn Vicki Short		
7	Bobbie Dean Bruce Maxian	15	Enzo Knapp Susie Smith Peter Wiehler Elaine Barnett	23	Barbara Shepherd Nilibeth Vargas Jessica Wright	31	Henry Mills William Morgan		
8	Laurie Thomas Anne Whiteside Velma Yost	16							

# Anniversaries

2	Scott & Janice McLeod	20	Larry & Marcia Schaper
3	Marvin & Mary Ellen Miller		Andy & Barbara Anderson
4	Gary & Micki Pflugner Ron & Kelly Saba	23	Dick & Marti Clapp
8	Berry & Lynne Catlin	24	John & Valerie Schaub Bob & Emilie Kimbrough
9	Joey & Thyra Schwab Jeff & Shannon Smith	25	John & Betsy Cairns Greg & Rhonda Hawkins
10	Mike & Anne Figueras		Don & Michele Mason
11	Dick & Kay Steinman Lorenzo & Carrie Mills Bob & Patti Wrobel	27	Bob & Becky Clapp Bob & Michelle Messick
15	Bill & Jeannine Counts		Mark & Carol Ann Blair Dave & Francesca Muir
16	Tom & Barbara Hostetler Hal & Barbara Hunt Bob & Virginia Kirkpatrick	28	Jim & Bev Porteous Ray & Pat Woody
18	Tim & Cindy Hallinan Jerry & Pat Feeny Bill & Julie Yackey	29	David & Carole Munro Alex & Pat Huck
		31	Michael & Liz Doyle

**Cross Connections is a monthly publication of First Presbyterian Church of Sarasota, Florida Volume 29 Issue #8. Please submit articles for the next issue by August 15, 2011**

**Cross Connections**  
First Presbyterian Church  
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www.FirstPresSarasota.org

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## Are You Ready?

Those three words seem to be the theme-song of our Disaster Preparation Team! The team wants to be sure the First Presbyterian family and the church property are ready if a hurricane or similar disaster strikes our area.

The team encourages everyone to be prepared:

- Review (or make) your family's plan
- Check (or purchase) necessary supplies
- Complete (and return) our church's Disaster Survey Form

The importance of having a plan can't be stressed enough. Everyone needs one, especially Floridians during hurricane season. Remember these quotes: "people don't plan to fail... they fail to plan" and "even a bad plan is better than no plan." Have you planned? Are you ready?

Part of the church's plan is to gather Disaster Survey Forms which give the church valuable information such as emergency contact information, volunteer opportunities and resources you might be willing to share in the event of a disaster. Many of our families have already completed the surveys that are on file in the church office. If you haven't submitted your disaster survey, please do so as

soon as possible. Surveys can be found in the church office or on the website, [www.firstpressarasota.org](http://www.firstpressarasota.org), under special announcements.

Plans for protecting the church property are progressing. Our Session has approved a protocol which will be used in the event of a disaster, the new sanctuary roof will provide added protection, our insurance coverage is being reviewed, a thorough inventory of the property is being finalized, and hurricane shutters have been installed on our stained glass windows. There's still much to be done, but the cooperation of the staff, the property committee and other concerned members has been great. Thank you!

Hurricane Guides which offer lots of helpful information are available in the narthex and outside the church office. Pick one up, read it carefully, and plan, plan, plan so you can say, "Yes, I'm ready!"

If you would like more information about any part of our church's plan or would like to be a part of the team, please contact Ellen Forbes, Rachel Martin or Jinny Miller. 