



St. Andrew's Episcopal Church

# THE CALL

*Honoring the Past — Embracing the Future!*

Downtown Tampa, Florida ✱ August 2021

## *Reverently Speaking*

*Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."*

John 6:35

Dear People of St. Andrew's,

One of everyone's favorite past times during this past Covid year and a half, especially during lock down, was food! Eating. And eating. And eating. And eating.

As Fr. Stadel pointed out in his last sermon, the average person reported gaining 10 to 20 pounds during the past year in the U.S. alone. Some even more. Why? Three factors stand out: Increased stress about the virus, lack of gym access and general exercise, and lack of socialization (loneliness, isolation, depression, and separation from loved ones and friends). We are now realizing just how much we depend on each other for our mental, physical, emotional, and spiritual health.

Covid not only reminded us about what happens economically and culturally when we function in the extreme as individual units instead of as communities but what happens to us mentally, spiritually, and emotionally when we are confronted by isolation, when our relationships are cut off and socialization shuts down.

In 1943, a psychologist by the name of Abraham Maslow, in his paper on human motivation, laid out a chart called the human hierarchy of needs. Maslow's theory tells us that our most basic human needs are physiological. We need food, water, and rest to live. When we go without food and water, our lives are threatened, and we can't concentrate on anything except trying to find what we need to live. We can't feel secure. We can't work on relationships. We can't feel fulfilled. We can't grow and focus on creativity and change. Only when these basic needs are filled can we move to the next level and focus on other things.

The next level represents safety and security. We need to make sure our lives are not threatened by dangers, including predators and deadly viruses. And the next vital level is called "belongingness and love needs," needs that include intimate relationships, friends, socialization, and human contact.

Only when all of these needs are fulfilled can we as human creatures focus on esteem, potential, and creativity.

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So we can't focus on our individual growth unless we first are secure in our relationships. We don't grow to reach our full potential unless we are also engaged within a nurturing community.

What happened during Covid? We ran short on groceries, supplies, and toilet paper! For some of us our primary focus was on making sure we could secure food and basic needs. Many lost jobs. Many lost livelihood and businesses. We had to go into "survival mode" in order to make sure we could get through this time.

What else happened? We were faced with a severe threat, a virus that at that time had no cure, no vaccine, and was killing people worldwide at a frightening rate. We went into "fight or flight" adrenaline mode.

And then what happened? In order to protect ourselves, we had to forego our dearest and most intimate relationships, separate ourselves from our friends and communities, and we lost many close to us without even the ability to say goodbye. Grief rose. Isolation and depression rose, too.

Without our relationships, with our security and livelihoods threatened, we reverted to the only thing we could be sure of: Food. Once we got our hands on it, we consumed food like we never did before. We became like animals before going into mass hibernation. We stocked up on and ate - a lot.

Only now as we are gradually emerging from our hideaways and caves are we returning to a more normal consumption rate. Our relationships are improving. Our community time is being restored. We are recovering from what felt like mass trauma, grief, and depression. We are awakening our ability to think about more vital and important things like recovery, relationships, growth, creativity, and fulfillment. For many, this feels like a new awakening. Our hunger for food is subsiding, and our hunger for life, love, and connection is being fulfilled. We can once again focus on where we want to go from here.

One thing we learned from this experience is how much our relationships mean to us, how much our communities mean to us. And, as the church, we learned to redefine what church can mean for a 21<sup>st</sup> century post-Covid future.

It has taught us that for people to hear the Gospel, some folk first need to be fed real food. They need their basic needs met. They need to feel safe from the societal forces that threaten them. And they need to feel they are in relationship with Jesus, with you, and with a community (and that community may look different than the one you are used to). They need to feel love, acceptance, and care. When this happens, they can then become part of the discipling community and can begin to help others like them.

Our hunger runs deep. We crave a fullness of life that only Jesus can provide, a life that goes beyond mere "bread and butter" and expands into a feast of blessedness, an eternal life of security, love, fulfillment, and mercy that we receive when the Holy Spirit fills us and completes us.

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Think seriously about your relationship with Christ, your commitment to God as God's people and disciples of Jesus. As you partake of the Bread of Life, take this opportunity to increase your relationship with Jesus, to make him your most cherished relationship, and allow him to nurture you, fill you, and infuse you with God's promise now and always.

And remember, you are filled not only so that you can expand your life but that so you now can expand and nurture the lives of others. Go out and be the disciples and apostles you were called to be. Be fulfilled. And be blessed, so that you can be a blessing to others.

Feed them. Keep them safe. Nurture and love them. And guide them to the Bread that is Christ Jesus.

Yours in Christ,



The Rev. John Reese

### **The Image of Bread**

Andy Rooney once pointed out that the two biggest sellers in bookstores are the cookbooks and the diet books. The cookbooks tell you how to make food irresistibly delicious, and the diet books tell you how to avoid eating it. Orson Wells once said, "My doctor has advised me to give up those intimate little dinners for four, unless of course there are three other people eating with me."

At a Weight Watchers meeting just after Easter, one woman said with pride, "This is the first year my children realized that chocolate Easter bunnies came with ears." Eating is one of those areas of experience in which most of us feel qualified to claim expertise.

A scientist in California has computed that the average American eats sixteen times his weight in a year. A horse, on the other hand, only eats eight times his weight. Which means what? That if you eat like a horse, you're probably not overeating, and you shouldn't be overweight. It's eating like two horses that gets us into so much trouble.

Eating is fundamental to life. It's something all people in every age have taken seriously. And I believe that one reason Jesus used the image of bread to describe who he was is because Jesus wants us to take him as seriously as we do the other fundamental necessities of life.

-David E. Hall

## Save the Date

As part of St. Andrew's 150<sup>th</sup> Anniversary celebration, we plan to have a dinner banquet at Palma Ceia Golf & Country Club on the evening of **Saturday, September 25<sup>th</sup>**. More details will follow as plans progress. This event will be a great opportunity to enjoy some time with parishioners you know, and also give you the chance to meet some parishioners that you do not yet know.

## Name Tags

The name tags have arrived! You can pick yours up at the back of the church on Sunday morning. If you did not previously sign up for a nametag but would now like to have one, please let us know. You can either call the office (813-221-2035) or write your name on the sign-up sheet located at the back of the church. Please make it a point to wear your nametag each Sunday!

## New Mask Protocol

On July 27, the CDC recommended that fully vaccinated Americans start wearing masks indoors again in places with high COVID-19 transmission rates.

Presently the state of Florida is counted as an area with high COVID-19 transmission rates.

With those two changes in mind, and from a place of utmost concern for all in our diocese, ***Bishop Smith has decided that masks once again should be worn by all individuals for all indoor gatherings.***



**From the Parish Register**

### Weddings

James Dority &  
Gabriella Morillo



### Deaths

Nancy Dinkel

### **Donations to Saint Andrew's Foundation**

*In Loving Memory of  
Joanne Baldy*

Fran Kerr  
Ed & Rebecca Savitz  
Ann Campbell

*In Loving Memory of  
Virginia Mullen*

Marjorie Cochrane

*In Loving Memory of  
Al Getz & Luis Medel*

Pat Wolfe

## Hospital Admissions



If you or a loved one is  
hospitalized, please notify the  
church office so that you may be  
prayed for and visited.



## Youth News

Sunday school is taking a break until after Rally day in September. We plan to meet in person after that— please join us! We also need help planning for the upcoming Halloween house! September planning date TBD—please let Alicia know your availability.

### Sundays

#### *Nursery care in the nursery from 9:30 a.m. - Noon*

Nursery staff are fully vaccinated and will be taking all necessary precautions.  
Please call the church office for questions. Come check out the adult Sunday school class!

### Sundays

#### *Children's Chapel at 10:30 a.m.*

Join us for chapel time just for kids! We currently need adult helpers and would also love youth helpers— kids look up to our teens, and this is a great way for them to serve. Sing songs in worship, hear cool Bible stories, and much more! Our time in chapel lasts for about 40 minutes, and kids are brought in to their parents during the service at the passing of the peace.

Please keep checking out our youth and children's info for upcoming events. We will begin planning for our annual Halloween house in September, and we need all hands on deck! Let's make this a fun event to remember for years to come! Contact [aliciaschmid@rocketmail.com](mailto:aliciaschmid@rocketmail.com) or mobile: 703-470-4447 for more info anytime, and please contact ASAP to be part of this year's Halloween house— we would love to have a youth haunted house as well as an all ages Halloween house!



## Adult Christian Education

### Sunday mornings at 9:30am

*The Wired Word*, facilitated by the Rector, examines a current event from the previous week and analyzes it through the use of Biblical references. Come and see how Scripture can help us make sense of what's happening in the world today.

*This class, facilitated by the Rector, meets in Room 302 (the Library) in the Parish Building.*

## New Sexton

The Rector is pleased to announce that Anguel Dimitrov is the Sexton for St. Andrew's, (starting August 2<sup>nd</sup>.) Anguel (pronounced 'Angel') is a native of Pazardzhik, Bulgaria and has lived in St. Petersburg since 2001. He has many years of experience in custodial and maintenance work, and has also been employed as a machine operator for a tool & die manufacturer, all in Pinellas County. Anguel is married to Daniela, who owns New Look Alterations, a clothing alterations shop for men and women, in Seminole. They have a 26-year-old daughter, who also resides in the St. Petersburg area. Anguel's hours are 9AM-3PM, Monday through Thursday. Please make it a point to welcome Anguel when you see him around the church grounds.

We thank our former Sexton, Richard Connar, for his five years of service to St. Andrew's and wish him all the best in his future endeavors.

## Outreach Update

Please consider donating any unused school supplies to **Operation SmartStart!** Yes, we will be collecting for this ministry later this summer but if you are cleaning out those end-of-year backpacks, bring any unused supplies now. Prior to the start of the school year, we will be looking for student backpacks containing the following 4 items: (2) packages of wide-ruled loose leaf paper, #2 pencils, erasers (handheld or the ones that go on the end of pencils), and a box of tissues. Monetary donations are welcome as well. These donations benefit Kimball Elementary and Cleveland Elementary Schools in Tampa. For details, please contact Lori Taplow (813) 362-1735 or any member of the Outreach Committee.



## An Invitation

“May those who sorrow find comfort; the weary, rest; the troubled, peace; the lonely, friends; the unhappy, joy; and may all find the sense of God’s presence in this Holy Place.”

These words are on the cover of our Sunday Leaflet each week. Maybe we have seen them so many times that we don’t notice any more, but they are worth our attention. Especially in this era of COVID, most of us know people who are sorrowful, weary, troubled, lonely or unhappy. Now that St. Andrew’s is opening up more, wouldn’t this be a great time to invite someone you know to visit our church and experience the things that make us love it?

Many churches are in decline and even closing their doors, but with God’s help we are holding our own at age 150. Yet there is plenty of room in the pews every Sunday for more of God’s people. As summer draws to a close, why not think about that new neighbor, that friend who has lost a loved one, that child that plays with your kids and extend a gentle invitation. (You might even offer the very non-threatening option of watching online first, or watching with you if you are not yet attending in person.)

Episcopalians have traditionally not been very evangelical, but we love our church. Even though it might be a bit outside our comfort zone, what if we each made an effort to reach out to someone we know and ask them to share our journey at St. Andrew’s?

Gary Cotter

Evangelism and Stewardship



## St. Andrew's Episcopal Church

509 East Twiggs Street

Tampa, Florida 33602

**RETURN SERVICE REQUESTED**



### St. Andrew's Episcopal Church

The Rev. John Reese, Rector

#### Sunday Services

8:00 & 10:30 a.m.

10:30 a.m. Children's Church

9:30 a.m. Christian Education  
for all ages

#### Church Location:

Marion & Madison Streets

Mailing Address:

509 E. Twiggs St.

Tampa, FL 33602

Phone: (813) 221-2035

Fax: 224-0945

Web: [saintandrewstampa.org](http://saintandrewstampa.org)

E-mail: [secretary@](mailto:secretary@saintandrewstampa.org)

[saintandrewstampa.org](http://saintandrewstampa.org)

**Deadline for articles for  
The Call:** 15th of each month

for the following month's  
newsletter. Submit articles to  
Lauri in the church office.