



St. Andrew's Episcopal Church

THE CALL

Honoring the Past — Embracing the Future!

Downtown Tampa, Florida ✦ November 2018

Reverently Speaking

Rejoice in the Lord always; again I will say, Rejoice.

Philippians 4:4

Dear People of St. Andrew's,

We're now entering the two months of the year which unequivocally call for more gratitude, rejoicing and celebration than any other 61-day period on the calendar: November and December.

The call to be grateful is issued on Thanksgiving Day, and thereafter we're reminded of the arrival of the transcendent, ineffable God in human form — a divine visitation which calls for unrestrained rejoicing.

I'm also writing when a lot of folks are talking about the Fred Rogers documentary released last summer, *Won't You Be My Neighbor?* A biopic, *You Are My Friend*, starring Tom Hanks, is scheduled for release in October 2019.

This Mr. Rogers mania reflects our longing for a simpler and kinder era when people actually had neighbors they knew and with whom they were friends. Such relationships still exist, of course, but they seem the exception rather than the rule, because we generally prefer cocooning and social isolation (not counting digital interactions). Or, perhaps, I am just describing myself.

This isolation (and anonymity), in turn, has contributed to a culture of outrage and complaining. So many people get "outraged" these days. Life is not fair, blogger Mark Manson argues, but "whether you realize it or not, you get to choose what you freak out about, and people today are choosing way too many things."

There are signs that people are getting fed up with all the outrage and victimhood. Writing in the *Chicago Tribune*, Heather Wilhelm says, "For some, being offended is practically a credo and an all-encompassing way of life. I find this all rather perplexing, even baffling. Who wants to live this way?"

Indeed!

I'm not about to be critical of those who are social activists with a prophetic ministry. We can still speak truth to power, we can still be agents of change, we can still advocate for civil rights, we can still criticize the government — and be persons of gratitude and generosity.

Gratitude is not about politics.

When we are grateful, we are expressing appreciation for that which is good in our lives. We not only feel grateful and blessed, but we *express* that gratitude in meaningful ways.

Wouldn't it be weird, yet wonderful, if we lived in a culture of appreciation? I can't even wrap my head around that — like, what would such a world look like?

So, why are some people grateful and others seem to be habitual complainers — victims in a pot of simmering outrage? Can we link gratitude to certain attitudes and behaviors? *(continued)*

Many sociologists have noted how gratitude evolves over the years as we mature. People in the late stages of life discover a new and profound appreciation for the small pleasures of life, and are more gracious and accepting of the shortcomings of others, and more grateful for loved ones. They are less likely to spend so much energy being “outraged” and “furious” at low-level irritations and accidents that happen and are more prone simply to shrug them off.

It’s possible, however, that some people are more grateful, more gentle and kinder than others *by nature*. Gratitude is in their genes, specifically, gene CD38.

According to the research of Sarah B. Algoe and Baldwin M. Way of Ohio State University, CD38 is a gene that affects oxytocin excretion and oxytocin is known to play a role in promoting social bonding, especially in romantic relationships.

Don’t ask me how Algoe and Way discovered this, but you can read it for yourself in their paper, “Evidence for a role of the oxytocin system, indexed by genetic variation in CD38, in the social bonding effects of expressed gratitude,” *Social Cognitive and Affective Neuroscience*, January 2014.

What I found interesting about this study is not only that gratitude might be hardwired in some people more than others, but that in Algoe and Way’s hypothesis “gratitude and its expression provides the behavioral and psychological ‘glue’ to bind individuals together.”

In other words, gratitude has a bonding effect. The apostle Paul speaks of our hearts being “knit together in love.” The New Testament letters continually emphasize the importance of thanksgiving, and that a strong, healthy church and strong, healthy relationships are not possible without a pervasive sense of gratitude.

Bonding is just part of it. As we age, apparently the area of our brains involved with emotions becomes “less responsive to negative information. In turn, reactions to positive information are more prevalent.”

In other words, the buttons we used to have that people could push when we were younger are just not working so well when we get old. You can’t push an old person’s buttons anymore.

So, why don’t we switch those buttons off at an earlier age?

The physiological component to gratitude works in the reverse as well. Perhaps a turned-on gene CD38 makes some people innately more grateful than others, but research has also shown that those who are grateful reap a number of health benefits as well.

Dr. Robert A. Emmons, a professor of psychology at the University of California Davis says that gratitude can “lower blood pressure, improve sleep, and lead to eating less dietary fat. Gratitude allows a release of endorphins that can improve our moods, making us happier and healthier people.”

I can’t speak for you, but as for me, I want to be a grateful person. I want to be thankful for the good in my life. I want to express my sense of gratitude to those who have inspired it.

Yes, I can continue to push, resist and struggle against “the wheel of injustice” (as Dietrich Bonhoeffer described it) that grinds and oppresses the downtrodden.

But I want to be the happiest and most grateful activist ever.

I want to be like Mr. Rogers, happy to ask anyone, “Won’t you be my neighbor?”

Yours in Christ,

A handwritten signature in dark ink, appearing to read "John +", with a stylized flourish at the end.

The Rev. John Reese

METROPOLITAN MINISTRIES TURKEY DINNERS ARE BACK!

Saturday, November 17 we will deliver the goodies!

The Outreach Committee is once again asking for donations for our Thanksgiving Boxes of Hope initiative to support Metropolitan Ministries. Purchase the items below based on the first letter of your last name:

A - E: *Gravy, Cereal, Canned Fruit, Canned Yams*

F - M: *Cranberry Sauce, Bagged/Canned Beans, Peanut Butter,*

Boxed Macaroni & Cheese, Canned Vegetables

N - Z: *Bagged/Boxed Stuffing, Bagged Rice, Canned/Boxed Potatoes, Dessert Mix, Cookies*

Boxes for your food donations can be found in the Parish Hall. We also hope you will consider providing a gift card for turkey (\$20-\$40) or a check to St. Andrew's with "Metropolitan Ministries Turkey Dinner" in the memo. Gift cards and checks can be placed in the offertory plate or delivered to the office between 10am-4pm, Monday-Thursday. **Boxes of Hope** packing and transporting to Metropolitan Ministries will take place on **Saturday, November 17 at 10:00am**. Hope you will consider supporting this worthwhile mission and joining us for the turkey dinner delivery.



THANKSGIVING DAY SERVICE

Choral Eucharist

Thursday, November 22, 10:00 a.m.

A wonderful day of the year to give thanks to our God!



Our annual **St. Andrew's Fish Fry** will be on **Sunday, December 2nd** after the 10:30 service. Tickets are \$10 for adults and \$5 for children with proceeds benefitting Gabriel's Giving Tree.

"Gabriel's Giving Tree" supports needy children from Cleveland and BC Graham Elementary Schools. Gifts donated by our generous parishioners will be given to the children at the **Gabriel's Giving Tree Party** on **Saturday, December 15th** from 12-2pm in the Parish Hall. Parishioners can select their child/children by picking tags that list the child's clothing and shoes sizes, plus a special personal gift. "Hand-tags" will be available in the Parish Hall on Sunday, November 18th which is also the date for our next Outreach meeting after the 10:30 service.



Make a Pledge for 2019

Please return your pledge card for 2019 as soon as possible. If you did not receive a pledge card in the mail, cards are available at the back of the church, in the Parish Hall, or through the parish office (813-221-2035). Make a commitment and support St. Andrew's in the coming year!

We have currently received **69 pledges for \$195,325**. Please help us reach our goal of **\$430,000** in pledges for 2019!

Stewardship 2019

Dear Fellow Parishioners,

As we move forward on our stewardship campaign under the theme “Transforming Generosity,” I want to thank each of you for your past and current participation in the mission and ministry of St. Andrew’s Episcopal Church. It is through the prayers, support and participation of all our members that we can implement change in the lives of those we touch in the coming months and years. It is how we will transform ourselves and our community into a closer image of what Jesus Christ wants us to do and be – generous and loving brothers and sisters to our fellow man - and particularly to our church family. This is an important goal and with your continued support we will succeed. The St. Andrew’s family was there to support me during difficult times when my first wife became an invalid and then died. It was also the source for my renewed “lease on life” through meeting my current wife, Irene, who came to St. Andrew’s 6 years ago because she, too, found a different energy here. St. Andrew’s is a special place and we must nurture it, so it can continue to inspire and support us.

This is also my opportunity to invite your active participation during the coming weeks, as we bring this year's stewardship campaign to its completion. Specifically, I have two requests: First, that you complete the pledge card below or pick up a copy from the rear of the church or the church office and return it to us in the offering plate or by mail or hand delivery. If you have questions, call Pam Frost at 813/221-2035. Second, please attend our services and let us on the Vestry and the Clergy know what you like or feel we need to do to improve our outreach and generosity to you and to each other at St. Andrew’s. We need thoughtful and caring input from you, so we can do better in sharing what we are blessed with at St. Andrew’s. Your gifts of time and funds (in as much as you can afford) are the key to how we not merely survive, but how we will grow and flourish!

I am convinced that we have among us the capability of fulfilling our mission in this place. I believe that St. Andrew’s deserves our support, and that is why Irene and I have made our pledge for 2019. I hope you feel the same way. I also hope that you will let me and others leading your parish know from your perspective: What should we continue to do or focus on at St. Andrew’s? What should we stop doing or focusing on? And what should we start doing or focusing on in the future? Please include your thoughts on the brief survey, located at the end of this newsletter, and return it to the Church office or me - along with your pledge card - if you feel comfortable. We need your input as well as your pledge!

During the past weeks, members of our Vestry and church have informed us about the joys and responsibilities of Christian stewardship and the ways that our stewardship supports the Church's ministry and mission at all levels. You now have my letter and appeal. It is now up to you to respond. Please do so prayerfully and quickly so we can go about the joyful task of taking our monetary blessings and transforming our generosity into action!

Yours sincerely,

Peter Baker, Senior Warden

ST. ANDREW’S EPISCOPAL CHURCH Transforming Generosity: 2019 Pledge

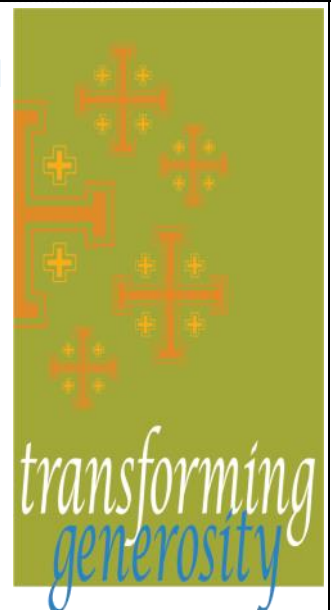
As part of my/our commitment to transforming generosity in 2019,
I/we pledge \$_____. I/we plan to fulfill this pledge:
_____weekly, _____monthly, _____semiannually, _____annually.

NAME _____

ADDRESS _____

PHONE _____ EMAIL _____

Please contact me about including the church in my estate plans.



Adult Christian Education

Adult Christian Education
Sunday mornings at 9:30

The Rewritten Life: When God Changes Your Story

The Book of Hebrews tells us that Jesus is both the “author and perfecter” of our faith (12:1). In other words, God is both the writer and editor of our stories! Whenever our stories need a revision or rewrite, God is there with a new page and a new start. In *The Rewritten Life*, author Jessica LaGrone leads you on a journey through the stories of people in the Bible whose lives – and names – were changed forever by God. You’ll learn how God gave them new identities and new storylines that were in line with his purposes for their lives. You’ll come to see that God wants to be just as intimately involved in rewriting your story, so that you may become and do all that God has planned for you – all for your good and his glory.

Here is the rest of the line-up for this six-week video series:

11/4 - Naomi

11/11 - Daniel

11/18 - Peter

11/25 - An Unnamed Woman

This class, facilitated by the Rector, meets in Room 302 (the Library) on the third floor of the Parish Building.

Thursday morning Bible Study is studying the Letters of John using N.T. Wright's study guide. "In his letters, John expresses delight at believers who are 'walking in the truth': behaving with that integrity which reflects the gospel. This involves not just correct doctrine and proper outward behavior, but also love for God and fellow believers. It's this love, John writes, that shows that the truth of the gospel has really been grasped, not as an abstract idea but as what it is, the very life of God Himself at work in his people. These nine studies help us become believers who are 'walking in the truth' in our own day - people in whom the very life of God is at work for all to see." Join us in the library at 10:30am on Thursdays. Study guides are available at \$7 from Alice Prucha.

September Vestry Meeting Highlights

RECTOR'S REPORT

As of 9/10/18, there was \$118,186 in ops account and \$111,987 in the parish reserve account.

As of 6/30/18, there is \$19,329 in the Foundation's checking account – monies available to the vestry.

We have another \$43,324 available from the Foundation principal as a result of the 2.5% spending allocation designated by the Foundation Board for 2016 at their meeting on 2/8/16.

We have another \$53,473 available from the Foundation principal as a result of the 3% spending allocation designated by the Foundation Board for 2017 at their meeting on 2/21/17.

We have another \$75,659 available from the Foundation principal as a result of the 4% spending allocation designated by the Foundation Board for 2018 at their meeting on 2/21/18.

And there was \$2,590,798 in the Foundation principal as of 8/24/18.

There is also \$101,711 in the Dan Curtis fund fbo St. Andrew's within the Community Foundation of Tampa Bay, with \$7,237 in grant money currently available (a combination of unused past distributions and the distribution for 2018).

Vestry Nominations – time for nominating committee to get together and determine the nominees, then ask them to run. This year's committee is Chris, Holly, Al, Cate, Jim, Lori, Peter, and Piers (all outgoing vestry members plus exec com members).

For Rent – leasing agreement with The Dohring Group continues, seeking a possible tenant for the sixth floor. No activity.

Elevator Situation Report – KONE, our elevator people, installed the new governor on 9/6. It failed to pass inspection on 9/11. KONE people returned on 9/12 to re-install the governor properly. Inspector came back on 9/13 and pronounced the elevator officially useable. Total cost of this project was an eye-popping \$9,835.

Foundation Board Meeting – was on Tuesday, 8/28. We are staying the course on our investments.

Deanery Convocation – was at the Cathedral in St. Petersburg on 9/5. This was the pre-convention meeting for all diocesan convention delegates in our area. Our folks (Paula, Don, Al and yours truly) were all in attendance. The Diocesan assessment for 2019 will be 62K, as opposed to 55K in 2018. So that's a 7K hit to next year's budget.

The new piano has arrived for the choir room. The former choir piano has been moved to the church. The old piano that was in the church was traded in for the new piano.

Bishop Smith will visit St. Andrew's and administer Confirmation on Sunday, March 3rd, 2019.

SENIOR WARDEN'S REPORT – Peter Baker

Our church property insurance vendor, via the diocese, has offered some changes in our coverage, one of which includes a reduction in our umbrella coverage. The Executive Committee recommends that we leave

September 2018 Operating Summary

	<u>MTD Actual</u>	<u>MTD Budgeted</u>	<u>YTD Actual</u>	<u>YTD Budgeted</u>
Revenues	\$30,581	\$48,210	\$306,391	\$433,891
Expenses	\$37,642	\$48,210	\$411,719	\$433,891
Net	(\$7,061)	\$0	(\$105,327)	\$0

the insurance as is, which will result in same payment in 2019 as in 2018.

Brad Hall made a motion to leave coverage levels as recommended by the Executive Committee. Donreece Brown seconded the motion and the motion was carried unanimously.

The 717 sign at the NE corner of the parking lot has been reinstalled correctly.

Piano swap, described above in Rector's Report, was completed successfully today.

There is a meeting today of the vestry nominating committee to discuss potential candidates for the upcoming Vestry election.

The Anchor Ball is coming up on 9/29. St. Andrew's has a table and is looking for those who would like to go. It is a nice dinner and beneficiaries are Tampa Port Ministries and those who work in the port community to provide respite. Attendance is encouraged for the 6 seats that are available.

Office telephone voicemail message needs to be updated to include new office hours. Fr. Reese will address this.

JUNIOR WARDEN'S REPORT – Al Getz

Pallets are needed for the Parish Hall basement in order to store items above the floor level. Assistance is needed to collect the pallets. Richard Ferlita has offered to assist.

Holes in the parking lot need to be repaired now. In the future, the lot will need to be resurfaced.

Rectory needs Termite treatment. Will organize when convenient for Rector's family.

Fire alarm needs attention from our vendor.

Flickering lights in the church being attended to by Pam. Vendor in Orlando will assist in correcting by phone.

Termite treatment by Chet's (\$11,000+/-) was approved last year. Massey's quote is \$22,500. Magnum came in at \$16,400. Annual renewal is \$2,952. Al will send a summary with recommendations. We need to move this forward.

Peter Baker moved to approve the Magnum quote. Jim Morgan seconded.

The motion was carried.

Locks are being changed on the church next week. Distribution of keys will be limited.

TREASURER'S REPORT – Fr. Reese for Piers Curry

Pledges were 90% of budget. Pledge notices were sent to parishioners. Non pledge income is at 66% of where it usually is.

717 has reissued check that went astray and was not included in August financials.

There was discussion to secure Marion street entrance and Madison entrance and securing the vestry door also once Sunday services begin. Consensus seemed to be that it makes sense to lock the vestry door but unwelcoming to secure the Marion Street entrance during services.

CHRISTIAN EDUCATION – Jim Morgan

The number of participants in Christian Ed has tripled. There were 17 children in Children's chapel this past Sunday. The confirmation class appears to be well attended.

A retreat at St. Leo's is being considered.

STEWARDSHIP - Brad Hall

Brad is ready to kick off the campaign. "Transforming Generosity" is the theme. We generally begin our stewardship drive on the first Sunday in October but Brad will be starting the campaign on the 30th of September to give us sufficient time given the way the calendar falls this year.

OUTREACH – Holly Clemmons

Octoberfest is lined up with menu and participation. Tickets are on sale. Put October 7th on your calendar! Next is the drive for Thanksgiving Boxes of Hope.

NEW BUSINESS:

Holly mentioned that the Nursery does not have a door. Suggestion to change the routine of the guard to patrol at about 10:30 to provide added coverage for the nursery after the children's chapel is vacated.

St. Andrew's Episcopal Church

509 East Twiggs Street

Tampa, Florida 33602

RETURN SERVICE REQUESTED



TURKEY DINNERS FOR METROPOLITAN MINISTRIES

(see page 3 for how you can help)

FAST THINKING ACOLYTE WHO PICKED UP THE WRONG CRUET



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

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

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.

St. Andrews Episcopal Church

509 E. Twiggs Street

Tampa. Florida 33602

Dear Vestry and Clergy of St. Andrew's:

I would like to see St. Andrew's continue doing the following:

because

I would like to see St. Andrew's stop doing the following:

because

I would like to see St. Andrew's start doing the following:

because

If you feel comfortable, please list your name and contact information below so we can follow up with you. If you would like to help on the items you feel are important, let us know that too!

Print Name:

Address:

Telephone:

 E-mail

Please mail or put in collection plate or give to a Vestry member or Clergy. THANK YOU!