

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke?

Isaiah 58:6

Dear People of St. Andrew's,

With the beginning of Lent comes an annual focus on fasting. It's something we Christians know we should do, but it's also arguably the most neglected spiritual discipline. While we might talk about what we're "giving up for Lent," we're a lot more reticent to engage in fasting as a regular discipline alongside prayer and reading Scripture. But recent studies have shown that while fasting is demanding, it's also a pretty good thing to do on a regular basis — not only for your spiritual life but for your body as well.

The practice of intermittent fasting is one of the latest health trends practiced by people looking to lose weight and increase well-being. In fact, short-term fasting on a regular basis (a couple of times a week) seems to actually change your body in a lot of positive ways. It increases human growth hormone, for example, which contributes to both weight loss and muscle gain. It improves insulin levels, repairs cells and fights the process of aging. Improvements in heart health and in the body's ability to fight cancer have also been noted. Of course, there's the obvious correlation that eating less means losing weight — really the simplest diet plan ever.

The kind of intermittent fasting that is recommended isn't necessarily the arduous, multi-day fast that many would quickly dismiss as just too hard. It can be as simple as the "16:8 Method," which involves restricting food intake to only an 8-hour period of the day (like 1 p.m. to 9 p.m.) while fasting for the other 16 hours. A 24-hour fast once or twice a week is another alternative, as is the "Eat-Stop-Eat" method, which involves only eating 500-600 calories one to two days a week.

While that kind of fasting can generate a lot of health benefits, in the Bible, our physical health isn't the point of fasting. It might be an upside, but the real purpose of biblical fasting is about focusing on one's spiritual condition and, by extension, on the spiritual and physical needs of the world around us. Fasting is prescribed throughout the Scriptures as the preparatory approach to seeking God's best for us and for the world.

Examples of fasting throughout the Bible reveal a whole range of purposes:

Fasting in times of grief (1 Samuel 31:13), Fasting during periods of repentance (1 Samuel 7:6), and Fasting while seeking deliverance from one's enemies (2 Chronicles 20:3-4).

Jesus famously fasted for 40 days, seeking the Father's guidance and fighting off temptation to go his own way before entering into his public ministry (Matthew 4:1-11). The principle of biblical fasting is that the importance of one's request of God or relationship with God causes one to be so concerned about his or her spiritual condition that physical needs fade into the background. If intermittent fasting is about conditioning the body, biblical fasting is about conditioning the soul to be oriented to God.

Intermittent fasting, from a health perspective, is about auditing our bodies, while spiritual fasting is about auditing our souls. Jesus would say something similar about the "hypocrites" who fasted and let everyone *(continuued)*

know that they were doing so by looking "dismal" and disfiguring their faces, while their own souls continued to rebel against God. For Jesus, fasting was about getting right with God in "secret" rather than putting on a show in public (Matthew 6:16-18).

Again, real fasting isn't about losing a few pounds. It's about aligning ourselves with God and God's purposes. Real fasting helps us to recognize our own needs and the needs of others, turning us toward the things that matter to God. Imagine the difference that would be made for God's kingdom if, for example, we took the money we save on buying food during intermittent fasting and contributed it to a food bank to serve those who are truly hungry. What if the time we would normally spend preparing meals, we spent a couple of times a week and served those who were in need, advocating for and serving with the poor and oppressed? And what if we did so without announcing it piously to the world? That's the kind of fasting that aligns us with God and God's purposes. We put the brakes on our own perceived needs and focus on what God needs from us.

Proponents of intermittent fasting say that it's not so much a diet *plan* as it is a *pattern* of eating. Diet plans come and go, with every fad purporting short-term gains. God's fasting plan, however, is more of a life pattern. It's an invitation to not only audit our patterns of eating but our patterns of consumption in general; to look not only at how we use food but how we use money, time, energy, and experience. It's about paring down and reorienting the way we do life, which isn't just a practice for Lent.

The real upside of this kind of fasting is that not only does it help others break free from the "yoke" of oppression, it frees us as well. In a consumer culture, we tend to become prisoners of those things that we consume, be it food, material things or entertainment. They exert a certain hold over us, causing us to believe that we couldn't possibly go without them for any length of time. The truth, however, is that when we hold things loosely, when we are more generous with our food, our hospitality and our time, we tend to feel ourselves liberated as well.

Fasting, in other words, is a path toward freedom, not only for others but for ourselves. It's a means of healing and a way of reminding us that God is the One who is with us and supplies all that we need (58:8-9). Fasting is good for us but, even better, it is good for God's kingdom! When we catch the vision of fasting not as deprivation but as ministry, it will be a healthy trend for everyone.

Yours in Christ,

John+

The Rev. John Reese

Stations of the Cross: Fridays in Lent 12:10pm

Come and join us for this 30-minute devotional, observed on Fridays in Lent at 12:10pm running through Good Friday on April 10. Our Stations of the Cross, a gift from Nathan & Jane Simpson, are a series of pictures representing certain scenes in the <u>Passion of Christ</u>, each corresponding to a particular incident. Formerly the number of stations varied considerably in different places but fourteen are now generally acknowledged. The object of the Stations is to help the faithful to make in spirit, as it were, a pilgrimage to the chief scenes of Christ's sufferings and death. It is carried out by passing from Station to Station, with certain prayers at each and devout meditation on the various incidents in turn. It is very usual, when the devotion is performed publicly, to sing a stanza of the "Stabat Mater" while passing from one Station to the next.

Tuesday Evening Lenten Series

Our annual Lenten series began this year on Shrove Tuesday and continues weekly through March 31st.

Each evening begins at 5:30pm with Holy Eucharist in the Children's Chapel. A potluck supper follows at 6pm in the Parish Hall and the program begins at 6:45pm.

The presenter this year is our own Dr. Ray Vince, who teaches English at Hillsborough Community College.

The Journey in Literature & Faith

Our lives are often described as a journey, and the season of Lent is a good time to focus on that reality. The Journey has been described in various ways, both in the classics & moderns of Literature and also in the community of Faith. In our 2020 Lenten Series, we shall listen to twelve of those literary ways, look for parallels in the Bible & Christian experience, and seek to integrate our faith more into the journey of life.

Mar 3 rd	Midway on our life's journey (Dante) Dante, <i>The Inferno</i> (1320) & Chaucer, <i>Canterbury Tales</i> (ca. 1400) Hosted by the Choir				
Mar 10 th	As I walked through the wilderness (Bunyan) Milton, <i>Paradise Lost</i> (1667) & Bunyan, <i>Pilgrim's Progress</i> (1678) Hosted by Altar Guild				
Mar 17 th	The world is charged with the grandeur of God (Hopkins) Hopkins, "God's Grandeur" (1877) & Dickinson, "Tell it slant" (ca. 1868) Hosted by Daughters of the King				
Mar 24 th	Things fall apart; the centre cannot hold (Yeats) Yeats "The Second Coming" (1920) & Auden, "September 1, 1939" (1939) Hosted by Outreach				
Mar 31 st	The world offers itself to your imagination (Oliver) Oliver, "Wild Geese" (1986) & Buechner, <i>A Room Called Remember</i> (1 Hosted by the Vestry and Parish Life				
	5:30pm 6:00pm 6:45-7:30	Holy Communion, Children's Chapel Potluck Supper, Parish Hall Lenten Series Program			

Adult Christian Education

Sunday mornings at 9:30

The Passion Play: Living the Story of Christ's Last Days

Recognize your own place in the story and Passion of Jesus.

Jesus' Passion story is presented each Lent in countless churches every year. But one play presented by the inhabitants of the village of Oberammergau, in Bavaria, Germany, may be one of the longest-running performances of all. Staged every ten years since 1634, the play makes an impact not only on the villagers who portray the characters but on all who see it as well. In *The Passion Play* video series, Pastor Rob Fuquay follows the biblical story of the Passion and shows how this amazing play has been used both as a ritual of praise and later as a weapon through its anti-Semitic past. It was filmed on location in Germany and includes behind-the-scenes footage of the production.

Rob Fuquay is the senior pastor of St. Luke's United Methodist Church in Indianapolis, Indiana.

Here is the rest of the line-up:

- 3/8 The Importance of Community
- 3/15 The Role of Ritual
- 3/22 Living the Story
- 3/29 Telling a Better Story
- 4/5 The Power of the Cross

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

Youth News

We have successfully made it to March so get your Green out. Tuesday night Lenten classes every week during Lent from 6:45 pm - 7:30 pm. New Beginnings (March 6-8) and Happenings (March 27-29) at Dayspring. Easter egg hunt is fast approaching and we need candy and volunteers. VBS is right around the corner and with a smattering of lock-ins, trips and other miscellaneous events, with only 299 days till Christmas, they are going to fly.

We also will be starting the P.R.A.Y. program soon. This is a scouting program that will help the young scouts earn their medals and get some good teaching. It will be once a month during Sunday school and we will have more information about that shortly.

So please come out to our events, support the children and youth in person and let them know they matter. Right now we are still needing volunteers (Sunday school, children's chapel, VBS, trips lock- ins, all of it).

And, please email, call or pass me a note with your info (email, name, phone) so I can put you on our email list so you get these updates straight from the horse's mouth! (Did I just call myself a horse?)

If you ever have any questions or comments, please call me, Victor Van Pelt, anytime at 813-898-3415.

VESTRY MEMBER ASSIGNMENTS 2020

EXECUTIVE COMMITTEE

Senior Warden – Gray Sanders

Treasurer – Piers Curry

Junior Warden – George Levy

Clerk – Ingrid Muellerleile

COMMITTEE CHAIRMEN

Christian Education - Jim Morgan (chair), Ben Borsch, Donreece Brown

Foundation Liaison – Gray Sanders (ex-officio)

Helping Hands – Lynn Dorman (chair)

Outreach – Sue MacIsaac (chair)

Parish Life - Don Crawford (chair), Jennifer Smith

Buildings & Grounds - George Levy (chair), Peter Baker

Stewardship - Gary Cotter (chair), Anita Ramirez

Welcoming - Jennifer Richardson (chair), Peter Baker

Diocesan Convention Delegates - Don Crawford, Gray Sanders, Jennifer Smith, (George Levy, alternate)

OUTREACH NEWS...

Our downtown neighbor, First Presbyterian, has decided to sell their property and relocate. They intend to complete the sale and vacate their property by the end of June 2020. Although they are leaving downtown, First Presbyterian would like to continue a program called "Matthew 25." They have approached us at St. Andrew's to ask about moving the program here temporarily (probably for one year). The program is roughly 15 years old, and it provides hot meals along with other important services to the homeless on Saturday mornings. It is large, with an average attendance of 125. There are eight partner churches and roughly 500 volunteers involved. The program does much good, but it certainly would have an impact on St. Andrew's. Thus, the vestry solicits questions and inputs from the parish as a whole. We will have an Outreach Committee meeting following the 10:30 service on Sunday, March 8th; all are invited and encouraged to attend.



ST. ANDREW'S PARISH PICNIC SUNDAY, MARCH 29 AT 1:00 P.M.

Pack up your lawn chairs and favorite side dishes for another glorious Saint Andrew's picnic! Jan and Earl Smith again will host us at their amazing home, 3627 Berger Rd in Lutz, on **Sunday, March 29th**.

If you can offer time and/or talent to make this the best picnic ever, please contact: Don Crawford (813-440-0302 or <u>dcrawford@czcfirm.com</u>) or Lori Taplow (813-362-1735 or <u>Ltaplow@tampabay.rr.com</u>).

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

pietrafitness.com

♫ Meet The Choir ♫



Catie Chapman

How long have you been in the St. Andrew's Choir? 7 years--I started the adult choir as an alto in junior year of high school and have been an intermittent member through university and now, but I've been a part of the St. Andrew's choir program since I started as a 'cherub' in 2002 in children's choir under the direction of Michael Hunter.

When did you get started in music, and why? Realistically, it's because I was a five year old and I just happened to not say 'no' when my parents asked if I wanted to play piano. But! Because of those childhood piano lessons, after-school programs, and orchestra classes, I committed to music/performing arts professionally around age 17, while applying to

university programs. I was already entrenched in so many ensembles, and familiar with a variety of styles, historical influences/ "period practice", and the way choirs and singing worked on a professional and artistic level, that all I really needed was solid guidance in training my instrument and making myself undeniably useful in portraying art.

If you were stranded on a deserted island and could only bring recordings of two composers, who would you bring, and why? Palestrina, because why not.

Jimmy Buffet, because if I learned anything from living in Florida, you should have a Jimmy Buffet CD (or cassette) in your car for the sole occasion of going to the beach and taking 2-4 hours to get there. *Volcano* is a bop, *Cheeseburger in Paradise* is a jam, the canon but unrecognized *Escape to Margaritaville: the Musical* would not be included in the recordings (however hypothetical) because I morally refute it, I will not be taking questions.

What is one of your most memorable musical experiences? Once, everyone was in tune. It was great. It didn't happen before and it's never happened since.

What is the last book that you've read? Right now, because I just started working at a Greek restaurant, I'm reading *The Ingenious Language; Nine Epic Reasons to Love Greek* by Andrea Marcolongo (so I can hopefully get better at understanding it), but I also recently finished *The Devil Comes to Town*, by Paolo Maurensig, & the *Penguin Collection of Italian Short Stories*, edited by Jhumpa Lahiri.

Hobbies/interests outside of music? Linguistics (mostly indo-european, romance languages), food & wine, coffee, philosophy, stand up comedy (watching, not doing), german basset hounds named Sir Mortimer, and mass transit.

Cecelia Graham

How long have you been in the St. Andrew's Choir? 3 years

When did you get started in music, and why? My dad is a musician and some of my first memories with him are of us sitting at the piano together. First thing I ever played was the melody to the peanuts song "Linus and Lucy" while he did all the harmonic accompaniment.

If you were stranded on a deserted island and could only bring recordings of two

composers, who would you bring, and why? I've really been struggling on this one... But I think I've finally settled on Eric Whitacre for his creativity and beautiful harmonies, and James Taylor for a mix of funk and sweet sweet folksy sounds.

What is one of your most memorable musical experiences? Three of my best friends and my husband surprised me at our wedding reception by singing a cover of "home" by Edward Sharpe and the Magnetic Zeros. I consider that our song now even more than the one we had our first dance to.

What is the last book that you've read? "Sharp objects" by Gillian Flynn

Hobbies/interests outside of music? Horseback riding is one of my favorite things in this world. Any time I'm not working or making music, I'm doing something with horses! Ask me about my horse Charlie sometime!



LENTEN & EASTER SCHEDULE

Fridays in Lent Stations of the Cross 12:10pm

Tuesdays: March 3 * 10 * 17 * 24* 31 5:30pm Eucharist in Children's Chapel 6:00pm Tuesday evening Pot Luck Supper 6:30-7:30pm Lenten Program

Sunday, April 5 **Palm Sunday** Holy Eucharist and Blessing of Palms 8:00am and 10:30am (with incense)

April 6 * 7 * 8 Monday, Tuesday and Wednesday of Holy Week Holy Eucharist 12:10pm

April 9 **Maundy Thursday** 12:10pm Holy Eucharist 7:00pm Holy Eucharist and Stripping of the Altar

> April 10 Good Friday 12:10pm Stations of the Cross 7:00pm Good Friday Liturgy

April 12

Easter Day 8:00am Holy Eucharist 9:30am Choral Eucharist & Flowering of the Cross 11:30am Choral Eucharist (with incense)

Please note that there are <u>three</u> services on Easter Day; We hope your family will join us!

Easter Flowers and Music



Flowers: Donation made by:

In honor of:

In memory of:

<u>Music:</u>

Donation made by:

In honor of:

In memory of:

Deadline: April 5 for inclusion in Easter Program. Proceeds beyond Easter expenses for flowers will be used to help fund altar flowers and other special flower needs throughout the year. The proceeds from music donations will fund special music for Christmas Eve services this year.

January 2020 Vestry Meeting Highlights

RECTOR'S REPORT – Fr. Reese

As of 1/21/20, there was \$203,502 in ops account and \$97,534 in the parish reserve account. As of 1/23/20, there was \$19,383 in the Foundation's checking account – monies available to the vestry.

We have another \$13,324 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. (\$30,000 has already been transferred to the Foundation checking account from the 2016 allocation, which totaled \$43,324).

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.

We have another \$63,718 available from the Foundation principal as a result of the 3% spending allocation designated by the Foundation Board for 2019 at their meeting on 2/27/19.

And there was 2,785,795 in the Foundation principal as of 12/31/19 (as compared to 2,421,641 at end of 2018, a 364,154 increase for the year – a rise of 15%).

There is also \$98,539 in the Dan Curtis fund fbo St. Andrew's within the Community Foundation of Tampa Bay, with about \$700 in grant money currently available. We spent6.5K from this fund early last year to pay for church roof repairs of tiles broken during January termite tenting.

Vestry Nominations – we have five nominees (Gary Cotter, Sue McIsaac, Lynn Dorman, Jim Morgan, and Jennifer Richardson).

The annual Lincoln-Douglass Ball is coming up on February 27th. St. Andrew's will have a table for ten to be funded by \$750 from Father Reese's Discretionary fund.

Lenten Series - Speaker for the Tuesday evening Lenten series this year will be our own Dr. Ray Vince.

Lauri Harder will collect information from each of the ministry chairs to organize food for each of the Lenten evening meals.

Sesquicentennial Celebration – St. Andrew's turns 150 in 2021 (the parish was founded in 1871). Richard has some wonderful ideas as to how we can celebrate this milestone.

Annual Stewardship Campaign – is coming to a close. As of 1/23/20, we have 156 pledges for 423K, which is 30K more than last year at this time. (Pam sent you the pledge update.) There are still 23 pledgers *(continued)*

January 2020 Operating Summary						
	MTD Actual	MTD Budgeted	YTD Actual	YTD Budgeted		
Revenues	\$31, 912	\$48,331	\$31,912	\$48,331		
Expenses	\$53,540	\$48,331	\$53,540	\$48,331		
Net	(\$21,628)	\$0	(\$14,082)	\$0		

who pledged 27K in 2019 whom we have not heard from for 2020. Many thanks to all the phone calls and contacts you have made with folks during this past month. Your valiant efforts are very much appreciated!

Preliminary Budget – see Pam's email. The proposed 2020 budget uses a figure of 390K for projected pledges. We currently have 423K in pledges for 2020, but we should always budget for uncollectible pledges (due to deaths, moves, or other unforeseen factors that might come into play during the course of a year).

A new computer is needed for the Parish Hall for our communications screen.

Donreece Brown made a motion that the Reserve Fund be used to purchase this computer from Computer & Network Solutions for \$932 and Brad Hall seconded the motion. The motion was approved.

Rector's Sabbatical (6/16 through 8/22).

Richard Ferlita proposed that we accept the Sabbatical as outlined by Father Reese to be paid from Foundation funds. Donreece Brown seconded the motion. Discussion took place with Father Reese describing his understanding of what a Sabbatical is as there was some disagreement about what constituted a Sabbatical. Paula Stewart suggested that our pastor not delay in taking Sabbaticals in the future. The Diocese is not specific in setting policy around Sabbaticals. The motion passed unanimously.

SENIOR WARDEN'S REPORT – Richard Ferlita

150th Anniversary celebration will be conducted in a school calendar timeframe of 9 months. Canon Norman was a tremendous help to Richard in providing information and support. He suggested that we invite Bishop Smith on May 9th for a big celebratory service in 2021.

Betty Wood assisted Richard in finding a venue for our big banquet on May 8th at Palma Ceia Country Club.

There will be a musical event on Sunday, Sept 27, 2020 at 4PM for a visiting organist, followed by a catered reception.

Motion made by Peter Baker and seconded by Brad Hall to approve a contract for organist, Ken Cowan, in the amount of \$5,000 for this event to be paid with Foundation funds. Motion carried.

There will be a Celebration Planning Meeting on Saturday, February 22, 2020.

Nancy Turner is working on the Historical booklet to bring it up to date for our 150th anniversary.

JUNIOR WARDEN'S REPORT – George Levy

All repairs have been made. The only projects still pending are the painting projects (church interior and rectory exterior), which should commence soon.

TREASURER'S REPORT – Piers Curry

We finished out the year "in the black". Pledges were close to hitting the actual amount pledged for the year. Non-pledge amount was higher than anticipated. Increased parking funds collected and Lumina Choir revenue added to the bottom line along with an unplanned gift. Restricted funds essentially netted out for the year having spent about \$66K this year.

(continued)

Among the budget changes this year on the expense side were pay raises for tenured staff and some increases in overhead.

Brad Hall moved that we accept the budget. Ben Borsch amended the motion to propose that we accept the proposal of the budget to be presented and voted on at the Annual Meeting. Richard Ferlita seconded the motion which was carried unanimously.

CHRISTIAN EDUCATION – Brad Hall

The Replay Museum is on the calendar again for Saturday, February 1st. This center features old video games that the children can play.

Plans are underway for the youth to organize a pancake meal for Shrove Tuesday.

OUTREACH – Ingrid Muellerleile

The Gabriel Giving tree provided gifts and a party for 117 children from 31 families.

HELPING HANDS – Barbara Brotherton

There was a successful funeral reception for Brucie Johnston.

NEW BUSINESS

Lumina Choir asked to adjust their rent to the original lease amount while they go through a restructuring of the organization. Their instructors are not taking salaries.

> Peter Baker made a motion to reduce rent as stated in the amended and restated agreement from \$850 to \$600/ month from January 31st to end of July. Richard Ferlita seconded. The motion passed.

OLD BUSINESS

LOVE, Inc (In the name of Christ) has provided us with an example of a partnership contract that would be used by St. Andrew's to engage this organization. Paula Stewart has agreed to be our co-ordinator as required by LOVE, Inc. should we agree to move forward.

Peter Baker moved that we agree that Ingrid Muellerleile will work with LOVE Inc. to draft a contract and that Paula Stewart be the liaison and that funds, as approved in our previous meeting, be applied. Barbara Brotherton seconded the motion. The motion was carried.

Peter Baker made the motion that the Vestry accept the amendments to the corporate and Foundation by-laws which will then be voted upon by parishioners at the Annual Meeting. And, further, that the amendment be filed with the Diocese and the Division of Corporations of the Florida Department of State.

Richard Ferlita seconded the motion. The motion passed unanimously.



From the Parish Register

<u>Transfers In</u>

Susan & Tom Torge From Holy Innocents' in Valrico, Florida

X

Deaths Robert Welty Compton

Donations to Saint Andrew's **Foundation**

In Loving Memory of Brucie Johnston Mr. & Mrs. Donald Gould Mr. & Mrs. John Wolfe

In Loving Memory of Nell Lee Keen Betty Hall Wood

¥

In Honor of the Marriage of George Levy & Rosemary Graf Richard Ferlita and James Carmichael **St. Andrew's Episcopal Church** 509 East Twiggs Street Tampa, Florida 33602

RETURN SERVICE REQUESTED

Lenten & Easter Schedule

See full Lent & Easter schedule inside page 8



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@ 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.