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THE EPISTLE

JUNE / JULY 2019

Volume 65, Number 7

St. Paul Lutheran Church • 5103 N. Central Ave. • Tampa, FL 33603 • (813)239-3113
www.stpaultampa.org • office@stpaultampa.org

Pastor's article

Grace, mercy, and peace to you from the Most Holy Trinity. Amen!

Earlier this month, the Florida-Bahamas Synod had its annual Synod Assembly in Orlando. This was a rewarding time for pastors and laity from our church to plug into the vision of our Synod, to discern God's will, and to network with one another. The highlight this year was that our very own Linda Rosché has been elected to the Synod Council! She will be serving a one-year term and will meet with other council members several times a year. Please pray for her, and for Bill, and for the deliberations of our Synod Council.

Plans for a new ministry of the Well at Faith are moving forward. A banner for the fence on 127th is forthcoming, and we are currently circulating a flyer. (When the Well partners with another organization to deliver food to an offsite location, they call it a "Kinship Market," which is also how our flyer is labeled.) We've had several volunteers from St Paul offer to help. The process will be the same as that for the Good Sam. On the first Saturday of every month, starting in July, we will meet around 8:30-8:45am to pick up groceries from the Well at Waters Ave Church, and move the supplies to Faith to set up on outside tables.

There are two differences with the process at the Good Sam. Firstly, we can heat up some of the Wawa breakfast sandwiches in the oven of the Fellowship Hall and brew some coffee to offer to people. Secondly, we will be picking up food from Waters Ave at the same time as another Kinship group and will divide the food according to the needs of each group.

It will take time before we have a good turnout. However, I am confident this will grow because of the need in this neighborhood. On the east side of I275, St Vincent de Paul has a food pantry from 8-10am on Monday, Wednesday, and Friday, and Grace Family Church provides prepared meals on Tuesday and Wednesday evenings. However, there is nothing offered on the west side of I275, or on Saturdays when people often have time off work to go to a food pantry.

I am very excited about this new ministry, and I believe we have the commitment and work ethic to do it. We are very blessed that our parish has this rich culture of hard work in service of others. The people of our parish work hard to ex-

press the biblical hospitality of God's kingdom, and it's a beautiful thing!

Such service is an important and necessary aspect of the Christian life, and yet Christ also says, "people do not live by bread alone, but by every Word that comes from the mouth of God" (Deut. 8:3; Luke 4:4; Mt 4:4). If we are not in God's Word, we will be overtaken by anxieties and we will not serve others in love. Jesus spoke to this in the story of Mary and Martha. As Jesus was passing through her town, Martha invited him to stay with her. As Martha was preparing food, she became angry when she saw her sister sitting at the feet of Jesus. Luke says that Martha was distracted by her many tasks, implying that she was also invited to take a break for a moment to have Sabbath rest with Mary at the feet of Jesus. Instead, she snapped at them. She said, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me." But Jesus said, "Martha, Martha, you are anxious and murmuring about many things; there is need of only one thing. Mary has chosen the good portion, which will not be taken away from her" (Lk 10:38-42). This phrase, "the good portion," was used to refer to the study of God's written Word, the Torah. We must also live from the "bread" of God's Word. It conveys the sense that God's kingdom is a great banquet, and there are many platters, but the study of God's Word is the juicy bit, the fatty brisket at the center of the table, where we get to wrestle with the big questions of life, and receive food for the soul.

Without losing that Martha-style dedication, I want to invite the parish to also sit at Jesus' feet like Mary, simply listening to his Word, receiving the good portion. Remember the reading a few weeks ago, where Jesus said, "I have said these things to you while I am still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you" (Jn 14:25). Although we hear this Word already every Sunday morning, where the comfort, peace, and forgiveness of Christ are applied to each of us, we can also sometimes find it confusing and disconnected. How do these different readings relate? What's the big picture? Why do we do all of this every Sunday? We need to be in the study of God's Word regularly if we want to get a better sense of how it all fits together and what it means for us.

Continued next page. . .

Pastor's article continued

That is why, **starting on July 11th, we will also begin a new parish Bible study. We will meet every Thursday at 6:30pm.** We will start at St Paul and alternate locations every month. For example, we will meet at Faith in August, and back at St Paul in September, and so on.

Our first study will be on the Gospel of Luke, which will take us through the rest of the year and compliment the Sunday morning Gospel readings.

This will differ from a traditional Bible study in some ways. For one thing, although we will go through the overall narrative of Luke's Gospel to get a sense of how it all fits together, we will not be responding to or filling out worksheets with pre-determined questions. The process will be more conversational. Secondly, our study will be interspersed with short topical studies that help us to draw connections between the text and the present time. Sometimes we will look at writers from the ancient church or the Reformation. Other times, we will look at modern authors. For example, after a few weeks of looking at the early chapters of Luke's Gospel, I would like to take a detour through the writings of James Cone, who was one of my professors in seminary at Union. His writings focus on the Gospel as a message of liberation for oppressed people, specifically for black people throughout the history of white supremacy in the United States. In this way, I hope to combine both historical and spiritual methods of reading the Bible, recognizing the historical contexts and limitations of the Bible, while also recognizing that it was written to be God's living Voice for us through the ages.

Peace and joy of Christ be with you all,

Pr. Gabriel



Before scriptures are read on Sunday, the children will be gathered and escorted to their own classroom (at the entrance of the Sanctuary). They will have activities built on the scripture of the day, then they will be brought back to worship during the passing of the peace. We hope to see you and your littles on Sunday!

LUTHERAN URBAN PARISH OF TAMPA

The Lutheran Urban Parish of Tampa, is a **united ministry of Faith and St. Paul Lutheran Churches.** Our two congregations pray, work and fellowship together, pool resources, and share the same pastors. We are one body of Christ in two locations, in service to the single mission of God in our midst. Please check out these activities and mark your calendar to join everyone to share work, fun and fellowship.

PARISH FELLOWSHIP EVENTS:



Join us for Food, Games, and Fellowship

St. Paul – Sunday, July 7, 5 PM

Faith – Sunday, Aug 4, 5 PM

We are asking for finger type foods/desserts/boardgames (Pastor Morgan will be bringing Apples to Apples) card games. Please join us for a fun time!!



NEW PASTOR RETREAT - A HEALTHY START

August 23 & 24

All members of the Lutheran Urban Parish are invited to attend this retreat to promote a healthier, stronger, and more mission-focused congregations in the Florida-Bahamas Synod. Topics covered will be communication skills, inter-personal relationships, understanding the congregations as a "system" and much more. Pastor Don Reiter will be the retreat facilitator. Participants will be asked to purchase retreat materials for \$12. If you plan on attending, please sign up in the narthex on Sunday or call the church office at 813-239-3113. You may place your check in the offering plate (please earmark "Retreat material")

Larry and Aniko Solomonson (members of Faith) have invited us to their home for the Friday evening and Saturday retreat. **HOURS;** Friday evening (7:00 - 9:15) and Saturday (8:20 a.m. - 5 p.m.). *If you have questions, please contact Jane Wiley or Pastor Gabriel. More logistics will be published soon.*

More details will be coming/will you???

Music Director

Gracious Spirit, heed our pleading, fashion us all anew. It's your leading that we're needing, help us to follow you. Come, come, come Holy Spirit come.

Come to teach us, come to nourish those who believe in Christ. Bless the faithful, may the flourish, strengthened by grace unpriced. Come, come, come Holy Spirit come. Gracious Spirit, Heed Our Pleading, (*Njoo kwetu, Roho mwema*) – ELW 401, stanzas 1 & 2. This is our Gathering Hymn for Pentecost Sunday, June 9.

St. Paul Lutheran Church had the honor of hosting the United States Air Force Band of the West brass quintet on Wednesday, May 8. If you were here, you know what a wonderful evening of music and fellowship we had! We had a great crowd, and the reception that followed was outstanding. Thank you Julie Williams, Curt and Tina Fritz, and all who helped with this event!

Our choir takes a break from rehearsals for the summer. However, that does not mean that music stops. We have **Summer Choir** once a month (June, July, and August) before our regular rehearsals resume. We invite anyone (ALL ages and abilities!) who would like to sing to join us for Summer Choir. The music is simple and meaningful. **Our first Summer Choir is Pentecost Sunday, June 9.** Be sure to wear red that day! We rehearse at 10:30 in the sanctuary, just before the service.

Many thanks to our musicians for sharing their time and talents with us on a regular basis: Ann Delach, Pastor Gabriel Morgan, Hilde Reno, Dave Stroupe, Jeanine Romano, James F.W. Clark and Michael Brannan (cantors); Jeanine Romano, Justin Fair (soloists); Mariana Gordon (flute); Rico Gordon (percussion); and George Algozzina (piano); and many thanks to those who sing in our choir: Hilde Reno, Julie Williams (soprano); Ann Delach, Linda Roche (alto); James F.W. Clark, Dave Stroupe, Gabriel Morgan (tenor); Bill Roche, Michael Brannan (bass).

Soli Deo Gloria (to God alone be the glory),

Dennis

Worship/Altar Guild

I want to take this opportunity to thank Isaac Fritz for his many years of service as our Acolyte/Crucifer, for a while there our only one! 😊 Congratulations on being accepted to UCF Go Knights!! Continued best wishes for a successful College experience and whatever may come your way!! You will be missed!

WANTED:

A few good Men, Women and/or children. All positions are available.

Greeter

Usher

Altar Guild

Assisting Minister

Acolyte/Crucifer

Isaac will leave for College soon which will leave Mariana & Rico as our only age appropriate children to serve as Acolyte and Crucifer. Thank you both for your continued service. We are asking our adult members to consider serving in this position to help out. If you are interested in serving in this position or any of the above mentioned positions please contact Patty or Evelyn.

I hope everyone has a safe and fun summer!!

Patty Tolzman, Chairperson

Worship/Altar Guild



PLEASE NOTE:

Carol Swanson recently moved to Georgia to be closer to her daughter and her new address is:

The Arbors at Bridgemill, Room 119
Canton Ga 30114

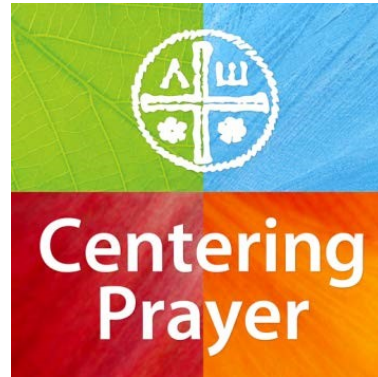
Frieda Bachowski (Josie's mother) is now at:

Fairway Oaks Nursing Home, Room 302B
13806 N. 46th Street
Tampa, FL 33613

Your cards (and visits to see Frieda) are always welcome as these ladies transition into their new residences! Thank you!

Parish Deacon

CENTERING PRAYER: SEEKING GOD'S WILL IN YOUR LIFE.



A few weeks ago I attended the Spring Gathering for our Tampa Conference of ELCA churches. The theme was Post-Modern Evangelism. I decided to attend a session led by Rev, Khander El-Yateem, Director for Evangelical Mission Assistant to the Bishop Florida-Bahamas Synod, ELCA. He spoke about church vitality but he also talked about an app he was using to commune with God. I was so intrigued; I decided to try it.

According to Contemplative Outreach (the organization that developed the app): *“Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship.”*

The app starts with the Four Guidelines for Centering Prayer which are:

Choose a sacred word as the symbol of your intention to consent to God's presence and action within.

Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.

When engaged with your thoughts*, return ever so gently to the sacred word.

At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

*thoughts include body sensations, feelings, images, and reflections.

You first start out with an opening prayer. You can recite your own or read from the several provided in the app. I choose The Prayer of St. Francis. Then you can select from several choices of peaceful beginning sounds, then you choose how long you want to pray in silence, then there are several ending sounds to choose from and then a closing prayer. I chose Psalm 25 as my closing prayer.

When I first attempted to use this app, I set the time duration to two minutes and I wasn't even sure I could sit that long in silence. I have been using the app for a while now and I am up to 15 minutes of silent prayer where I focus on a sacred word or symbol. Usually I focus on the Cross and sit quietly with God. I have to admit that early on my thoughts do wonder but as I focus on the image, I do lose track of time and feel God's presence. I don't really receive answers to questions, but my questions become somewhat irrelevant. It's like, I finish knowing that there is no need to ask; God will show me the path. The experience is more about just being aware of God's presence; I finish with a feeling of peace and calm. I find myself wanting to listen more and to serve others more. I notice that I experience very little stress throughout my day when I do this in the morning. I am more aware of His presence more throughout my day. I'd like to suggest that you consider taking time every day to communicate with God this way. The app is free and it really is great to spend some quality time with our creator. I hope you will give it a try and you will find the peace of the Lord.

Jeanine Romano, PhD

Parish Deacon, Tampa Urban Parish

Stewardship

Stewardship of community

You shall love your neighbor as yourself: I am the Lord. –Leviticus 19:18b

And who is my neighbor? –Luke 10:29b

Think of all the homes, apartments and condos within walking (or easy driving) distance of our congregation. Now ask, how do we interact with these neighbors? Does our congregation understand their issues, joys, opportunities and challenges? How can we love them as ourselves?

Though God has filled the world with neighbors for us to love, we have a special opportunity and responsibility with neighbors who are nearby us. They form our immediate community. Many congregations narrowly define “community” as people who are already part of church, but God calls us to broaden our vision.

Congregations across our denomination are finding renewed energy and purpose by connecting (or re-connecting) with their community neighbors. It takes work and a willingness to go outside our comfort zone, but worth the effort pays off for them and us.

“It’s within our power to become good neighbors, to care for the people around us and to be cared for by the people around us,” write Jay Pathak and Dave Runyon in *The Art of Neighboring* (2012, Baker Books, p. 22), a handy guide for a church to start a neighboring movement. “There really is a different way to live, and we are finding that it is actually the best way to live.”

Loving our neighbors we naturally gather together as community that is blessed by God. It holds true in our personal lives as well as our congregations. As spring and summer unfolds, let’s commit to finding ways to be better stewards of our community, engaging our neighbors, especially those who live closest to our congregation.

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Finances

YEAR TO DATE (April 30 2019):

Total Offerings (pledged, non-pledged, loose plate):
31,964.00

Total Special Offerings - 84.00

Total Other Income (Building use donations, etc.):
8,994.00

Total Year-To-Date Income as of April 30:
\$40,958.00

Total Year-To-Date Operating Expenses:
\$38,555.00

Year-To-Date Net Surplus as of Apr 30:
\$2,403.00

Total Specified Donations - \$2,690.00
(this amount is collected for other causes and not included in the church's income).

Fund Balances as of April 30 (Those over \$1,000.00):

Northstar Investment Equity: 48,531.00

Pastor's Discretionary Fund: 1,031.00

Capital Improvement Fund: 6,951.00

Thrivent Choice Fund: 2,530.00

Memorials: 1,189.00

Throwback Sunday Fund: 1,000.00

Pray for Healing

Michael Brannan	member
Jeanne Cameron	member
Winnie Clark	member
Eleanor Dunn	member
Jimmy Dunn	member
Tom Feagin	member
Carmen Hayes	member
Teresa Jones	member
Jeanne Pursell	member
Hilde Reno	member
Carol Swanson	member
Ron Tillis	member
Fabio Toledo	member
Joyce Toledo	member
Jane Wiley	member of Faith Lutheran
Natalie Abreuhorne	friend of Patty Tolzman
Lillian Brown	mother of Pastor Meyer
Frieda E. Bachowski	Friend of St. Paul
Thelma Brumett	mother of Justin Fair
Alicia Cejas	friend of Carmen Hayes
Sue Hiza	sister inlaw of Rom&MargaretTillis
Ingé Jarvis	friend of Jim Sampson
Diane Tolzman	mother of Wayne Tolzman
Linda & Ray Garret	mother & father of Curt Fritz
Debbie McCormack	friend of St. Paul
Ed McFadden	friend of Jimmy & Eleanor Dunn
Hailey Miller	great niece of Tina Fritz
Gloria Tillis	mother of Ron Tillis
Alina Toledo	daughter in-law of Fabio & Joyce
Gary Toledo	son of Fabio & Joyce Toledo
Yolanda Villalobos	Friend of Patty Tolzman
Dot Ward	aunt of Eddie Malmquist



Watch dear Lord, with those who wake, watch over, or weep. Tend the sick, rest the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous. In you love give us all this through Jesus Christ our Lord. Amen.

From Pastor Morgan

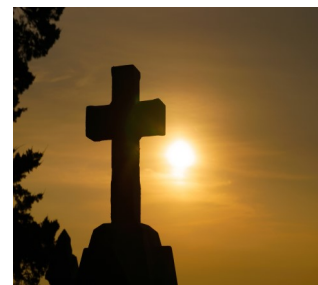


Our neighborhood "Prayer Walks" will take a hiatus over the summer.



BEGINNING JULY - PUB THEOLOGY WILL MEET THE 4TH FRIDAY OF EACH MONTH

Greetings family and friends of the Lutheran Urban Parish of Tampa! Martin Luther often invited friends and guests to his home to enjoy food and a good beer, and the conversations around the table were often so engaging that his students recorded them. Does that sound like fun? Well if you are ready to relax, have a pint, and speak easy about the big topics, then come join us for **Pub Theology on the fourth Friday each month, at 6:30 pm.** Location for July 26 to be announced. Pastor Morgan's # (813) 245-6812. Invite a friend; all are welcome!



MEDITATION

All are welcome to join us for meditation that **meets every Wednesday, at noon in the Sanctuary, for approximately 20-25 minutes.** Meditation will include silence, prayer, and the recitation of scripture, led by Pastor Gabriel Morgan and others. For those who feel the need, an optional time for debrief and discussion will follow.

Worship Schedule

JUNE

June 2

AM: Jim Clark
AC: Isaac Fritz
Greeters: Wayne & Patty Tolzman
USH: Curt Fritz, Brad Haarer
Refreshments: OPEN

June 9

AM: Hilde Reno
AC: Isaac Fritz
Greeters: Brad & Arlynn Haarer
USH: Curt Fritz, Brad Haarer
Refreshments: OPEN

June 16

AM: Tina Fritz
Acolyte: Rico Gordon
Greeters:
USH: Bob Delach
Refreshments: OPEN

June 23

AM: Jeanine Romano
Acolyte: Mariana Gordon
Greeters: Federico & Jessica Gordon
USH: Wayne & Patty Tolzman
Refreshments: OPEN

June 30

AM: Erin Szejkowski Morgan
Acolyte: Isaac Fritz
Greeters:
USH: Wayne & Patty Tolzman
Refreshments: OPEN

Altar Guild: Patty Tolzman & Ann Delach

Counters: Jim Clark & Wayne Tolzman

JULY

July 7

AM: Tina Fritz
AC: Isaac Fritz
Greeters: Wayne & Patty Tolzman
USH: Bob Delach
Refreshments: OPEN

July 14

AM: Linda Rosche
AC: Isaac Fritz
Greeters:
USH: Brad Haarer & Curt Fritz
Refreshments: OPEN

July 21

AM: Jeanine Romano
Acolyte: Rico Gordon
Greeters:
USH: Brad Haarer, Curt Fritz
Refreshments: OPEN

July 28

AM: Ann Delach
Acolyte: Mariana Gordon
Greeters: Federico & Jessica Gordon
USH: Bob Delach
Refreshments: OPEN

Altar Guild: Patty Tolzman & Ann Delach

Counters: Tina Fritz

****PLEASE FIND A REPLACEMENT FOR YOUR DAY IF UNABLE TO ATTEND**
THANK YOU!**



Please join us the third Saturday of every month at The Well! We will be assisting in setting up the free market at the Good Samaritan Inn on Florida Ave., helping clients shop for groceries, entering data and restocking groceries. This month we will meet on **June 15 at 8:30 am**. See you there!

JUNE BIRTHDAYS

- 6/2 Martha Wegner
- 6/4 Linda Rosche
- 6/6 Shawn Fleenor
- 6/9 Jeanne Cameron
- 6/9 Linda Cox
- 6/12 Natalie Benham
- 6/18 Fred Tetlow
- 6/18 Anthony Tolzman
- 6/24 Joyce Toledo
- 6/25 Mariana Gordon
- 6/28 Bill Rosche



PLEASE NOTE: Evelyn will be on vacation July 17-25. Please call Pastor Gabriel Morgan (813-245-6812) during that time if you have any questions or emergencies!

JUNE 2019

SUN

MON

TUE

WED

THU

FRI

SAT

<p>1st SUNDAY</p> <p>2 PM Suncoast Area Convention</p>	<p>WEEKLY:</p> <p>11-1 New Bite of Serenity</p> <p>6:30pm Together We Can</p> <p>9 pm Never Too Young</p>	<p>WEEKLY:</p> <p>11-1 New Bite of Serenity</p> <p>6 pm Men's Literature Study</p>	<p>WEEKLY:</p> <p>11-1 New Bite of Serenity</p> <p>5:30pm Sunset Solutions</p> <p>8 pm New Life</p>	<p>WEEKLY:</p> <p>11-1 New Bite of Serenity</p> <p>8 pm A New Way</p>	<p>WEEKLY:</p> <p>11-1 New Bite of Serenity</p>	<p>WEEKLY:</p> <p>10am Aging in Recovery</p> <p>7 pm Triple M Men's</p> <p>8:15pm Keep the Faith</p>
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2	3	4	5	6	7	8
<p>11:00 am Worship/ Refreshments</p>			<p>12 Noon Meditation/ Sanctuary</p>			
9	10	11	12	13	14	15
<p>11:00 am Worship/ Refreshments</p>		<p>7:00 pm Council Mtg</p>	<p>12 Noon Meditation/ Sanctuary</p>		<p>6:30 pm Pub Theology @ Southern Brewing and Winemaking</p>	<p>8:30-11am The Well@ Good Samaritan Inn/ Florida Ave.</p>
16	17	18	19	20	21	22
<p>Father's Day</p> <p>11:00 am Worship/ Refreshments</p>			<p>12 noon Meditation/ Sanctuary</p>			
23	24	25	26	27	28	29
<p>11:00 am Worship/ Refreshments</p>			<p>12 noon Meditation/ Sanctuary</p>		<p>6:30 pm Pub Theology /Southern Brewing and Winemaking</p>	
30						
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JULY 2019

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	1	2	3 12 Noon Meditation/ Sanctuary	4	5	6
7 11:00 am Worship/ Refreshments 5:00 pm Lutheran Urban Parish Fellowship @ St Paul	8	9 7:00 pm Council Mtg	10 12 Noon Meditation/ Sanctuary	11 6:30 pm Bible Study	12	13
14 11:00 am Worship/ Refreshments	15	16	17 12 Noon Meditation/ Sanctuary	18 6:30 pm Bible Study	19	20 8:30-11am The Well@ Good Samaritan Inn/ Florida Ave.
21 11:00 am Worship/ Refreshments	22	23	24 12 noon Meditation/ Sanctuary	25 6:30 pm Bible Study	26 6:30 pm Pub Theology /Southern Brewing and Winemaking	27
28 11:00 am Worship/ Refreshments	29	30	31 12 noon Meditation/ Sanctuary			