



# ST. STEPHEN THIS WEEK

## St. Stephen Lutheran Church Newsletter

### ANN HINGST: 1942-2025

By Ron Hartung

Ann Hingst, our beloved sister in Christ, the widow of former Pastor Emory Hingst and a creative, generous and whip-smart presence in this community, died this past Monday of leukemia. She was 83. That’s a good long life, but we were nowhere near ready to say goodbye.

Her official obituary in the *Tallahassee Democrat* explains that she grew up in Cincinnati; graduated from Smith College; earned an Ed.M. from Harvard and a Ph.D. in counseling psychology from Washington University in St. Louis; and moved to Tallahassee in 1972. She was a faculty member at FSU and established a private practice in psychotherapy.

One of her great passions had always been designing houses. So, after retirement, she founded Rainbow Rehab, a nonprofit that fixed up old houses and sold them to low-income wage earners.

Many St. Stephen people turned out for Rainbow Rehab workdays.

Later on, Ann and Emory started up Tallahassee’s Ten Thousand Villages store, a nonprofit that benefited artisans in developing countries. And, after many years of ambitious planning and dreaming, they established Daystar – the “co-housing” community where both of them thrived, and where both of them eventually passed away. Right about now, Daystar must be feeling particularly empty.

Ann joined St. Stephen in 1979, the same year she married Emory. She was an alto in the choir, an outspoken regular in Sunday-morning discussion groups, and an outgoing fixture at church retreats and potlucks. After Emory retired in 1999, they generally worshipped at First Presbyterian but, in more recent years, we saw them at St. Stephen more often. And you’d frequently bump into her around town. It always seemed that she knew everyone, that people were crazy about her – and that, until recently, she hardly ever sat still.

Ann is survived by sons Ethan Montgomery (Heidi) and Seth Montgomery (Crystal); grandchildren Savannah, Genevieve, Kyle and Kamryn Montgomery; and many nieces, nephews, cousins and their families.



When she wrote her obituary, Ann gave special thanks to her friends for their loving support throughout her illness; to her niece, Dr. Lucy Godley, for her watchful care and wise counsel; and to her wonderful caregiver, St. Stephen member Greta Scavone (*pictured here with Ann*). Greta also had been Emory’s caregiver. Every family needs a Greta.

Ann’s memorial service isn’t until next month. Please note: These details are different from what you might have read in the obituary, because circumstances have changed. It’s

scheduled for 1 p.m. (not 11:30 a.m.) on Dec. 20 at Faith Presbyterian Church (not First Pres). Instead of flowers, Ann suggested memorials to St. Stephen; Big Bend Habitat for Humanity; The Kearney Center; Second Harvest of the Big Bend; the Ann & Emory Hingst Fund at the Community Foundation of North Florida; or a favorite charity. (*Photo of Ann and Emory by Colin Hackley*)

## REMEMBERING ANN

“I called Ann ‘Belle.’ Short for Annabelle, French for ‘pretty.’ She and Em and Ron and I were good friends. I found out I had cancer around the time Ann did. We were cancer sisters. I will miss her so. God, take care of my Belle.” *(Ruth Hartung)*

“I’ve known Ann for over 40 years as church members. We became close when our husbands developed dementia issues. Ann introduced me to the Alzheimer’s Support Group she had been attending. She was always such a warm, sweet, special friend. I will truly miss her.” *(Jan Harrison)*

“Back in the day, when most of us were living deep in the closet, I distinctly remember the name Ann Hingst being shared among women in the community. ‘It’s OK,’ they would whisper. ‘You can see her for counseling.’ That’s how I will always remember and treasure her legacy. Brave, present and ahead of her time.” *(Sylvia Smith)*

“What a remarkable woman Ann was! We are honored that the first house that was built from her designs is in our backyard and was home to my mother, two St. Stephen vicars and three interim pastors. I met Ann for lunch in January of this year and shared that Phil and I had recently purchased 38 acres in the Carolinas. As we talked about what we were going to do with the land, she eagerly said, ‘You know I’m going to design this for you!’ She worked on the design between chemo treatments and completed the plans for two small houses in July. It seems like a full-circle moment that we built her first house 25 years ago and we will build her last houses in the near future.” *(Sue Williams)*

“One Saturday morning, when I was preparing to paint at a Rainbow Rehab house, Ann came around to dole out the paint. To my way of thinking, she had given me enough paint to do one or two walls in this 10-by-10-foot room. ‘No, Ron-Boy,’ she insisted. ‘You need to make that paint cover the whole room. Every wall. No more paint.’ Gulp. So that’s one other thing to know about Ann: She had exquisite taste but, boy, was she ever thrifty.” *(Ron Hartung)*

“I traveled with Emory and Ann in Emory’s blue Corolla to Raleigh, North Carolina, for Emory to preside over Beth Christiansen’s memorial service. We left after work one day and made it to Ann’s stepmother’s home in Hilton Head and spent the night. I remember her home being filled with beautiful orchids. Coming home from the service, we had a flat tire on the interstate, and the three of us changed the tire. We then limped into the next small town, had lunch at a small café and headed home. It was one of the most special times that I ever spent with the two of them because I had them both one on one. Ann shared with me where her love of architecture began. She used to walk around Hilton Head with her father and look at roof lines, and that was something they both had in common.” *(Susan Warren)*

“Ann was in my adult Sunday School class. I am a history nerd. I felt compelled to offer lots of background and history pertaining to the scripture lessons each week. Ann, not being a history fan to the extent I am, told me that ‘when my eyes roll back in my head, you will know you have exceeded my history quota.’ Also, Ann was her husband’s beloved sermon critic. She told me that she often said to Emory, ‘Dear, just tell them “God loves you” and sit down.’” *(Sue Canning)*



## WALK WITH A DOC

*Forwarded by Audrey Post, who works at the FSU College of Medicine*

Walk With a Doc takes place from 9 to 10 a.m. Saturday, Dec. 13, at Cascades Park. Join Amy Neal, M.D. (Class of '08), associate medical director at Capital Health Plan, and Jeffrey Ferraro, M.D., psychiatry clerkship faculty at the Tallahassee Regional Campus, for a discussion about handling holiday grief. Gather near the waterfall for a brief talk. Afterward, participants are encouraged to take a walk with the doctors and enjoy the fall weather. Participation is free but [registration is required](#). CHP’s chapter number is 17436.



## OK, THE POLLS ARE OPEN ... CAST YOUR MANNA VOTE

*By Caroline Collins*

Voting is NOW OPEN for the #GiveTLH grants from the Beatitude Foundation! Manna on Meridian is honored to be one of six nominees — and we need YOUR help to win.



The top three vote-getters will receive grants of \$10,000, \$5,000 and \$2,500 — a huge opportunity to strengthen our pantry and support even more people in need.

We believe in serving our community with dignity, care and kindness, especially those experiencing food insecurity. To see how Manna's work is making a real impact, check out this story from WCTV:

<https://www.wctv.tv/2025/11/10/any-help-that-can-fill-gaps-helps-me-make-it-through-month-manna-meridian-offers-food-assistance-support-those-need/>

### HOW TO VOTE

1. Visit <https://givetlh.com>
2. Vote for Manna on Meridian
3. You can vote once per day, every day!
4. Share the link with friends, family, co-workers — and encourage them to vote daily too!

Voting closes at 11:59 p.m. on Nov. 28. Let's rally together and show Tallahassee the power of community support!

## JOY IN A CAN

*By Adrian Fogelin, of Seminole Manor neighborhood*

Imagine my surprise Sunday when we drove up to the house after checking on the monarch butterflies at St. Marks and finding a wealth of canned collards

supplied by your generous congregation. There were 25 large cans (27 oz.), 27 soup-sized cans (14.5 oz.). I was amazed, and so grateful.



As Karen Olson mentioned to you all, the collards in our community garden have been pulled up just as they were ready for harvest (not once, but twice now), but thanks to St. Stephen there will be no shortage of collards for the neighbors who visit the little pantry you all built for us. I restock it twice a day, and other neighbors often add food to those shelves, so the community effort to make sure there is always a little hope and a little food available is being sustained with

the help of so many. It is a case of loaves and fishes, isn't it? Thanks again.

## THE GIVING TREE

Want to play a part in making Christmas brighter for a child in our community? Consider the Giving Tree. Thanks to Andrea Notley, who's our Giving Tree representative every year, you can choose a child to shop for. (Or, if you're not a shopper, you can donate money and have Andrea or Cindy Suhrweir shop for you.) If you're doing the shopping, the most important date to remember is Dec. 14: That's when you need to have the gifts for your adopted child gaily wrapped and brought to church, tagged with the child's age and family number. If you're new to this and kind of confused, just get in touch with Andrea at 850-443-5293.





## EXCERPT FROM PASTOR TOM'S SERMON

*After beginning with a quick retelling of the hard times for the captain and crew of the ice-bound Endurance in the Antarctic more than 100 years ago, Pastor Tom brought the analogy home.*

Beloved, when we consider the life of this ship, the *USS St. Stephen*, we look to our leader, Jesus Christ. With unshakable optimism, we keep and protect the mindset that even in dark circumstances like polar nights, surprising setbacks and lack of resources, we do what must be done to keep the internal song alive.

With unified endurance, we do what must be done to keep each other strong and inspired. We become brokers in hope. We keep hope alive knowing that our Lord keeps our human spirits from being crushed. The pastor's role is to point to Christ, even when the destination is not clear. Together we can see the positive before the rest of the world sees it, and then together we help them see it.

## BEFORE YOU GO...

- No newsletter next Thursday ... aka Thanksgiving Day!
- Want to enjoy Thanksgiving Day dinner at St. Stephen? Rita Ford is organizing a meal at church, starting at 3 p.m. Check with her for details.
- Last Sunday, Linda Eshleman thanked everyone who helped with special Altar Guild cleaning the day before. "I had a great crew here helping," she announced. "We did all of the railings, wiped those all down; we did all of the silver and all of the brass; and Pastor even helped us by vacuuming. So here's a list of the people that were here yesterday: Beth, Billie, Barbara, Judi, Rita, Anita, Lawana, Sandy, Pastor, myself – and also I had visitors here this weekend, so one of my brothers and two of my sisters were here, and they also helped!"
- Simone Schuster once again is inviting us to assist in a trash-cleanup day at San Luis Mission Park. That's beginning at 9:30 a.m. on Dec. 6. Everything is provided: gloves, buckets, grabbers, trash bags, even coffee and Panera pastries.
- Sunday, from 4 to 5 p.m., the interfaith prayer vigil for immigration justice will continue at the Historic Capitol steps.
- Need the contact information for a St. Stephen member? Use your digital directory. Don't have it on your phone? Office Manager Rita can fix you up.
- Please remember that you can look up past sermons or newsletters that you missed. Visit our website: <https://ststephenlutherantally.com/>.
- If you have an anniversary, birthday, special memory or special St. Stephen person or program you'd like to honor, celebrate by sponsoring the altar flowers for our service. Sign up on the flower chart, out by the name tags, or ask Rita to sign you up. Include the \$40 with your regular offering. And then take the flowers home!



## UPCOMING BIRTHDAYS

Marda Messick - 11/20  
Cindy Suhrweir - 11/21  
Sue Canning - 11/25  
Marley Bonfanti - 11/26  
Michael Bonfanti - 11/27  
Phil Williams - 11/29  
Nancy Staff - 12/1  
Bob Eshleman - 12/2  
Brian Oliveri - 12/3

## COMING UP

### Today:

Noon - Al-Anon meets in Pastor Emory Hingst Memorial Fellowship Hall, aka Hingst Hall (HH)

7 p.m. - AA meets in HH

### This Friday:

9:30 a.m. - TOPS meets in HH

### This Sunday:

9 a.m. - Bible study

9:30 a.m. - Choir practice

10 a.m. - Worship: Christ the King Sunday

### Monday, November 24:

5 p.m. - TIMA meets in HH

### Tuesday, November 25:

5 p.m. - NA meets in HH

### Wednesday, November 26:

5 p.m. - TIMA meets in HH

7 p.m. - No Choir

## SERVING THIS WEEK

**Pastor Bill Trexler**, Preaching and Presiding; **Kirsten Ebbesen**, Assisting Minister; **Loraine Sundberg**, Cup Minister; **Astrid van der Mark**, Lector; **Caroline Collins and Cindy Suhrweir**, Tech Team; **Linda Eshleman and Barbara Sullivan**, Altar Guild; **Margaret Bowers and Kirsten Ebbesen**, Counters; **Simone Schuster**, Cantor; **Denise Bookwalter**, Announcements



If you have news or photos to share,  
please send them to Rita at  
[sslc@ststephenlutherantally.com](mailto:sslc@ststephenlutherantally.com).

Don't forget our Facebook page:  
<https://www.facebook.com/ststephentallahassee>.

St. Stephen Lutheran Church, ELCA