



ST. STEPHEN THIS WEEK

St. Stephen Lutheran Church Newsletter



SUMMER TRAVELS

The evening glow of the U.S. Capitol caught Jake Hartung’s eye last week as he, girlfriend Desi and her son Lucas were wrapping up their two-week vacation. They put about 3,000 miles on Jake’s car, making stops in North Carolina, Virginia, Pennsylvania and New York State (that’s Cooperstown pictured above) as well as D.C. How about you? Any summer-vacation pix you’d like to share with readers of this newsletter? Please send them to Rita in the church office.

THIS SUNDAY, LET’S TALK

Dear St. Stephen Family,

The Finance Committee will lead a discussion during this Sunday’s congregational meeting. We’ll do our best to give you a clear and useful update on church finances – where we have been, where we are now and what might lie ahead. There is much good news, but problems are rapidly approaching if we do not make some changes. This will be a broad overview and will not get bogged down in detail. We know you are dying to know how much we spend each month on pest control, but that is not on the agenda. Most importantly, we need you with us! Here is the agenda for the financial part of the meeting:

- Congregational giving 2021-2025.
- Expenses (broad categories) 2021-2025.
- Current savings. We have a very limited amount on hand for operating expenses and emergencies.
- Recommendations for 2025.
- Building improvements and long-range planning.



We sent information for you to review before the meeting. We hope you can join us Sunday. If you have questions before the meeting, please contact us. We are grateful to belong to a generous and supportive congregation.

The Finance Committee (Rudy Hehn, Margaret Bowers, Jennifer Dritt, Audrey Post and Sylvia Smith)

INTRODUCING OUR NEWEST MEMBERS

These three joined St. Stephen on July 20. (Photo by Colin Hackley)

ANN DeIROSSI is a familiar face to longtime St. Stephenites. She was a member here for about 20 years, before joining First Presbyterian Church some years ago. For the past year or two she hadn't worshipped regularly. Then, recently, she decided she wanted to be active in a church community again – and you know the rest of the story. We're delighted that she's back.

As a congregation member, greeting and hospitality have been Ann's go-to activities, but she's willing to try new things. "I have served on councils at St. Stephen and First Presbyterian," she says.

Ann was recently recognized for her 30 years of service as an administrator at Florida State University. Apart from work and church, "I love to be outdoors: hiking, biking, walking, listening to music at outdoor venues. I love serving/ volunteering. I'm an extrovert. I like people and being around new environments. Card-writing brings me joy."

Also bringing her joy is son David, who was baptized and raised at St. Stephen. Now he's a corporal in the U.S. Marine Corps, stationed in California.



CRAIG LEIN

(pronounced "lean") is a retired landscape designer who also had a roofing business – and who has lived all over the world. Most recently he lived in Panama City, which indirectly explains how he came to St. Stephen: "I knew Pastor Tom in Panama City, at Messiah Lutheran Church, and he was kind to my mom and

me."

Once he was here, he says, he enjoyed the kindness that St. Stephen people showed him, and he enjoyed getting back to a familiar environment and doctrine.

Two of Craig's favorite activities are metal detecting and train travel. When we asked what else he'd like you to know, he replied: "When I moved here a couple of years ago, I met Bonnie Copps, and we get along great. I had to sell my house and did not like the move. Retirement made me angry at first. But things are getting better – with Bonnie, St. Stephen and Pastor Tom."

BEN BUSH is an FSU grad student in philosophy. His wife, Lydia, often worships here with him. Among Ben's interests are karate, philosophy and theology. Lydia's main interest is poetry.

Ben was raised Baptist and went to a Wesleyan college. In previous congregations, he's been involved in greeting and tech. A while back, when he and Lydia were looking for a congregation, one criterion was: "Would I be comfortable inviting a queer friend?" St. Stephen passed that test. Ben added: "I want to be in a community that does not need, yet is happy to receive, my gifts."

Want to get in touch? Our new members' contact information is available in our online directory. If you don't have that, our new office manager can help you out.

JAZZ SHOWCASE RETURNS

Every August, we encourage you to catch Tom Buchanan and his fellow musicians in the Thursday Night Music Club’s Annual Jazz Showcase. It’s coming up in two weeks: Thursday, Aug. 14, at Ruby Diamond Concert Hall. The show starts at 7:30 p.m. (doors open at 7). The cost is only \$17. Get your tickets at <https://www.tickettailor.com/events/thursdaynight-musicclub/1765189>.



The organizers describe it as “a high-energy night of big band jazz ... bringing you an exciting mix of modern favorites and timeless classics — all reimagined with our signature jazz twist. With powerhouse vocals from Fred Lee (pictured here)

and Lisa Foltz.”

THE RENEWAL TEAM

By Pastor Tom

We continue our work of inclusivity and sharing the Gospel of Jesus in word and deed. Yet the cultural environment in the United States has undergone significant changes. What used to be a steady flow of new people to the church, new building campaigns and an overflow of resources has significantly diminished in the last 20 years. Many congregations have invested a significant amount of time, energy and programming resources in an effort to reverse this reality, to no avail.

What if God’s invitation today is to set aside the institutional dilemmas that churches may be facing – not because they aren’t real and don’t need to be addressed, but because the best way to address them is first to learn to be led by God into deeper connections with one another and our neighbors? This has always been, and remains, the path of church renewal. Most important, God is at the center of this process.



This is the Adventures in Renewal process, which will begin Aug. 24 – a year-long journey centered on Scripture, prayer, listening and relationship building. If you’re interested in joining the Renewal Team, please contact me.

EXTREME HEAT AND YOUR MEDS

Even though our high temps have dipped below 100 for now, more hot days are coming. Audrey Post wanted to share this New York Times story with you, so you can check your medications and know how to stay safe.

[Millions of people](#) across the country are taking medications that may make them more susceptible to illnesses when temperatures rise to dangerously high levels. Taking certain drugs — including some used to treat mental health conditions, high blood pressure and allergies — can make it even more difficult to stay hydrated or efficiently cool your body when it’s hot outside. Here’s what to know, and how to stay safe during scorching temperatures.



Diuretics, which doctors prescribe to manage heart failure, kidney disease or high blood pressure, help your body reduce fluid through [frequent urination](#). But they can also cause [dehydration](#) or lead to an imbalance of electrolytes such as potassium or salt, which make it harder for the body to regulate its temperature, said Allison Hill, the director of professional affairs at the American Pharmacists Association. This can be especially dangerous in extreme heat, which also leads to dehydration. Experts said that makes it even more crucial for people on diuretics, also called water pills, to replenish with water and electrolytes and to pay attention to signs of dehydration and overheating.

Angiotensin-converting enzyme inhibitors, or ACE inhibitors, which are commonly prescribed to treat high blood pressure, can increase the risk of fainting and falling, particularly in extreme heat, said Dr. Michael Redlener, the medical director of the emergency department at Mount Sinai West. They also [suppress the feeling of thirst](#), making it harder to tell when you need to drink more water. Beta blockers, another type of blood pressure medication, [can also increase the risk](#) of fainting and falls and make it harder to sweat, which makes it more difficult for your body to keep cool.

Blood pressure drugs known as calcium channel blockers can cause electrolyte imbalances, Dr. Redlener said, making it difficult to regulate body temperature. Certain antipsychotic medications such as haloperidol, olanzapine and risperidone [affect](#) your ability to sweat, too, he said. “Your body temperature has a higher likelihood of getting hotter when you’re on those medications,” he said.

Some antidepressants can increase sweating and repress thirst, which — much like frequent urination — can lead to dehydration during heat waves. And thyroid hormone replacement medications also can raise body temperature, impair temperature regulation and cause [excessive sweating](#).

Stimulants, such as amphetamines and other drugs used to treat attention deficit hyperactivity disorder, may increase the risk of heat-related illnesses by interacting with the central nervous system and brain to [raise body temperature](#), said Dr. Mahesh Polavarapu, the medical director of emergency medicine at New York-Presbyterian Westchester. Some over-the-counter antihistamines such as diphenhydramine (Benadryl), promethazine and doxylamine (Unisom) also make you sweat less and can impair temperature regulation, Dr. Polavarapu added.

BEFORE YOU GO...

- Raise your hand if you’ve seen Andrea Notley in this pose before. Well, she’s doing it again – because she’s so happy with your response to the annual back-to-school campaign: “We filled 15 backpacks so full I couldn’t even zip them! I’m so thankful to be a part of this generous church!” Thanks for your steadfast leadership, Andrea. *(Photo by Colin Hackley)*
- Cassandra White reminds us that the Fall Seed Library Kickoff – yes, you can check out fruit, veg and herb seed packets just like checking out books – is from 10 a.m. to noon Saturday at the main library, 200 W. Park Ave. Find out more at <https://cms.leoncountyfl.gov/library/Events-Exhibits/Special-Events/Seed-Library>.
- This also is from Cassandra: The August Community Clothing Swap takes place from 2 to 4 p.m. Sunday at Common Ground Books, 1102 S. Adams St. Rain or shine. Bring clothes, or take clothes. Leftover clothing will be donated to the free CGB Gender Affirming Closet, other local mutual groups or City Walk mission.
- As you’ve read in recent newsletters, today is Office Manager Lori Zengel’s last day with us. Go with God, Lori, and thank you for your kind and conscientious work. *Tomorrow* is the first day for Rita Ford as our new office manager. We’ll be saying a proper goodbye to Lori next Sunday. As for Rita: Get to work, young lady!



- These pliers were left behind by someone at the Seminole Manor Community Garden work day. Karen is looking for the owner. Can you help spread the word so we can find that person? You can call Karen if you have any information on who it is.
- 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 Lori to sign you up. Include the \$40 with your regular offering. And then take the flowers home!

SERVING THIS WEEK

Pastor Tom, Preaching and Presiding; **Beth Alexander**, Assisting Minister; **Audrey Post**, Cup Minister; **Karen Olson**, Lector; **Colleen Holdcraft and Jonas Holdcraft**, Tech Team; **Rita Ford and Anita Sawh**, Altar Guild; **Patricia Handschy and Rob Schiffer**, Counters; **Susan Hehn**, Cantor; **Denise Bookwalter**, Announcements



UPCOMING BIRTHDAYS

Astrid van der Mark - 08/02
Sharon Simmons - 08/09
Caroline Collins - 08/14
Marilyn Larson - 08/22
Greta Scavone - 08/23
Jerry Harrison - 08/24
Andrea Notley - 08/26
Susan Warren - 0826
Melissa Barton - 08/27

**If you have an upcoming birthday not listed above, let the church office know.*

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:

10 a.m. - TOPS meets in HH
6 p.m. - Cassandra White meets in HH

This Saturday:

10 a.m. - Sew for Hope meets in HH

This Sunday:

9 a.m. - Book study
10 a.m. - Worship: Third Sunday after Pentecost
11:30 a.m. - Congregation meeting



Monday, August 04:

5 p.m. - TIMA meets in HH

Tuesday, August 05:

5 p.m. - NA meets in HH
5:30 p.m. - Chair yoga meets in sanctuary

Wednesday, August 06:

5 p.m. - TIMA meets in HH



If you have news or photos to share,
please send them to Lori at
sslc@ststephenlutherantally.com.

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

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The Rev. Tom Holdcraft, Pastor