



ST. STEPHEN THIS WEEK

St. Stephen Lutheran Church Newsletter

Wear RED!
Reformation Sunday
St. Stephen Lutheran Church
Sunday, October 26, 2025
Potluck
After Service-Outside :)



Please bring food that can handle the outdoors. Need help setting up tables and cleaning up. Call Margaret, 407-921-8671

COMING THIS SUNDAY: PICNIC/POTLUCK, GROUP PHOTO AND LOTS OF LUTHERANS WEARING RED

Yes, it's going to be a busy and memorable day. And we'll need your help! To the degree that you're able, we need you to:

- Prepare (or buy) something delicious to share at the potluck.
- Write yourself a reminder to wear something red. (It's Reformation Sunday, you know.)
- Cooperate with Colin Hackley after the liturgy as he tries to herd unruly Lutherans into a handsome grouping for a congregational photo. Says Colin: "We will need some helpers and about 15 minutes once service concludes to move chairs and then start arranging people."
- Help the hospitality team move tables and chairs outside for the potluck, and help them clean up afterward.

These are the days that church memories are made of. Enjoy this red-letter day!

LOWERING THE VOLUME OF DIFFICULT CONVERSATIONS

Caroline Collins says that, after our potluck Sunday, the ladies are invited to stick around for this month's gathering of On Purpose Woman in the fellowship hall, 1:30-3:30 p.m. Speaker Mary Waller (pictured below) will address a subject as relevant as ever: effectively engaging in difficult conversations with those we care about. Here's an overview from Mary herself.

Many of us would rather avoid a difficult conversation than cause an issue with a family member, friend or colleague. However, our relationships suffer and our society further splits when we fail to communicate properly. The human brain has evolved to seek connection, but why are some of us better at it than others?



Understanding what kind of conversation we are having is important, so we are on the same wavelength. Being curious about how others feel, asking questions and listening is imperative. Having the ability to adjust how you communicate during a conversation is also beneficial.

Self-awareness is enhanced when we understand how our brains and bodies influence how we think and feel. There is a primitive part of our brain that is wired for survival and is triggered into emotional states created from past experiences embedded deep in our subconscious. The good news is we can master these emotions by bringing them to light, and we can learn techniques to connect with others and engage in meaningful, productive conversations

ANOTHER HEAPING HELPING OF SCRIPTURE

By Pastor Tom

We welcome Rabbi Garner back to St. Stephen to share in fellowship as we “Eat Through the Scriptures” under his direction - and featuring Middle Eastern cuisine. Please mark your calendars for 3-5 p.m. Nov. 9 in the Hingst Fellowship Hall. Watch for the sign-up link in next week’s newsletter!



‘LITTLE MERMAID’ TICKETS’

By Jen Reece

I know that some of you are season-ticket holders and some of you have shown an interest in seeing a show at Young Actors Theatre. I wanted to let you know that tickets are on sale or available to reserve now. “The Little Mermaid” is completely double-cast, so when you log in or call for seats, please note that the Reece boys are in Cast Mermaid. If you can’t make it to one of their shows, please go and see the other cast, Cast Little! They are all amazing!

The Reece boys’ shows are:

Nov. 2 @ 7 p.m.

Nov. 8 @ 7

Nov. 9 @ 1

Nov. 13 @ 7

Nov. 14 @ 7

Nov. 15 @ 1

Nov. 16 @ 7



Let me know if you have any questions!

For details, visit <https://youngactorstheatre.com/show/2025-2026-season/the-little-mermaid/>.

SUPER THANKS TO SOUPER HEROES

*By Dorothy (Dottie) Hinkle, executive director,
Lutheran Social Services of North Florida*

The Board of KidSafe thanks the St. Stephen congregation for their support of our Super Soup Supper for Safety Seats fundraiser.

There were lots of ways to participate, and we especially appreciated your enthusiastic purchasing of soup bowls and jars of soup. We had nine different soups to sample, numerous kinds of bread and soooo many delicious desserts. Also a gift card raffle, silent auction, photo ops with a fall theme and lots of camaraderie.

We had donations from Community Coop Market, Smitty’s Taphouse, Backwoods Crossing and Thrivent. With donations, sales and event admissions, we raised over \$2,500 to provide safety seats for local children.

(Pictured here are board members Janet McPherson and Beth McBride)



ENTERING A NEW ERA OF GLOBAL HEALTH

From last week's Fix the News

A sweeping new analysis in *The Lancet* of 204 countries shows that between 2021 and 2023, COVID-19 fell from the world's leading cause of death to the 20th, and life expectancy rebounded beyond pre-pandemic levels in nearly two-thirds of nations. Since 2010, humanity's overall burden of disease has dropped 12.6%, and deaths from the world's deadliest infectious illnesses, such as tuberculosis, [diarrhea], HIV, malaria and pneumonia, have plunged by between 35% and 60%.

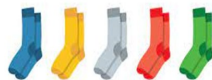
These extraordinary gains are the dividend of decades of work: mass vaccination, maternal and neonatal care, community health workers, and global institutions like the WHO, Gavi, and the Global Fund, which have made basic health infrastructure nearly universal. The result is an unprecedented baseline of human resilience. Even a once-in-a-century pandemic couldn't derail it.

For the first time in our species' history, infectious disease is not the dominant threat. Instead, non-communicable conditions (diabetes, heart disease, cancer, obesity) **are now our biggest problem**, and rising, especially in low- and middle-income countries, whose health systems have been designed for contagion, not chronic care. Climate change is adding new pressures, from heat-related illness to malnutrition and vector-borne diseases.

The lesson of *The Lancet* report is not that progress has stalled, but that it is being recalibrated. Humanity is healthier than it has ever been. The defining challenge of global health now is how to sustain and build upon that success.

BEFORE YOU GO...

- Sunday, from 5 to 6 p.m., the interfaith prayer vigil for immigration justice will continue at the Historic Capitol steps.
- In preparation for All Saints Day on Nov. 2, the church office invites you to send in the names of loved ones who've died this year and whose names you would like to have included in this special part of the liturgy. Please get those names to Office Manager Rita by this coming Monday.
- "Don't forget to sock it," says Outreach Coordinator Sharon Simmons. "Our annual sock drive for the homeless continues until this Sunday. Donated socks will be delivered to the Kearney Center for homeless clients. There is a need for men's and women's socks. You can find reasonable prices at Dollar Tree, Five Below or Costco."
- 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

Audrey Post - 10/24

Barbara Ehlmann - 10/25

Graham Reece - 10/26

Anita Sawh - 10/26

Bern Mustian - 10/30

Jen Reece - 11/02

Paul van der Mark - 11/06

Hector Quinones - 11/07

Barbara Sullivan - 11/07



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: Reformation Sunday

11:30 a.m. - Potluck

Monday, October 27:

5 p.m. - TIMA meets in HH

Tuesday, October 28:

5 p.m. - NA meets in HH

Wednesday, October 29:

5 p.m. - TIMA meets in HH

7 p.m. - Choir

SERVING THIS WEEK

Pastor Tom, Preaching and Presiding; **Kirsten Ebbesen**, Assisting Minister; **Beth Alexander**, Cup Minister; **Chris Reece**, Lector; **Audrey Post and Caroline Collins**, Tech Team; **Susan Warren and Rita Ford**, Altar Guild; **Loraine Sundberg and Marilyn Larson**, Counters; **Karl Barton**, Cantor; **Denise Bookwalter**, Announcements



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

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

St. Stephen Lutheran Church, ELCA