

# This Week @ First

## Worship & Music

To watch our Sunday worship at 11 AM, connect with us on [YouTube](#) (find the bulletin [here](#))!

## First Sunday Food Collection

This Sunday, October 6, is the day for you to bring non-perishable food items to the narthex. Donations are shared alternately with Second Harvest and Elder Care Services. A list of the most needed items includes cereal; peanut butter; canned fruits, vegetables, and meats; and hearty soup or stew. Thank you for your support!

## Compassion and Social Justice

The Compassion and Social Justice's team of volunteers has been providing food, laundry services, and showers to our downtown unsheltered neighbors for several months. We'd also like to be able to offer them small toiletry items that would allow them to maintain their hygiene despite their challenging circumstances.

If you would like to contribute to our efforts, you can bring the small samples you collect while traveling or specific items that are available at a Dollar Store or drug store. We could use: toothbrushes and small toothpastes; disposable razors; travel-sized shampoos, hand lotions, and deodorants; small combs; etc. There will be a box on the table outside the office for you to leave your donations. Thank you for your compassion for those who are unsheltered in our community.

## Heritage Committee

We are searching for this well-loved rug which was hand-made in 1973 by First Presbyterian Women for use in the Historical Room. Can you help us find this cherished artifact?



## Candlelight Concert Series

The Candlelight Concert Series will have its second concert on Saturday, October 12 in our sanctuary. Tickets can be purchased [online](#).



To submit information to be included in the newsletter and/or the Sunday bulletin (as space permits), please use [this link](#), which will take you to an online form. You can access the form directly through Breeze, as well. Thank you!

## Office Volunteers

We are in need of office volunteers from 12–2 PM on Tuesdays and Thursdays. If interested in volunteering, there are a few ways to sign up: go to the Breeze calendar and sign up to volunteer by clicking on the volunteer tab, fill out [this form](#) or email Kelby, [kelby@oldfirstchurch.org](mailto:kelby@oldfirstchurch.org).

Have any pictures from church events that you would like to share with us? Send them in a message on [facebook](#) or you can email them to [kelby@oldfirstchurch.org](mailto:kelby@oldfirstchurch.org).

## Spiritual Formation

### Sunday School–Youth

All youth are invited! Grades K–5 in room 306. Middle and High School Students in room 301. 9:30 AM each week. A nursery will be available starting at 9:15 AM.

### “Feasting on the Word” Lectionary-Based Bible Study

Calvin Room and via [Zoom](#), 9:30 AM - 10:30 AM.

Each week this class will gather to engage and discuss selected texts from our Lectionary readings.

### Adult Inquirer’s Class

Westminster Room and via [Zoom](#), 9:30 AM - 10:30 AM.

This Sunday, the Inquirers Class will welcome Dr. William Yoo, professor at Columbia Seminary, to help us explore how we can atone for our sin of racism. If you are attending class this week, 10/6, please read [this article](#) before our meeting.

Please [email](#) Pierce Withers, Director of Spiritual Formation, to learn more about upcoming adult and youth spiritual formation programs.

## CAJM House Meetings

The First Presbyterian Church Capital Area Justice Ministry (CAJM) team has scheduled two house meetings for 6:00 PM on Monday, October 7, and Monday, October 14 in the Westminster Room. These meetings will be a time for us to visit and strengthen our relationships with one another, as well as strengthen our congregation’s justice ministry. We will reflect on our values and life experiences, and share concerns we have about problems in our community. The information gathered from our house meetings as well as those of 18 other congregations will help CAJM to prioritize major issues identified in our community.

The team will be reaching out to confirm your attendance. For more information, please contact Carol Weissert or Mary Hodges.

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First Presbyterian Church  
110 North Adams Street  
Tallahassee, Florida 32301  
Phone: (850) 222-4504  
Fax: (850) 222-2215  
Email: [Kelby@oldfirstchurch.org](mailto:Kelby@oldfirstchurch.org)  
Website: [www.oldfirstchurch.org](http://www.oldfirstchurch.org)  
[www.facebook.com/oldfirstchurch](http://www.facebook.com/oldfirstchurch)  
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# Budget and Finance Ministry Team

*The mission program of our church is carried out by ministry teams. Each ministry team is designated by the session with a particular focus. Teams meet monthly or as needed and report to the session. These teams work together in cooperation with each other to support worship, service and spiritual growth in the church. This week highlights the Budget and Finance Ministry Team.*



**Don Winstead, Chair**

The Session has given the Budget and Finance Ministry Team the responsibility of managing the Church's financial resources efficiently for the glory of God. Each year a budget is proposed with the input of the various ministry teams and based on the pledges of our members. The budget is reviewed and adopted by the Session. Much of the financial management work of the church is done by the professional Financial Administrator. The Budget and Finance Ministry Team works with the pastor and Financial Administrator to provide oversight of the financial management of the church's resources and to communicate with the Session, other ministry teams and the congregation on the financial health of the church. The team educates the congregation concerning opportunities to provide support through pledges, planned giving, and other services to the church and community.

The Budget and Finance Ministry Team is also responsible for administering the Finance and Administration section of the operating budget which includes insurance, office equipment, supplies, and similar items.

As the Session-appointed Treasurer of First Presbyterian Church, Don Winstead is chair of the Budget and Finance Ministry Team. He has years of working with various ministry teams as well as dealing with budgets. He has served on the Session and was previously Chair of the Property Ministry Team.

In addition to working closely with the Financial Administrator to monitor the financial health of the congregation and the progress of the annual budget, the Treasurer also collaborates with the Endowment Management Committee, which oversees the church's endowment. The Treasurer makes monthly financial reports to the Session.

The Budget and Finance Ministry team meets monthly in the week prior to the Session meetings. Any member with an interest in the budget and the finances of the church is welcome to attend any meeting or to join us as a member of the team.

## Update from Montreat, North Carolina



by Pierce Withers, MA, MDiv  
Director of Spiritual Formation

As many of you know, our former interim pastor, Anne Apple, moved to Montreat, NC after her service to First Church was completed in June. As you may also know, Montreat was an area especially hard-hit by Hurricane Helene just over a week ago. I spoke with Pastor Anne this week, relieved to know that she and Jim are safe, but that their community at Montreat has suffered tremendous losses.

Anne shared that, "Florida folk know hurricanes. Mountain folk, not so much so. We won't be able to say that ever again. 'Respect the water' is what we always told our teenagers as they walked out the door, a practical and theological advisement. The power of hurricane Helene's waters swept away lives in inland communities and delivered unspeakable devastation."

When asked what we can do from here in Tallahassee, Anne was quick to ask for prayer. "You can pray for a people who suffer from collective trauma of the unexpected where waters once beautiful, recreational and serene turned vicious. Pray for those whom God has called and prepared to show up and to serve needs that are known and yet to be known. There are no words, really. I do believe in the power of prayer and energy sent where true connection is built."

Anne encouraged Floridians to think about how we might support the rebuilding effort in a place much beloved by Presbyterians, a place where we wouldn't ordinarily think of as being under threat of a hurricane. "I wonder where a church in Tallahassee might connect with a church in Montreat and build a support network around one hurricane's trajectory?"

As we give thanks that Tallahassee was spared the worst of Hurricane Helene, I am reminded of the inter-connectedness of Christian communities across the South and around the world. As you lift up your prayers for those impacted by this terrible storm, I invite you to hold our dear friends in Montreat in your heart and God's presence, and to reflect on how God might be calling each of us to respond.



# Pastoral Note

According to the 2024-2025 Presbyterian Planning Calendar, this week is Mental Illness Awareness Week. Established in 1990, it coincides with World Mental Health Day on October 10. According to the National Institute of Mental Health, it is estimated that one in five adults in the United States live with a mental illness (59.3 million in 2022; 23.1% of the U.S. adult population). Generally, mental illness is a collective term for a group of disorders that affect how a person thinks, feels, and behaves. Mental Health Awareness Week is a time to promote awareness and advocate for better mental health care.

While there are many kinds of mental illness, the factors that contribute to mental illness are heredity, biochemistry, and environmental factors. Heredity is a genetic predisposition to mental disorders. Brain chemistry imbalances cause the brain's cells to malfunction, which is why mental illness is considered a brain disease. Environmental factors like childhood trauma, neglect, relationship dysfunction, and substance abuse may trigger mental illness in vulnerable persons or exacerbate its symptoms.

Despite progress in the understanding and treatment of mental illness, there are many misconceptions. One misconception is that people with mental illness are viewed as violent, lazy, and unable to live productive lives. Additionally, some cultural stigmas and stereotypes attribute mental illness to moral weakness or personal failure. Even some in the community of faith attribute mental illness to wrong belief, inadequate faith, or demonic possession. Due to misconceptions, mental illness carries a stigma, resulting in discrimination and marginalization.

People of faith and church leaders are often vital to those who live with mental health problems. Church members and faith leaders should know local mental health practitioners and other community resources. If you need help immediately, [Tallahassee Memorial Hospital](#) and [Health Corporation of America Florida Capital Hospital](#) offer behavioral emergency services, individual and group therapy, partial hospitalization, and outpatient programs. The Apalachee Center provides inpatient, outpatient, and residential services. Local resources for non-emergencies include the [Depression and Bipolar Support Alliance](#), a monthly support group. The [Florida State University Psychology Clinic](#) offers affordable outpatient services as well. The Presbyterian Church U.S.A. encourages all of us to become better informed about mental illness and to be equipped to respond to and minister to those who have mental health concerns within our worshipping communities.

“

Cast all your anxiety on him,  
because he cares for you.

–1 Peter 5:7

”

Rev. Glenn Hodges