### Bayshore

# CONNECTION





### A Word from Pastor Scott

Dear faith family,

Between Mexico, Maine, and the Middle-East, I'm finding the news hard to watch. I feel like we're in another kind of pandemic – this one based on human and climate aggression. I so identify with that meme: "my desire to be well-informed is at battle with my need to be sane."

This is partly why I've been ingesting my news with the paper (sometimes on actual paper). It's easier (at least for me) to digest the horrors in print, rather than with video and sound. But still I'm tempted to despair. Where is the hope?

But I love, and I identify, with these words of James Baldwin: "I never have been in despair about the world. Enraged. I've been enraged by the world, but never despair. I cannot afford despair... you can't tell the children that there is no hope."

No, you cannot. And mostly because there is hope. Hope in that provi-

#### Pastor Scott con'd

# WINTER 2023-2024

DECEMBER
3--Children's Advent
Party 2-4pm
3--Hyde Park ALF
Christmas Party 4-6pm
3--LOFT 1st Sunday
Worship 6-8pm
10--Women's Advent
Gathering 6-8pm
17--Choral Christmas
Service
24--Christmas Eve
Worship 6pm

### **JANUARY**

7--Quarterly Business
Meeting
7--LOFT 1st Sunday
Worship 6-8pm
17--Wednesday
Activities resume
--VBS & PURSUIT
registration opens

### **FEBRUARY**

4--LOFT 1st Sunday
Worship 6-8pm
13--Fat Tuesday
Pancake Dinner 6-8pm
14--Ash Wednesday



### Bayshore Spotlight

## LETTER FROM KATIE MCGILL'S DAUGHTER

In September, we were all shocked and saddened to learn of the death of Katie McGill, CEO of Mission Partner Dress for Success Tampa Bay and friend of Bayshore. We were honored to host the funeral for her family, as we grieved the loss of Katie along side them.

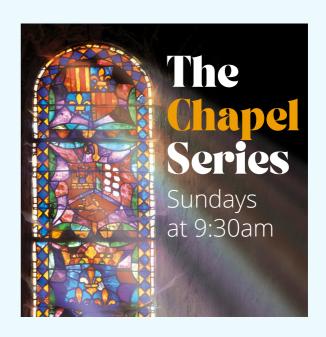
### Dear Bayshore Baptist Church:

Words can't express the gratitude I have for you. I've visited the church on several occasions with Mom and have always felt welcomed here. The love, care and compassion you showed brought me to tears. It's not often churches are willing to open their doors to nonmembers, but you did and without reservation and for that I will be forever grateful.

You made an unfortunate occasion a memorable one. For that I want to say thank you.

Sincerely, Twawanda Stukes





November 5, 12, 19, 26 Michael Costa: "A Stroll Through Christmas"

Calling all Christmas music lovers! Michael Costa helps get us into the holiday spirit in November by hosting a chapel series all about Christmas music-- the history and stories behind the songs, how the music has evolved over the years, and delving into what makes the songs great. We'll listen to recordings of classic and newer songs, and we'll discuss what music you love the most - from 19th century choral hymns to Bing Crosby, to Michael Buble!

We welcome any adult or youth to join the conversation!

#### Pastor Scott con'd

dential moral arc that bends towards justice. Hope that love will ultimately win. Hope that the progress many societies have made toward peace will be sustained. Hope that as the world gets smaller our love and understanding of each other will get larger.

There is hope in glimmers of light. Just today the US has announced new sanctions against the state-owned oil company of Burma (Myanmar). This is the junta that has been carpet bombing its own people. These are sanctions that coalitions I work with have been advocating for. It's step that will put pressure in the right place – a small but important victory in a very dark place.

Prayer after prayer, step by step, day by day, we walk in hope. It's not a linear walk, but it is what followers of Jesus do. And if you, like me, sometimes wonder how to pray, you could do a lot worse than these words of Irish poet John O'Donohue (from his "Benedictus").

For Peace by John O'Donohue ("Benedictus")

As the fever of day calms towards twilight
May all that is strained in us come to ease.
We pray for all who suffered violence today,
May an unexpected serenity surprise them.
For those who risk their lives each day for peace,
May their hearts glimpse providence at the heart of history.
That those who make riches from violence and war Might hear in their dreams the cries of the lost.
That we might see through our fear of each other
A new vision to heal our fatal attraction to aggression.
That those who enjoy the privilege of peace
Might not forget their tormented brothers and sisters.
That the wolf might lie down with the lamb,
That our swords be beaten into ploughshares,
And no hurt or harm be done.

As we journey on ... Scott









#### Hello LOFT Families!

As you may already know, our 2023-2024 LOFT theme is "Breathe" as we take a look at our theme verse, Matthew 11:28-30 "Come to me, all you who are weary and burdened, and I will give you rest." Together we will be considering how God can renew and sustain us each day when



physical

body as

of a

well. Here's

an example

breathwork

comes from

the book

"Breathe:

33 Simple

Practices"

by Shanila

Breathwork

called

practice that you can try at home! It

we remember God is as close as the very breath that fills our lungs. Throughout the year we will learning about the practice of breath prayers, when you repeat a phrase as a prayer over and over. Example: (Inhale) "The Lord is my Shepherd" (Exhale) "I have all that I need." The beauty of breath prayer is that you can do it anytime and anywhere. While you are walking your dog, or sitting at your desk before a test, you can quiet your mind and draw your attention to God through your breath.

I am also excited to learn more about the practice of breathwork together. Studies have found that intentional and focused breathing can positively impact your mind and

### "JUST BREATHE"

**DURATION: A FEW SECONDS OR MORE** 







### THE PRACTICE

- 1. Sit, lie down, or stand exactly where you are.
- 2. Pick a number between five and ten.
- **3.** Use the number you picked to breathe in through your mouth or nose for that number of seconds, keeping count in your mind.
- 4. Exhale out the same way for that number of seconds.
- 5. Repeat for at least ten rounds of breathing.

#### REFLECTION

- What do you notice about the way you are breathing right now?
- . How can you give yourself a few extra reminders throughout the day to breathe this way?

Satter. Happy Breathing, Pastor Sara

Exercise found in "Breathe: 33 Simple Breathwork Practices" by Shanila Satter





### BUDGET NUMBERS AS OF 10/31/2023

Budget Year to Date: \$678.601 Giving Year to Date: \$568,608

Amount Under Budget: \$109,993

\*Expenses as of 10/31/2023 \$552,401

NOW THROUGH NOVEMBER 28TH





**STUFFING CRANBERRY SAUCE CEREAL BAG/CAN BEANS SOUP BAG/BOX RICE BOXED POTATOES GRAVY PACKETS DESSERT MIXES CANNED FRUIT CANNED VEGGIES MAC & CHEESE** #sharehope

Bayshore's CHRISTMAS TOY DRIVE IN PARTNERSHIP WITH KINGDOM KIDS TAMPA BAY! **NOW THROUGH DECEMBER 15TH**  Barbie dolls • action figures basketballs • jewelry kits footballs Legos Hot Wheel cars • GIFT CARDS We are collecting toys for Mission Partner Kingdom Kids! They serve the 700 children at Robles Elementary School in Temple Terrace. Please contact Laura Jones



with any questions:

Bayshore Baptist Church 3111 W. Morrison Ave. Tampa, FL 33629