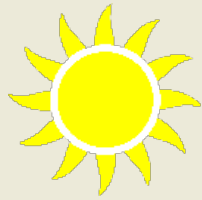


The Sanibel



Light

SANIBEL
CONGREGATIONAL
UNITED
CHURCH
CHRIST

NOVEMBER 2024
VOLUME 56 ISSUE 11



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*Seeking to love all people ... growing in
faith ...*

*working toward God's vision of justice,
healing and joy.*

*Sanibel Congregational United Church of
Christ*

FOR YOUR CONSIDERATION

VOTE.

Yep, that's pretty much it (almost).

On one of the walls in our house is a print of Norman Rockwell's famous series of oil paintings, "*The Four Freedoms*", which was inspired by a speech given by President Franklin D. Roosevelt in 1941 in which Roosevelt proclaimed that there are four freedoms everyone in the world should share in:

- Freedom of Speech
- Freedom of Worship
- Freedom from Want
- Freedom from Fear

The scene with Rockwell chose to illustrate "*Freedom from Want*" through happens to be a family at Thanksgiving dinner.

Freedom and Thanksgiving. I don't know whether Rockwell intended to link the two or not, but they deserve to be. Because one of the things we hear people in this country express their gratitude to God for most often at Thanksgiving is our freedom. And freedom, in this, or any Democratic society, begins at the voting booth. The voter participation rate in the United States has become one of the consistently lowest of all the long established democracy in the world.

Discouragement over the outsized influence that those with wealth and power have on our election system, and daily reminders of the constant ideologically partisan gridlock in Washington, has led many to conclude that, "*my vote doesn't matter*".

But it does.

It was the voting booth that ultimately made moral, ethical and spiritual imperatives like voting rights for women, as well as liberty from slavery and civil rights for those who are black, legal realities through the election of leaders who saw those imperatives through, whether they truly believed in the cause or merely grasped that it was "*good politics*".

So as discouraging as our political system can be at times, and maybe never more so than right now...

VOTE.

And If we are truly thankful to God for our freedoms, **VOTE.**

Because as we see over and over again in the Bible, and in the history of our spiritual tradition, it is when things are the most difficult and discouraging that God calls on us to refuse to walk away, and insist on exercising the freedom that we have been blessed with more than ever.

Blessings,

Mark

Rev. Dr. Mark Boyea
Senior Minister



WORSHIP NOTES

In October, we celebrated the Sacrament of Communion on Sunday, October 6.

Then, our latest ***ASK THE MINISTER Sunday*** took place on **Sunday, October 27**. On that Sunday, rather than offer a Message, Mark, once again addressed as many of your biblical, theological, spiritual and personal questions as time allowed.

On that day, we were also blessed with music from soloist Fred Nordstrom.

In November, we will celebrate the Sacrament of Communion on Sunday, November 3. In addition, we will welcome back the SCUCC Choir after their annual summer break.

On Sunday, November 10, we will recognize Veterans' Day, as well as more officially welcome back our Choir with a special Fellowship Time immediately after Worship. We will also once again be blessed musically by the SunCoast Brass.

That same Sunday will also be the start of this year's annual **Stewardship Drive to support the work of our spiritual community. This year's theme is "From Surviving, to Reviving, to Thriving"**. As part of this effort, on that and the following two Sundays, we will hear Reflections from members of SCUCC on what this community has and continues to mean to them.

Then Sunday, November 24, will be our annual Thanksgiving Sunday. **In celebration of that, as well as gratitude to God for all we have been blessed with since last Thanksgiving, we ask that you bring at least one item or a monetary donation for the benefit of the Gladiolus Food Pantry.**

And yes, we may have just said goodbye to Halloween and are waiting to celebrate Thanksgiving, but **Advent is also fast approaching**. This year's theme for that sacred season, which begins on Sunday, December 1, is **"Do You Hear What I Hear"**.

During each of the four Sundays in Advent, the mornings Message will be built around the Bible passages, backstory, and major themes underlying some of our most time-honored Christmas Hymns and Carols.

SPIRITUAL GROWTH OPPORTUNITIES

BIBLE STUDY RETURNS!

Bible Study takes place each Thursday from 10:30am-Noon. We hope to move to a combination of online and in person Bible Study before the end of the Fall.

Each week, we explore the Scripture passage(s) being used in Worship that coming Sunday. These sessions are largely “guided discussion” in approach, focusing on your questions and insights from reading the text(s) ahead of time, with Mark facilitating and adding relevant context and detail as needed or wanted.

This approach allows for participants to engage with the Bible creatively, and with an eye toward how the text speaks to us in our time and lives. In addition, they are great prep for getting more out of the Sunday messages!



SPIRITUAL EXPLORATION CONTINUES

“WIDOWS TO WARRIORS”

**Tuesdays: November 12, 19 and 26
7:00pm – 8:15pm on ZOOM**

During this five-week unit, we will explore the complex, multidimensional, inspiring, humorous and tragic lives of several of the women presented in the Hebrew Scriptures. From flawed heroes like Ruth and Rahab, to warriors like Deborah and Jael, we will examine what these foremothers of our spiritual tradition have to say to us in our time and place.

Each session will be sufficiently independent of the others that you need not be concerned with having to attend all of them in order to participate.

LUCY ROTH and BOB SHELDON MEMORIALS

In recent weeks two of our long-time, faithful members – Lucy Roth and Bob Sheldon – returned to God.

Lucy's Celebration of Life will take place on **Saturday, November 9 at 11am in the SCUCC Sanctuary. A Reception in Lucy's honor and memory will follow immediately after in Fellowship Hall.**

Arrangements for Bob have yet to be determined.



2025 STEWARDSHIP

As we look forward to a new year filled with purpose, growth, and service, we are excited to launch our 2025 Stewardship Campaign in early November.

This year's theme, reflecting the journey we have been on together these last three years, is ***“From Surviving, to Reviving, to Thriving”***.

Our commitment to our community and those in need is central to our mission. Every project we undertake - whether enhancing our campus, expanding our programs, or supporting outreach initiatives—aims to make a meaningful impact on the lives of those we serve.

This year, your generosity will help us deepen our mission, continuing the essential work we've embarked upon together. From assisting local families and supporting individuals facing challenges, to strengthening the infrastructure that makes our shared vision possible, your contributions enable us to reach more people with greater resources and compassion.

With your support, we can maintain and expand our programs, improve our facilities, and cultivate a community that values unity, service, and hope. As you consider your pledge, know that every act of giving strengthens our shared journey and empowers us to bring positive change.

Thank you for your unwavering dedication to our mission. Together, we can make 2025 a year of incredible growth and impact.

The SCUCC Stewardship Committee



CHURCH OFFICE HOURS

The Church Office is open Monday-Friday, from 9am-3pm.

PLEASE NOTE: The office will be closed on Thursday, November 28th and Friday, November 29th for the Thanksgiving holiday.

Mark is normally on the campus Tuesday-Thursday pending pastoral visits or off-site meetings. Please feel free to just “drop by” or make an appointment directly with him by email: **mark@sanibelucc.org** or text/phone call: 908-477-5426.

Mackenzie Albert, our Director of Music, is normally on campus each Wednesday and some Fridays. Please make an appointment by phone or text at 203-517-5427.

Turn Your Clocks Back Saturday Night!

As Daylight Saving Time ends Sunday, November 3, please remember to **turn your clocks back one hour on Saturday night, November 2**



MEMORIAL GARDEN AND GROUNDS

We invite your generous support in our upcoming project of updating our beloved Memorial Garden, a serene space that has long been a source of comfort, reflection, and spiritual connection for our community. As we look to uplift and rejuvenate this sacred place, your donations will help create an even more beautiful and peaceful environment for all who visit.

Together, we can continue to honor the memories of our loved ones and nurture the spiritual growth of our community. Every contribution, no matter the size, will make a meaningful difference.

Thank you for your kindness and generosity.



HEALTHY HAPPENINGS

Sleep Chronotypes

Sleep is one of the most fundamental aspects of health, yet it's often overlooked or undervalued in today's fast-paced world. Did you know that understanding sleep chronotypes—our genetically influenced sleep-wake patterns can be a game changer toward better sleep and overall health?

Dr. Michael Breus "sleep chronotypes" offer a personalized way to look at sleep. Dr. Breus defines four sleep chronotypes, each with its own characteristics that influence when a person feels alert, productive, and ready to wind down. He states that chronotypes are mostly linked to genetics, meaning each individual is hardwired to operate at their best during certain times of the day. Here's a breakdown of the four chronotypes.

1 Lions: Lions are the early risers of the group. These individuals often wake up before the sun and feel their most productive in the morning hours. They're natural go-getters, seizing the day with high energy right from the start. However, by the time the afternoon rolls around, they start to feel sluggish, and by evening, Lions are ready to wind down and call it a day.

2 Bears: Bears represent the majority of the population, and their sleep cycle is closely tied to the sun's natural rise and fall. They wake up with moderate energy, feeling most productive during the middle of the day, and then gradually wind down in the evening. Bears tend to balance work and relaxation well and thrive with a structured schedule.

3 Wolves: Wolves are night owls, who come alive when the sun goes down. They often struggle with early mornings, needing a few extra hours of sleep to truly hit their stride. Wolves are most productive in the late afternoon and evening, making them ideal candidates for work that requires creativity or deep concentration later in the day.

4 Dolphins: Dolphins are the lightest sleepers and often struggle with insomnia or fragmented sleep. They tend to have irregular sleep patterns and are most alert in the mid-morning. Dolphins can benefit greatly from sleep optimization strategies that help them calm their minds and improve their overall rest.

Sleep impacts every aspect of a person's health. It's more than just "recharging" the body. Poor sleep has been linked to a variety of health concerns, including weakened immune function, higher stress levels, weight gain, cognitive decline, and an increased risk of chronic diseases like heart disease and diabetes.

By identifying your sleep chronotype, you can take a personalized approach to improving your sleep hygiene and overall health. The key is to match your daily schedule with your body's natural highs and lows. Let's take a closer look at how each chronotype can optimize their day:

Lions:

- Sleep schedule: Early to bed and early to rise works best for Lions. Wind down before 9 PM and aim for 7-8 hours of sleep.
- Productivity tips: Lions are most productive in the morning, so this is the perfect time for deep, focused work or exercise. It's best to tackle the hardest tasks first thing and use the afternoon for lighter tasks.

- **Health tips:** Lions may need help maintaining energy levels throughout the afternoon. Balanced meals and afternoon movement (like a light walk) to prevent energy crashes should help.

Bears:

- **Sleep schedule:** Bears should follow a schedule close to the natural rise and fall of the sun. A bedtime around 10-11 PM with 7-9 hours of sleep is ideal.
- **Productivity tips:** Bears hit their productivity peak mid-morning to early afternoon. It's best to schedule the most important tasks during this window and save the late afternoon for routine work or relaxation.
- **Health tips:** Bears benefit from consistent routines, including mealtimes and exercise. Establish a structured day to maintain balanced energy levels.

Wolves:

- **Sleep schedule:** Wolves thrive with a late-night routine. A consistent bedtime around midnight is best, aiming for 7-9 hours of sleep, allowing them to wake up later in the morning if at all possible.
- **Productivity tips:** Wolves are at their best in the late afternoon and evening. Tackling creative or strategic tasks during these hours works best. Wolves can use the morning for more routine activities that don't require heavy brainpower.
- **Health tips:** Wolves may struggle with balancing their night-owl tendencies in a world that favors early risers. They should be mindful of late-night snacking and be aware of the importance of winding down before bed to ensure restful sleep.

Dolphins:

- **Sleep schedule:** Dolphins need to develop a consistent bedtime routine. They should try relaxation techniques like mindfulness or gentle stretching before bed, aiming for 7-8 hours of sleep, though they can often feel energized with even as few as 6 hours.
- **Productivity tips:** Dolphins are most productive in the mid-morning. It is best for them to complete their most focused work during this time and save lighter tasks for the afternoon.
- **Health tips:** Due to their sensitivity to sleep disturbances, Dolphins benefit from a calming bedtime environment. It is best to eliminate screen time before bed and create a quiet, dark space for optimal sleep.

For many people, adjusting their schedules can feel overwhelming. Small, sustainable steps will help you to make positive sleep changes. Here are a few tricks:

1 Start with consistency: Keep a regular sleep-wake schedule, even on weekends. Consistency is key to aligning with your chronotype and optimizing your body's internal clock.

2 Create a sleep-friendly environment: Make your bedroom a sleep sanctuary by reducing light, keeping the room cool, and eliminating distractions like electronics before bed.

3 Use gradual shifts: If you need to adjust your schedule, make small changes—moving your bedtime and wake time by just 15-30 minutes each week. This makes the transition more manageable.

4 Implement a wind-down routine: Develop a calming bedtime routine that includes activities like reading, light stretching, or deep breathing. This will signal your body that it's time to sleep, regardless of your chronotype.

5 Balanced nutrition and exercise: Poor nutrition and lack of movement can interfere with sleep. Small, realistic changes like regular walks, staying hydrated, and eating balanced meals support healthy sleep habits.

I'll leave you with this quote from William Wadsworth, "Come blessed barrier between day and day, dear mother of fresh thoughts and joyous health." And a quip from Ernest Hemingway, "I love sleep. My life has a tendency to fall apart while I'm awake, you know?"

Caring for you and your health,
Linda Convertine
Parish Nurse



Psalms 4:8 In peace I will lie down and sleep, for You alone, Lord, make me dwell in safety.





NEWS FROM OUR TRUSTEES

Dear Friends and Supporters,


Many of you have seen incredible progress on our main floor! The sanctuary, offices, and fellowship hall are almost fully restored, with just a few finishing touches to go (if you can believe it, some of our trim pieces were even damaged by Hurricane Milton at the refinisher in Tampa!). The elevators are now back in service as well!


Here's a quick update on several projects that have come a long way since April:


 **Labyrinth Garden** – It's now planted with resilient native species, thanks to a generous sponsor, and will recover quickly from recent storms.

 **Memorial Garden** – A big clean-up is complete, and it's ready for an inspired redesign and refresh.

 **Lower Level** – Cleaned up and prepped for wash-out ready meeting rooms, offices, restrooms, and showers to better weather any future storms.

 **Entrance & Parking Lot** – Cleaned up and prepped for new plans and landscaping.

 **Energy Efficiency** – We've had audits and consultations to optimize our energy use.

 **Organ & Piano** – They've been performing beautifully, thanks to the generosity of our donors!

Looking forward, we have several exciting projects that need your input and support, including:

- ◆ **Memorial Garden Design and Build Projects**
- ◆ **Lower-Level Finalization and Bidding Process**
- ◆ **Parking Lot Lighting Installation** – Coming soon!
- ◆ **Kitchen Upgrades** – Especially energy-efficient refrigerators
- ◆ **Entrance & Parking Area Landscaping**
- ◆ **Energy Efficiency Upgrades** – We're working on an HVAC grant application, due by 11/12/24.
- ◆ **Solar Energy Pursuits** – We're evaluating our needs before moving forward.

All these efforts will benefit greatly from your financial support, volunteer hours, and expertise. If you have questions, time, resources, or skills to share, please don't hesitate to reach out to our office or Trustees.

With gratitude,

Diana Day
Trustee & Project Team Co-Leader

FROM THE GREEN TEAM

The surprising thing you should look for when you go clothes shopping.

When Meghan Kelly, professor of textile design at Thomas Jefferson University, goes clothes shopping, she scans labels for a key number: **100%**.

She picks garments made of 100% cotton, 100% wool, 100% silk, 100% linen, and occasionally 100% polyester, avoiding fabrics that blend natural and synthetic materials together whenever possible.

“I am a fabric purist,” said Kelly.

It might seem that fabrics made with plastic such as polyester would be more environmentally friendly if they had some natural fibers mixed in. But when plastic and natural fibers are combined into one fabric, it becomes more difficult to care for and reuse over the course of its life.

Blended fabrics are one reason clothes recycling is still rare and why heaps of them pile up in landfills. Sorting and detangling blended textiles is costly and time-consuming. Accidentally allowing too much of a synthetic fiber such as spandex into the recycling stream can cause the whole process to break down, destroying the machines.

Yet clothing made of natural-synthetic blends such as cotton and elastane (spandex)— a material often used for denim jeans — is increasingly common, said Georgia Parker, the innovation director at the apparel sustainability initiative Fashion for Good. In Europe, nearly a third of all clothes are made with these fabrics. “Our findings underscore the prevalence of blended fabrics in the industry,” Parker said.

Here's what you need to know about what fabrics to pick the next time you're shopping.

The problem with blended fabrics

Compared to 100% natural fibers or other biodegradable materials such as viscose, or rayon, which is made from a wood-like fiber, blended synthetic fabrics can be more durable and withstand more stress. They can also feel softer and smoother, and perhaps more importantly, they can be cheaper, according to textiles researchers.

That low cost makes the fast fashion problem worse, inspiring people to buy more than they need: The average American buys more than one new piece of clothing per week.

Because they're not easily recyclable, these textiles eventually end up in landfills both within and outside the United States — typically in countries such as India, Pakistan and China. That means the resources that went into making them are essentially wasted, said Karen Leonas, a professor of textiles sciences at North Carolina State University.

Clothes made out of natural fibers, such as cotton or linen, are easier to take apart and recycle — though there are few facilities to process even those materials. Still, experts say that recycling technology is improving and that apparel companies will invest in it if enough customers signal they want their clothes to be more sustainable.

“The consumer really drives the product that goes out there,” Leonas said. “If consumers were demanding 100% single-fiber products, and they were willing to pay for it, there's a return on investment that companies can get from that if they launch buyback and recycling programs.”

What you should look for in a label

Avoid blends with synthetic materials. Polyester, acrylic and spandex shed plastic fibers every time they are washed in a machine. Washing synthetic textiles is the single greatest contributor to ocean microplastics, which eventually enter the food chain, animals' bodies and our own. The exact health effects of microplastics are still unknown, but researchers are concerned they could be causing or exacerbating serious health problems. While clothing made of natural fibers also releases fragments in the wash, those materials will biodegrade.

“Polyester *doesn't go away*, so by its very nature not demanding its presence helps us keep it in check,” Kelly said.

But, if choosing between a blended fabric and 100% polyester, go with the pure polyester garment. Because polyester fibers are made of plastic, they can be easily recycled and reused over and over again. Enough polyester clothing exists today that the fashion industry should never need to make any more new material, said Becky Flax, a colleague of Kelly's at Jefferson University's textiles design program. Labels will often indicate if clothing is made from recycled polyester.

Natural fiber blends can be OK. When choosing between different types of biodegradable and natural-material fabrics, you should think about fiber families, Flax said. Different types of cotton — such as recycled cotton and new cotton — will blend well together and be easily separated, and the same goes for cotton and linen blends.

By contrast, a mix of wool and cotton is harder to recycle because the two fabric types are so different that they are hard to separate, even though they are both made of biodegradable materials, according to Flax.

Know your natural fibers. Natural and biodegradable fabrics are not equal in terms of their environmental impact.

- Cotton grown organically can create lower greenhouse gas emissions and use less water than conventionally grown cotton.
- Linen and hemp — both known as bast fibers because they come from the bark of plants that grow like a stalk — require fewer resources to grow and are more durable than cotton, but they can be more difficult to dye and require more water, energy, and chemicals to transform into usable fibers.
- Wool can be sheared every year from the same sheep, but how that's done and where the sheep are raised will determine how much wool is used, how much is wasted and whether it's dyed sustainably. Unfortunately, types of wool are rarely labeled for consumers.
- Lyocell, which is made from wood pulp, can be produced with resource-intensive methods and pollute water. But it can also be made in more environmentally friendly ways, Leonas said. Tencel, for example, is certified for sustainability by the EU Ecolabel.

Lyocell, which is derived from wood pulp harvested from managed forests, is strong in both its wet and dry states. (Science & Society Picture Library/Getty Images)

So how do I choose?

Each type of fiber has trade-offs, so avoiding natural-synthetic blends is not a panacea, Leonas, Kelly and Flax cautioned. Consumers should read every label and research the materials, treating their clothes as if they are art or an investment, they say.

They recommend doing research on the specific company you're purchasing from, looking for where they source their materials and what certifications, if any, they may have. The more you learn about what you're buying, the better you will care for it. For example, if you know that wool is naturally odor-resistant and absorbs more moisture than many other fibers, you might choose wool-based athletic clothing over synthetic because you can wash it less.

And if you're choosing between a new 100% cotton T-shirt or a thrifted one made of a cotton-synthetic blend, always opt for thrifted. "The bottom line is that diverting it from the landfill is increasing the longevity of the particular product," Leonas said.

Adapted from: Anna Kramer

<https://www.washingtonpost.com/climate-solutions/2024/08/13/polyester-blended-fabrics-recycling/>

Linda Graf

Green Team Committee



MUSIC NOTES

The music program is looking forward to an exciting season, with new choir members and many special events.

We began with a small group singing on October 6, but our plans were sidetracked by the appearance of our second large hurricane, Mr. Milton.

Choir rehearsals will officially recommence on October 30 and the choir will begin singing in church on November 3. Then, on November 10, the Suncoast Brass will be joining us for a special musical Sunday.

Choir will also participate in our Christmas Eve worship and provide special music during Advent. On December 26 we'll celebrate the third Messiah Sing-along with orchestra, inviting everyone from the Ft Myers area who loves to sing great choral music to come and join in. We hope that this will be another building experience in our church growth.

If you have sung in a group before, even all the way back in high school, or have ever wished you could join one, please contact Mackenzie (203-517-5427) and let her know. She makes recordings for all the singers of each piece of music which the choir sings, so it is very easy for everyone to learn to sing along. You don't need to read music or have any previous experience!

We are expecting another year of inspiring music in worship and special musical events.

Mackenzie Albert
Music Director



KITCHEN AND PANTRY RENOVATION

If you haven't yet, we hope that you will check out our newly upgraded kitchen and pantry. In the kitchen, sleek contour countertops have added both style and functionality. These smooth, modern surfaces are not only visually appealing but also durable, providing a perfect workspace for meal prep and entertainment. The countertops seamlessly integrate into the overall design, with soft curves that make the kitchen feel open and inviting.

The pantry has also been thoughtfully reorganized for maximum efficiency. Shelving has been adjusted to create easy access to frequently used items, while clear containers and labeled bins keep everything neat and visible at a glance. This upgrade has turned the pantry into a highly functional space, where finding supplies for Fellowship Time has been made quick and easy.

Additionally, after losing tablecloths to Hurricane Ian, replacements have been carefully chosen to complement planned activities and holidays. These tablecloths add a fresh and cozy touch to the dining area, enhancing both everyday use and special gatherings. The overall kitchen and pantry update offer a clean, accessible, and organized look, making the space more enjoyable and user-friendly.



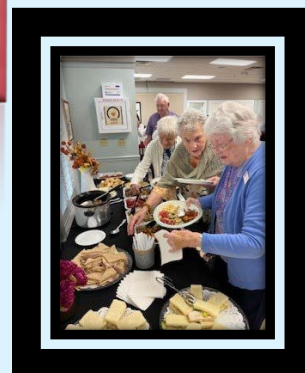
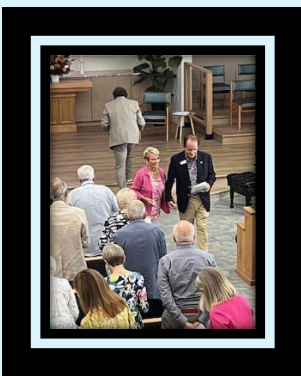
Calling All Volunteers for Fellowship Time

Please consider volunteering your time to serve during our Fellowship Time after Worship. It's a wonderful way to contribute to our community, connect with others, and give back to our spiritual home. If interested, please contact Shirley Akins at 239-691-4537.

Here's how you can help:

1. **Sign Up to Serve** – Select a Sunday and mark it on your calendar! You'll find a sign-up sheet on the table at the back of Fellowship Hall. Serving is easy, and help will be available if needed.
2. **Bring a Treat** – If you love to bake or have a favorite snack to share, consider bringing it along to make our Fellowship Time even more special. Beverages are also welcome.
3. **Contribute to Fellowship Time** – If serving isn't for you, a donation is a meaningful way to support this cherished time together.

Your time, treats, or donations will be deeply appreciated, making our gatherings warm and welcoming for everyone. Thank you for considering this opportunity to serve and strengthen our community!



ANNOUNCEMENTS

Participation At SCUCC

Be An Artist



Art classes with Carol Good will pick up again in the Fall.

Classes take place from Noon to 3 PM, Tuesdays in Fellowship Hall.



An Update from the Mission & Benevolence Committee

The Gladiolus Food Pantry is in need of paper towels and toilet paper, in addition to the usual canned foods, children's cereal, pasta and pasta sauce.

Please keep in mind that November 24th is our annual Thanksgiving Worship Service. We ask that you contribute at least one item or make a monetary donation for the benefit of the Gladiolus Food Pantry.

As always, your generosity is greatly appreciated.



Special Fellowship Time on Sunday, November 10



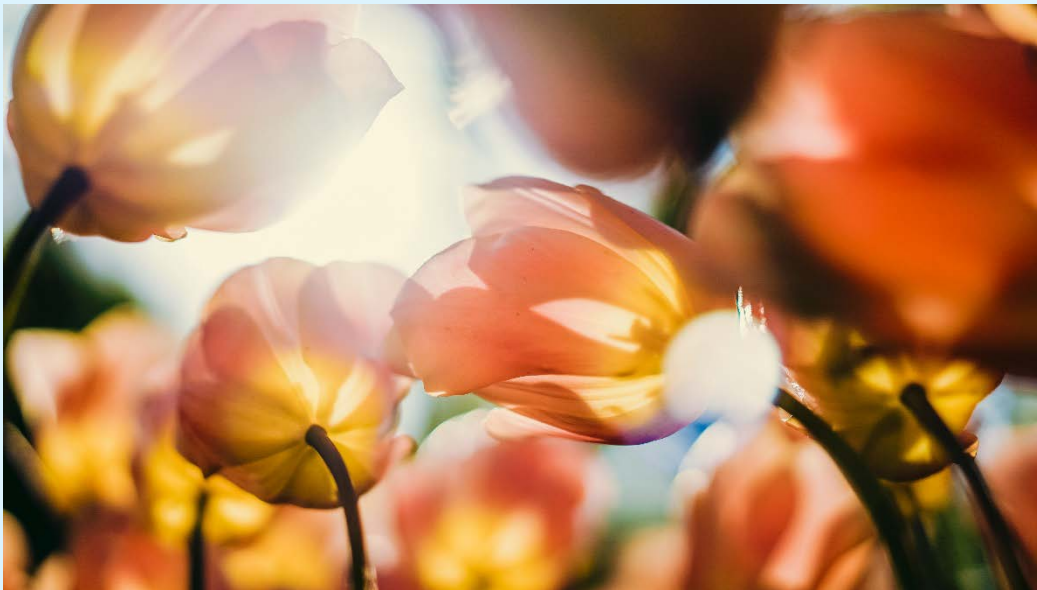
After Worship on Sunday, November 10, we will host a special Fellowship Time to both honor our Veterans on this Veterans' Day weekend, as well as welcome back our beloved choir for the season.



Floral Invitation

We invite you to contribute to the Floral Fund.

This fund is dedicated to preserving the memory of a loved one through the vibrant and uplifting presence of flowers. If you would like to honor a loved one by dedicating flowers to a Worship Celebration, please visit or contact the office.



*Floral dedications will be featured
in the weekly bulletin.*

IN OUR HEARTS, MINDS & SPIRITS

UPDATE

An update on Jenny

Sincere thanks from the Day family – for your prayers, kind words and thoughts supporting our daughter, Jenny Day Eddy, in her lymphoma journey.

She has finished 8 treatments, and is in a 3-month wait to determine next steps.

She is going back to work!

With a mask and lots of hand sanitizer.

God Bless our loving Church Family.

Diana, Steve & Family

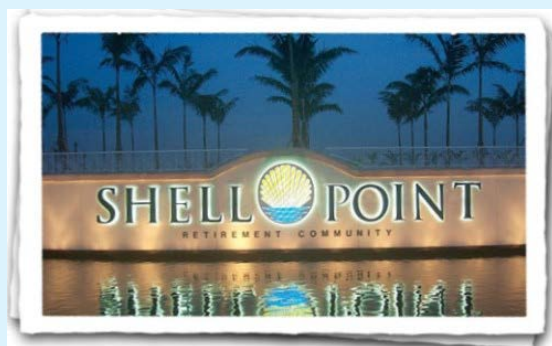


Shell Point Women's Group November Luncheon

The Sanibel Congregational UCC Shell Point Women's Group will have its next monthly luncheon meeting on **November 8th at 11:30am at the Palm Grill in the Woodlands Common**. Please make reservations with Emily Kletzien at emily.kletzien@gmail.com.

Shell Point Men's Group November Luncheon

The Sanibel Congregational UCC Shell Point Men's Group will have its next monthly luncheon meeting on **November 12th at noon at the Palm Grill in the Woodlands Common**. Please make reservations with Candy Atchison at JimAtch@aol.com or 561-714-4655.



Dinners for 6, 7 or 8

One of our most loved offerings are the social gatherings known as "Dinner for 6, 7 or 8". If you would like to participate, please send your names, email addresses and phone numbers to Shirley Akins at akinsteach@gmail.com.



Ushers Wanted

Inky Meng has ushers lined up for November, but we are always looking for volunteers. If you are interested in ushering for Sunday Worship in December, please contact Frank Palaia at flpalaiajr@cs.com for more information.



Interested in Joining SCUCC???

If you are considering becoming a member of SCUCC, or would simply like to find out more about us, please let Rev. Mark know. After you and he discuss the expectations and, as the old commercial says, “the benefits of membership”, you and he can schedule a Sunday that works best for you to become an official part of the SCUCC community.



Like A Ride To Worship?

If you would like a ride to Sunday Worship from Shell Point or Cypress Cove, please contact the Church Office at office@sanibelucc.org by Noon on Thursdays.

BIRTHDAYS FOR THE MONTH OF NOVEMBER



November 1: Holly English, Jan Halliday

November 2: David Bugby, Andi Derrington

November 4: Shirley Akins

November 13: Joan Burns

November 17: Lamoyne Ebner, Thomas Hoeltgen

November 18: Mary Ellen Pfeifer, Richard Arnould

November 19: Jerome Ebner

November 21: James Winn

November 24: John McBroom

November 25: Dede D'Arcy

November 26: Judith Morrow

November 28: Kathy Carter, Shirley Masuka



Happy Birthday Everyone



NOVEMBER 2024 SANIBEL LIGHT DEADLINE

Please note that the deadline for submissions to the November edition of the *Sanibel Light* is **Friday, November 22, 2024**.

Please send all submissions as a Word document to:

Jenny Chacon, Church Administrator at jenny@sanibelucc.org

AND

Tammy Flatley, Assistant Church Administrator at tammy@sanibelucc.org



YOU'VE GOT PLANS: SANIBEL & CAPTIVA

SAVE THE DATE!



Mayor Richard Johnson and members of City Council cordially invite you to kick off the celebration of the City's 50th Anniversary with the opening and unveiling of the time capsule at Sanibel City Hall.

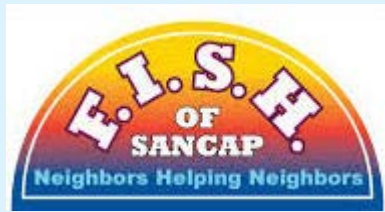
TIME CAPSULE OPENING

TUESDAY, NOVEMBER 5TH, 2024

4:00 P.M.

Sanibel City Hall
800 Dunlop Rd. Sanibel, FL 33957

HOPE TO SEE YOU THERE!



Date & Time: Tuesday, November 12th, from 11:00am to 1pm

Join FISH OF SANCAP for their exciting Friendly Faces Luncheon! Enjoy delicious lunches, connect with the community, and hear from inspiring speakers who bring learning opportunities to every event. This community event offers a complimentary lunch, prepared by The Sanibel Deli, and an opportunity to reconnect with neighbors and friends. In November, FISH is pleased to welcome Jennifer Dorning, a District One representative of Florida Department of Transportation (FDOT) as the guest speaker who will speak about recent infrastructure projects including the restoration of the Sanibel Causeway.

The monthly luncheons are held at the Sanibel Recreation Center, 3880 Sanibel-Captiva Road, each 2nd Tuesday of the month. A virtual option is also provided. Reservations and meal choices are required by Fri., Nov. 8 to Erika Arnowitz at FISH at 239-472-4775. Zoom instructions for those joining virtually will be provided with RSVP. There is no meal delivery available for virtual participants. There is no charge for this event but space is limited, so please RSVP early.

FALL HEALTH FAIR
NOVEMBER 14, 2024
9 A.M. - 1 P.M.

TAKE ADVANTAGE OF THIS OPPORTUNITY TO CONNECT WITH LOCAL HEALTHCARE PROFESSIONALS. YOUR HEALTH IS A PRIORITY. PHYSICALLY AND MENTALLY!

- COMPLIMENTARY SCREENINGS
- CONVENIENT MOBILE APPOINTMENTS
- FROM HEART HEALTH TO FALL PREVENTION

AT THE SANIBEL RECREATION CENTER
3880 SANIBEL CAPTIVA RD.

SAVE THE DATE

PRESENTED BY:
The Sanibel Captiva Business Women's Association in partnership with Lee Health and the Sanibel Recreation Center

Sanibel Community House

Date & Time: Tuesday, Nov 19, from 10:00am to 11:00 am

Sanibel Captiva Trust Company 50th Anniversary Community Conversations: The History and Future of the Sanibel Causeway

Presented by Sanibel Historical Museum & Village, Florida Department of Transportation, and Lee County Department of Transportation

As Sanibel kicks off the start of Season and celebrates the 50th Anniversary of the City of Sanibel, Sanibel Captiva Trust Company is proud to gather our community to provide updates on the Causeway project. We'll start with a historical look back at the Causeway's origins, hear about the progress made in the rebuilding and fortification completed after Hurricane Ian, and learn details about how Lee County plans to design the Causeway islands as we move to an opening in the next couple of years. Please RSVP to (239) 472-8300 or fsteger@sancaptrustco.com.



Sanibel and Captiva have so much to offer, please check out their events calendar at:

<https://sanibel-island.sanibel-captiva.org/events/>



BITS & BOBS

Giving is Easy:

- 1. PayPal link is available from the church's homepage (www.sanibelucc.org).**
- 2. Automatic Payment Program (ACH) is available. To sign up, please send a request by email to jenny@sanibelucc.org to receive the authorization form.**
- 3. Checks payable to SCUCC can be mailed to:
Sanibel Congregational UCC 2050 Periwinkle Way, Sanibel FL 33957**

Mark Boyea

mark@sanibelucc.org

239-312-8673

Jenny Chacon

jenny@sanibelucc.org

239-312-8670

Tammy Flatley

tammy@sanibelucc.org

239-472-0497

office@sanibelucc.org

Office Hours

Monday – Friday

9:00-3:00pm

