The Sanibel Light

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

OCTOBER 2025
VOLUME 57
ISSUE 10

IN THIS ISSUE

News From Our Community

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

Where were you?

Where were you three years ago during the presence of Hurricane Ian?

You might, quite understandably, prefer not to think about that question. I get that. For the most part, I prefer not to as well. But…

As you know, Cindy and I had only moved into our Cape Coral home three weeks before. And I had only begun my tenure at SCUCC ten days before. Prior to Ian, we had only ever been through one hurricane in our lives - Sandy – a Category 3 storm which hit New Jersey in 2012. But it was nothing like Ian.

So we really weren't prepared for September 28, 2022. We weren't sure whether to try and stay in our house or where to go if not. Finally, late on the night of September 27, the storm worsened to the point where we felt we needed to evacuate. We packed up our two cats and headed to Island Coast High School, where we spent the next two nights and days in a 6' by 6' taped off square on the school's third floor.

Two nights and days with our two cats; 500 other pets; 2,000 other people…and that kid…

I'm guessing he was about 5 or 6 years old. I have no idea what his name was. And for the two days and nights we saw him regularly, I don't recall him saying a single word. But what I do recall – vividly – is that he walked around the entire time just waving and smiling at people. Just waving and smiling.

He didn't make the hurricane stop. He didn't prevent the damage it did. He didn't solve anybody's concerns or make their fear or anxiety go away, including mine. But during two of the most stressful and uncertain days of my life, that kid helped.
Every time I saw him waving and smiling, I felt a little better – even if just for a moment. Even if just for a moment, I smiled too – not always on the outside, but certainly on the inside…

During times of extreme stress, fear and uncertainty, like a major hurricane, or, as it is for so many – maybe you – this time in our society, it is easy to feel and believe there is nothing major we can do to make things better. And that may very well be the reality. Maybe, like that kid in the shelter, we can't make the storm stop. Maybe we can't prevent the damage being done. Maybe we can't solve things or make others' fears and anxiety go away.

But we can help. We can make others feel a little better, a little more hopeful – even if just for a moment. We can wave and smile at others a little more. And while I fully realize that may sound trite and insubstantial, is it really? Perhaps instead, it is more powerful and meaningful than we give it credit for. Perhaps that small gesture might, on a particular day and moment, take someone out of a state of fear, anger or despair just long enough to prevent them from doing or saying something that adds to our current troubling time.

Perhaps too, we might also consider being more like that kid in the shelter, in that I doubt very much he was analyzing or weighing the pros and cons of whether his waving and smiling was making a difference. He just did it. The same way that God calls us to…

The God of the Bible doesn't seem much interested in our analyzing and weighing whether how God calls us to live is making a difference in a given moment. Instead, God just calls us to live in ways that demonstrate kindness and decency and care for others. And while we tend to most remember the stories in the Bible where people do "big things" at God's request, the Bible consists much more of God calling "the people" in general to do smaller – sometimes much smaller things – to make others' lives and their society better.

Like proverbial – and literal - waving and smiling when things are hard for others.

Blessings,
Mark
Rev. Dr. Mark Boyea
Senior Minister

Worship Notes

In September, we celebrated the **Sacrament of Communion on Sunday, September 7.** On that day we also enjoyed our final ***"Improv Music Sunday",*** with Mackenzie offering improvisations on three hymns which you had previously submitted as requests.

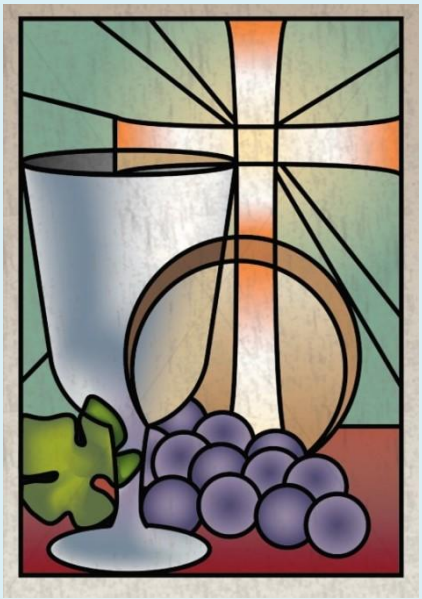
In **October**, we will celebrate the **Sacrament of Communion on World Communion Sunday, Sunday October 5.**

On **Sunday, October 12, we welcome SCUCC Pastor Emeritus Rev. Dr. Ran Niehoff as he returns to our pulpit to preach and lead Worship.**

Then, on **Sunday, October 26,** we will participate in our latest ***Ask the Minister Sunday!***

As usual, instead of a Message that morning, Mark will attempt to address as many of you biblical, theological, spiritual and personal questions as time allows.

So get those questions in at your earliest convenience to Mark at mark@sanibelucc.org, text them to 908-477-5426, or just come ready to ask them that morning.



Church Office Hours

The Church Office is regularly from 9am to 3 pm, Monday through Friday.

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.

Spiritual Growth Opportunities

SPIRITUAL EXPLORATION RESUMES ON OCTOBER 14!

SCUCC Spiritual Exploration returns on Tuesday, October 14 at 7:00pm on Zoom.

The topic and schedule for our first Fall unit will be announced this coming week.

BIBLE STUDY RESUMES ON OCTOBER 16!

SCUCC Bible Study resumes on Thursday, October 16 at 10:30am on Zoom. In October, we will meet on the following dates:

Thursday, October 16

Thursday, October 23

Thursday, October 30

NEXT *ASK THE MINISTER SUNDAY* on SUNDAY, OCTOBER 26!

Our next ***"Ask the Minister Sunday"*** **is Sunday, October 26**.

Instead of a Message that morning, Mark will address as many of your biblical, theological, spiritual and personal questions as time permits.

These regular "change ups" from our Sunday norm continue to be both informative and enjoyable experiences.

RETURN OF THE CHRISTMAS EVE BEACH SERVICE!

Under the leadership of Membership Committee member Dana Crater, plans are underway for the return of the SCUCC sponsored ***Christmas Eve Beach Service.***

More specific information will be available soon so stay tuned!

We greatly look forward to resuming this community wide celebration!

CONGRATULATIONS KIRSTEN SMITH!

SCUCC Tech Team member Kirsten Smith recently graduated and gained her certification in Electronic Technology. She is expected to gain several more certifications in the coming months.

Congratulations Kirsten!

Healthy Happenings

Stride Toward Health

Low back pain (LBP) is one of the most common chronic health complaints worldwide. It is also one of the most expensive, driving billions of dollars in lost productivity and health care costs each year. For many people, back pain becomes a frustrating cycle of flare-ups, doctor visits, and temporary relief. The good news? New research shows that one of the simplest, most accessible forms of exercise – walking - can play a powerful role in preventing chronic low back pain.

A June 2025 study published in *JAMA Network Open* followed more than 11,000 adults for over four years, examining the relationship between daily walking volume, walking intensity, and risk of developing chronic low back pain. The findings were striking: people who walked more than 100 minutes per day had a 23% lower risk of chronic low back pain. Walking intensity (how briskly someone walked) also mattered, but volume (total minutes per day) was the stronger predictor of back pain risk reduction. This study reinforces a simple but powerful message: increasing daily walking can be a highly effective, low-cost, and low-risk strategy for improving back health and overall well-being. Walking is one of the most fundamental human movements, and it does more for the body than we often realize:

Strengthens Core and Stabilizing Muscles: Walking engages the deep stabilizers of the spine, hips, and pelvis, which helps support proper posture and reduces strain on the lower back.

Improves Circulation and Disc Health: The gentle, rhythmic motion of walking encourages nutrient exchange in the intervertebral discs, helping them stay hydrated and healthy.

Reduces Stiffness and Inflammation: Movement increases blood flow and reduces inflammatory cytokines, which can help ease pain and prevent stiffness from prolonged sitting.

Supports Weight Management: Excess weight is a major risk factor for low back pain. Walking is an effective, sustainable way to burn calories and support a healthy BMI.While this study focused on back pain, walking is well-documented to provide benefits across multiple health domains.

Cardiovascular Health: Walking 30+ minutes a day is associated with lower blood pressure, improved lipid profiles, and a reduced risk of heart attack and stroke.

Diabetes Prevention and Management: Walking improves insulin sensitivity and helps regulate blood sugar—making it a key lifestyle intervention for patients with pre-diabetes or type 2 diabetes.

Mental Health: Walking outdoors has been shown to reduce symptoms of anxiety and depression and improve cognitive function.

Bone and Joint Health: Weight-bearing activity like walking strengthens bones, reduces risk of osteoporosis, and keeps joints mobile.

Longevity: Studies have linked higher daily step counts to a lower risk of premature death, regardless of speed.

This makes walking an ideal "gateway exercise" for people who are sedentary, fearful of pain, or overwhelmed by more intense exercise programs.

The challenge isn't understanding that walking is good for you, it's knowing how to start and stay consistent. Here are some strategies for developing walking plans based on age, health status, and lifestyle:

1. **Assess Baseline and Barriers**
   - How much do you walk now, and when during the day?
   - Do you experience pain while walking?
   - What time of day feels easiest for you to move?
   - What environmental or motivational barriers might get in the way (weather, safety, childcare, work schedule)?

   This helps you set achievable goals.

2. **Set SMART Goals**

   Use specific, measurable, attainable, relevant, and time-bound (SMART) goals:
   - "I will walk for 15 minutes after lunch on weekdays for the next two weeks."
   - "I will increase my daily step count by 1,000 steps per week until I reach 8,000 steps per day."

3. Adjust by Age and Health Status

- Younger Adults (20s–40s): May benefit from brisk walking or intervals to improve cardiovascular fitness. Suggest 10–20 minute bouts several times per day.
- Middle-Aged Adults (40s–60s): Focus on consistency and posture. Encourage moderate-paced walks and add gentle mobility exercises before and after.
- Older Adults (65+): The study found benefits were even more pronounced in older adults. Shorter, more frequent walks (10–15 minutes at a time) to build up to 60–90 minutes per day, focusing on safety and balance.
- People with Pain or Chronic Conditions: Slow, gentle walks on even surfaces and gradually increase time or pace. Seek medical clearance if pain is severe or persistent.

4. Add Motivation and Accountability

- Use step counters or smartphone apps to track progress.
- Find a walking buddy or join a community walking group.
- Pair walking with enjoyable activities (podcasts, audiobooks, music) to make it more engaging.

5. Incorporate Recovery and Variety

Rest days, gentle stretching, and varying routes or surfaces can prevent overuse injuries and keep walking enjoyable.

Practical Tips for Increasing Daily Walking

Break It Up: Three 20–30 minute walks can be just as effective as one long session.

Sneak It In: Parking farther away, taking stairs, or walking during phone calls.

Make It Routine: Link walking to an existing habit (e.g., after meals, before morning coffee). Walk in the pool for a refreshing walk, easy on the joints as well.

Track Progress: Celebrate milestones like reaching a new step count or walking for a full week without missing a day.

This new research provides strong evidence that simply walking more each day, aiming for at least 100 minutes, can meaningfully reduce a person's risk of chronic low back pain. And because walking benefits nearly every system of the body, it's one of the most powerful and versatile tools in creating and maintaining a healthy lifestyle.

Walking may be simple, but its impact is profound. Putting one foot in front of the other could be the first step toward lasting pain relief and better health.

Isaiah 40:31 They that wait upon the Lord shall renew their strength; They shall mount up with wings like eagles. They shall run and not be weary. They shall walk and not faint.

Caring for you and your health,

Linda Convertine RN BSN
Parish Nurse

A Note from Our Moderator

Welcome to the Fall Season!

Things have been moving along smoothly as the Trustees and their subcommittees have been diligently following through on lighting, landscaping, reconstruction and security projects. Thanks to our Deacons, Worship services have been wonderfully blessed with dedicated ushers, liturgists and Communions. Fellowship Times have been tasty and well attended. The Music Director and guest musicians have been ministering to us in very special ways. The improvisational music late this Summer was fabulous! The Membership Committee has kept our guests feeling welcome by providing nice takeaways.

There may have been less attending in-person as usual in the Summer, but we still continued with the celebrations!...

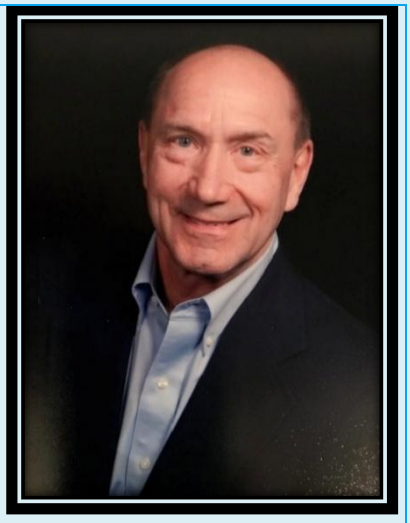
In June, SCUCC submitted information to the City of Sanibel for their Time Capsule project. I also had the opportunity to represent our congregation at the Fort Lauderdale UCC conference, which was one of three geographical gathering locations. It was nice being with other UCC members, friends, laity and leadership.

All SCUCC boards will resume their regular meetings this month. I am looking forward to seeing our membership slowly returning!

“All good things work together for good to those who love God, who are called according to His purpose”. Romans 8:28

Much agape love to all,
Kathy

Meet Our Church Leaders



Jim Winn
Clerk

Jim was born and grew up in the small town of Boonville, Missouri. He received a BS degree in electrical engineering from the University of Missouri and his law degree from the University of Michigan Law School. While at the University of Missouri, he met his future wife, Linda. whom he married when he was in law school. After school, he served in the Army, stationed at the Presidio in San Francisco as the Post Training Officer and later in Korea with the US Army -Korea communications brigade, first as the brigade's Training Officer, then as its Security Officer.

After the army, Jim joined a large Kansas City business law firm and became a public finance (municipal bond) lawyer. His practice involved representing borrowers, lenders, and investment bankers in capital project financings for state and local governments, nonprofit healthcare, senior living and educational institutions, and industrial enterprises. About halfway through his career, Jim moved to Gilmore & Bell, a nationally recognized boutique public finance law firm, where he continued his practice and for many years served as the firm's President. He retired in 2014.

Jim and Linda purchased a Sanibel condo in 2012 and began spending their winters on Sanibel in 2013. They joined SCUCC shortly after that.

Jim is an Advanced Florida Master Naturalist and a Florida Master Naturalist Program instructor. He volunteers with SCCF, Ding Darling, and the Shell Museum and Aquarium and is the Vice President, a board member, and a volunteer with the Sanibel-Captiva Audubon Society as well as a board member of the Condominium Association of Sanibel, Inc. (CASI). He is also a Missouri Master Naturalist, volunteering with the Missouri Department of Conservation and other Missouri conservation organizations. In addition to his nature endeavors, Jim enjoys sailing, fishing, wilderness adventures, and various other outdoor activities.

From the Green Team

DIY Non-toxic Home Cleaning That Works!

Without much thought, Americans have built up potent arsenals in their homes worthy of a chemical weapons treaty.

I'm talking, of course, about our cleaning cabinets! Most homes commonly include products containing ethoxylated alcohols and quaternary ammonium compounds, also known as "quats."

While regulators consider these products safe, some ingredients are also irritants, or even toxic, at high doses. Worse, quats and other common ingredients such as fragrances (often undisclosed trade secrets) are currently getting a second look as potentially harmful for the environment and us.

Reassessing the chemicals in our cabinet

Cleaning once meant soap and a wet rag. But millions of Americans now blast away any speck of dirt and sterilize surfaces until they resemble the lifeless surface of the moon.

That's just fine with the $50 billion U.S. household cleaning products industry, which didn't grow rich selling vinegar and baking soda. The industry has spent decades developing powerful, proprietary chemical combinations, said Darren Williams, a chemist leading the Cleaning Research Group at Sam Houston State University. Hence the exotic ingredients in its bottles.

That isn't inherently dangerous. "Most of these [cleaning products] are formulated to be used in household situations on a *periodic* basis," Williams said. "Incidental contact is not going to be a problem."

But enough exceptions exist to give one pause. Endocrine disruptors such as phthalates — chemicals that mimic hormones in our body by interfering with everything from reproduction to brain development, even at infinitesimal doses — are still found in many cleaning products. Microplastics, added to cleaners for their abrasive properties, have invaded the environment and our internal organs (for example: "Mr. Clean Magic Eraser Sponges").

The overuse of antibacterial chemicals may also be promoting bacteria resistant to the best drugs we have against them so it's best to avoid those products as well.

Then there's indoor air. The average American spends 90 percent of their time indoors — breathing the residue of our cleaning products. "There is a whole lot more of most chemical compounds indoors than there are outdoors," said Delphine Farmer, an atmospheric chemist at Colorado State University, who led one of the most comprehensive set of experiments of chemical exposures in homes. "There are questions lingering about what the health effects are."

Theoretically, regulators sort this out before products hit the market, a philosophy known as the precautionary principle. In the European Union, for example, regulators follow a "no data, no market" rule. The United States takes a more laissez-faire approach.

Products must still demonstrate a reasonable expectation of safety, while offering a balance between risk and performance. "The American system certainly allows for that nuance, and it allows for personal decision," Farmer said. "That's a good thing. But that only works if we give people the information that they need to have to make a good decision … and I don't think we do."

The problem, she said, is that we lack data on the nearly endless number of chemical reactions as cleaning products in our home interact with surfaces, off-gassing building materials, air pollution and each other. “That’s a very new topic,” she said. “I don’t know that we have enough information to really give a good holistic idea of what the trade-offs are.”

So, if U.S. regulators aren’t practicing the precautionary principle, we can do so at home.

The DIY Chemistry of Clean

The internet is full of misleading claims and dubious advice about cleaning products, but virtually all cleaning requires just a few chemical reactions. It’s possible to find DIY cleaning formulas that use nothing but common, safe ingredients in our kitchen pantry, and not compromise on effectiveness nor pay luxury prices — preferably, even costing much less, being environmentally safe, and, ideally, they still smell nice!

First, you need a surfactant. Any soap will form a sticky bridge between water and oil. By suspending oil and grease in water, it allows dirt to be easily lifted from surfaces with a damp rag.

Then it helps to have a solvent. Think how water dissolves sugar in simple syrup. Alcohol or aromatic terpenes — such as d-limonene, derived from citrus peels — do the same for oils, food bits and even the lipid membranes of bacteria and viruses. That makes messes easier to wipe away.

Vinegar, while technically more of an acid than a solvent, helps clear away mineral, inorganic crud. (Note to the wise: Don’t use Vinegar on natural stone or you’ll end up with etching, and **NEVER, EVER mix Vinegar with bleach: You will create chlorine gas, which can burn your lungs!!)**

Finally, for tough jobs, an abrasive such as baking soda comes in handy. To impart a citrus smell, a drop or two of essential oils or just plain lemon juice does the job. Essential lavender or mint oils are nice, too!

A New Cleaning Regime

For most homes, 90 percent of the work comes down to two jobs: cleaning surfaces such as counters and floors, and cleaning glass on windows and mirrors.

For the first, Alicia McCarthy, a research scientist with the Toxics Use Reduction Institute (TURI) at the University of Massachusetts at Lowell, cooked up an elegant recipe for a multi-surface cleaner: 2 cups water, 2 tablespoons castile soap and ½ teaspoon baking soda. A couple of drops of citrus or other essential oil are optional. TURI says the recipe performs as well as Formula 409 All Purpose Cleaner, at a fraction of the price, without quats and other potential nasties. As advertised, it worked well on countertops and inside microwaves.

Next, is wiping smudges off mirrors and windows. A second TURI-vetted formula is perfect for glass: a simple mix of 1 cup vinegar and 1 cup water. (You can add rubbing alcohol to speed evaporation and reduce streaks. https://www.pottawatomie.k-state.edu/home-family/homemade_cleaners/Homemade_Cleaners.pdf)

Occasionally, you may have to invest a bit more elbow grease and time, but allowing homemade recipes to sit on surfaces a little longer compensates for the less powerful solvents. That said, DIY recipes are truly able to handle almost all home cleaning needs.

TURI has compiled a longer list of household solutions. (See link for other home cleaning solutions - https://www.turi.org/household-solutions/)

Generally speaking, McCarthy said ***avoid mixing vinegar and baking soda, as the foaming chemical reaction cancels out their cleaning power***. And stick to well-vetted recipes — mixing two innocuous chemicals can result in dangerous compounds. If using essential oils, a few drops are more than enough.

For off-the-shelf solutions, many "natural" or "green" products are as effective as conventional ones, McCarthy said. While those eco-terms aren't regulated, you can look up products on the Environmental Protection Agency's Safer Choice and certified disinfectants lists. You can also check third-party certifications such as Green Seal and UL Ecologo.

Additional options include appliances like handheld steam cleaners (starting around $40) and electrolyzed water, a disinfectant solution created by sending an electrical current through diluted salt water.

It is entirely possible to replace more than a dozen cleaning products with just two DIY spray bottles! For everyday cleaning, we can all breathe a little easier with soap, water, vinegar and a little scrubbing!

Adapted from a WAPO column by Column by Michael J. Coren

https://www.washingtonpost.com/climate-environment/2025/07/22/home-cleaning-diy-chemicals-quats/

Linda Graf

Green Team Committee

Florida UCC Conference

On Saturday, September 6, over 100 representatives from 26 different churches gathered at United Church of Christ Fort Lauderdale for a wonderful time of worship and fellowship. During our conversations, we again explored the theme: "Connect - Empower - Engage." There was lively discussion regarding what is happening in our local churches and who we are as a conference. Additionally, our Transitional Conference Minister, Nayiri Karjian, led a conversation encouraging us to look towards the future as we begin to think and pray about who we will call as our next conference minister.

Rev. LaTrell Harrison,
Associate Minister for Search and Call
and Congregational Care

Rev. Neal Watkins, Minster of Church Vitality
and Vision

Rev. Naira Karijan,
Transitional Conference Minister

Request from the Mission & Benevolence Committee

Just a reminder that donations of any non-perishable food items and bath and kitchen paper products can be dropped off at the Church or left in the Sanctuary entrance after Worship. Collected donations will benefit local neighbors in need through F.I.S.H. and the Gladiolus Food Pantry.

If you prefer making a monetary donation to the Food Pantry, please address your check to SCUCC and include Food Pantry on the memo line. It may be placed in with the collection during Worship, or dropped off in the office.

F.I.S.H. OF SANCAP
Neighbors Helping Neighbors

Request from the Health Ministry

Calling all Knitters

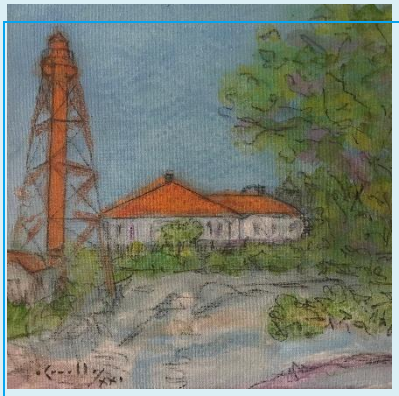
The Health Committee needs your help in giving one of our programs a new start. We have a Prayer Shawl program that needs knitters to make the shawls. We hope the knitter will say a prayer while they work. Linda Convertine will then give a shawl to our ill members and those who are unable to leave home.

The shawls are approximately 4 ft. by 2 ft. using soft and thick yarn. No pattern is needed. If you are not a knitter, please consider donating yarn. Any questions, please contact Linda at **linda@sanibelucc.org**.

Birthdays for the Month of October

October 1: Janet Elsberry, Anita Putnam, McKenna Sprecher
October 4: Hans Friedebach, Peg Royse
October 5: Margaret Kish
October 6: Linda Huffington
October 7: Fred Nordstrom
October 9: Jo Hardy
October 11: Betty Van Tassel
October 13: Peter Perkins
October 15: Eleanor Miller
October 18: Kirk Irwin
October 23: Pat Davidson, Janice McNeal
October 26: James McCallion
October 28: Barbara Cooley, Nancy Smith
October 31: Barbara Dunham

Happy Birthday Everyone!



Artist of the Month

Patrick Conolly

Starting in October, please stop into Fellowship Hall for the beautiful works by Patrick Conolly.

All my life I have dabbled with the Arts, and now the Arts seem to be dabbling with me.

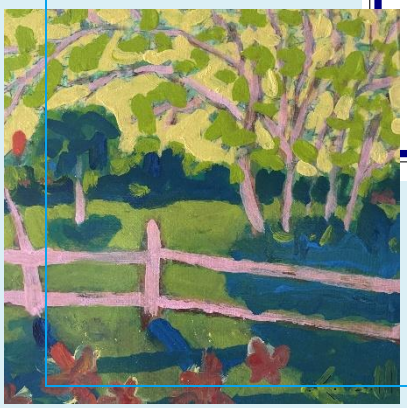
While much of my art work springs spontaneously from my imagination, lately I've been playing around with surfaces, both flat and shiny, as well as line work with minimal or very bright colors. My large works can be quite simple, while the smaller works can be filled with tiny details.

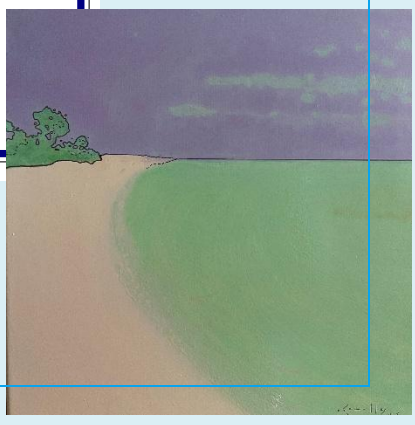
This exhibit presents some of my (SCAL) Sanibel Captiva Art League's plein air paintings. Enjoy this collection of colorful abstracts with hints of realism, incorporating a sense of place and an outdoor breath of location.

The SanCap Art League of Sanibel is a wonderful artist destination for anyone wishing to explore their artistIc visions with others. All are invited to join in and contribute to the art scene here on Sanibel. Artists come together to share and learn from each other, and draw upon the wonders surrounding Sanibel.

I am very thankful to exhibit at the Sanibel Congregational, please enjoy the show.

Patrick Conolly





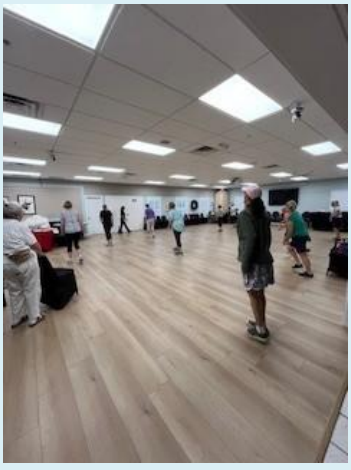
Participation at SCUCC

Be An Artist

With the return of Carol Good, our art class resumes. Please join Carol and friends in **Fellowship Hall on Tuesday mornings at 11:00 am** for painting, conversation and fun.

Get Healthy

Join Mahnaz Bassiri and the Santiva Islanders for cardio & strength on **Monday, Wednesday & Friday. Class starts at 9:30 AM in Fellowship Hall.**



Fellowship Time Volunteers

WE NEED YOUR HELP

Please consider volunteering your time to serve during our Fellowship Time after our Worship Celebration.

It's a wonderful way to contribute to our community, connect with others, and give back to our spiritual home.

Your time, treats, or donations will be deeply appreciated, making our gatherings warm and welcoming for everyone. Sign-up sheets can be found by the tech booth in Fellowship Hall.

Thank you for considering this opportunity to serve and strengthen our community!

Shell Point Women's Group Luncheon - OCTOBER

The Sanibel Congregational UCC Shell Point Women's Group will have its next monthly luncheon on **Friday October 10 at 11:30 am at the Palm Grill in the Woodlands Common.** Please make reservations with Susan Schmitt at **sudischmitt@gmail.com.**

Shell Point Men's Group Luncheon - OCTOBER

The Sanibel Congregational UCC Shell Point Men's Group will have its next monthly luncheon meeting on **Tuesday, October 14 at noon at the Palm Grill in the Woodlands Common**. Please make reservations with Bruce Findley at **bruce.findley@gmail.com**.

Dinners for 6, 7 or 8

One of our most loved offerings are the social gatherings known as "Dinner for 6, 7 or 8", will be resuming. If you would like to participate, or find out more, please contact Shirley Akins at **akinsteach@gmail.com**.

Ushers Wanted

Please reach out to Frank Palaia if you would like to be added to the contact list to serve as an usher for our Sunday Worship. He can be reached at **flpalaiajr@cs.com.**

Liturgists Wanted

Please reach out to Sharon Hannon if you would like to be added to the contact list to serve as a liturgist during Sunday Worship. Send an email to **skbhannon@aol.com** and include any and all dates you are available to participate.

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.

NOVEMBER 2025 SANIBEL LIGHT DEADLINE

Please note that the deadline for submissions to the November edition of the *Sanibel Light* is **Friday, October 24, 2025.**

Please send all submissions as a Word document to:

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

YOU'VE GOT PLANS: SANIBEL & CAPTIVA

SANTIVA ISLANDERS

Please visit their website for a list of their activities and to view their calendar: https://santivaislanders.org

October 2025

SU	MO	TU	WE	TH	FR	SA
			1 **9:30 AM** Cardio & Strength with Mahnaz **1:00 PM** Card Making Class	2 **1:00 PM** Social Mahjong	3 **9:30 AM** Cardio & Strength with Mahnaz	4
5	6 **9:30 AM** Cardio & Strength with Mahnaz **11:00 AM** Potluck Lunch at SIP	7 **1:00 PM** Euchre	8 **9:30 AM** Cardio & Strength with Mahnaz **4:00 PM** Social Hour at The American Legion	9 **1:00 PM** Social Mahjong	10 **9:30 AM** Cardio & Strength with Mahnaz	11 **12:00 PM** Saturday Brunch @ The Lighthouse Cafe
12	13 **9:30 AM** Cardio & Strength with Mahnaz **11:00 AM** Brown Bag Lunch	14 **1:00 PM** Euchre **1:00 PM** Page Turners Book Club	15 **9:30 AM** Cardio & Strength with Mahnaz **4:00 PM** Social Hour at The American Legion	16 **1:00 PM** Social Mahjong	17 **9:30 AM** Cardio & Strength with Mahnaz	18
19	20 **9:30 AM** Cardio & Strength with Mahnaz **11:00 AM** Brown Bag Lunch and Bingo	21 **1:00 PM** Euchre	22 **9:30 AM** Cardio & Strength with Mahnaz **12:00 PM** Leisure Lunch at Cheeburger Cheeburger **4:00 PM** Social Hour at The American Legion	23 **1:00 PM** Social Mahjong	24 **9:30 AM** Cardio & Strength with Mahnaz	25 **4:00 PM** Bunko Dinner Party!
26	27 **9:30 AM** Cardio & Strength with Mahnaz **11:00 AM** Brown Bag Lunch	28 **1:00 PM** Euchre	29 **9:30 AM** Cardio & Strength with Mahnaz **4:00 PM** Social Hour at The American Legion	30 **1:00 PM** Social Mahjong	31 **9:30 AM** Cardio & Strength with Mahnaz	

For any of the events hosted by SCCF, please go to their website to sign up or to find more information: https://sccf.org

Volunteer Open House

October 16 @ 5:00 pm - 6:30 pm

Join us for SCCF's Volunteer Open House, where you'll learn about a variety of ways to get involved with our mission of protecting and caring for our local coastal ecosystems.

At this event, you'll meet staff and current volunteers, explore different volunteer opportunities—from hands-on habitat restoration to assisting biologists in the field—and find the role that's the best fit for your skills and passions. Whether you have a few hours a month or a few days a week, there's a place for you in the SCCF volunteer community.

Come connect, ask questions, and discover how you can make a difference while building meaningful connections with others who care about our island's environment.

RSVP

VENUE

Bailey Homestead Preserve

1300 Periwinkle Way
Sanibel,FL33957United States+ Google Map

Phone
239-472-2329

LET'S PINK OUT!

SANIBEL CAPTIVA

FREE COMMUNITY EVENT!

13TH ANNUAL
PINK OUT PICNIC: HEALTH & HOPE EXPO

THURSDAY OCT 23RD
11:30AM - 1:30PM

2351 Palm Ridge Road | Sanibel

SANIBEL FIRE RESCUE DISTRICT EST 1955

FREE COMMUNITY EVENT
LUNCH FOR ALL | WELLNESS VENDORS
MUSIC | PHOTO BOOTH | RAFFLES

SCAN ME

RSVP HERE FOR THIS FREE EVENT
HELP US GET A HEADCOUNT FOR LUNCH

Scan this Code with the camera on your phone or visit PinkOutPicnic.com

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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 office@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

Tammy Flatley

tammy@sanibelucc.org

239-472-0497

office@sanibelucc.org

OFFICE HOURS

Monday - Friday

9:00-3:00pm

Scan QR Code to donate through PayPal.

SANIBEL CONGREGATIONAL UNITED CHURCH CHRIST