

The Sanibel Light



APRIL 2024 VOLUME 56 ISSUE 4



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April 7th @ 3 PM**

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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

Hi...

The following Letter to the Editor from a mother appeared in a British newspaper a few years ago:

Dear Sir:

My son, age 5, asked what happened on Good Friday. When I said that some people had crucified Jesus, he asked why I hadn't stopped them.

I didn't know whether to be upset that he thought I was so old, or flattered that he thought I could've prevented it...

A couple of quick thoughts about that letter as this edition of *The Sanibel Light* reaches you sometime just after Easter.

First, perhaps it wasn't that the five-year-old boy thought his mom was so old, but that he saw Jesus as someone who is still very much alive and present in the world now, just as we are called to do.

Second, that mom couldn't have prevented Jesus' physical crucifixion any more than any of us could have.

But as Jesus says in the story representing how God will judge peoples and nations that he offers the disciples in Matthew's Gospel right before they enter Jerusalem in the days leading to his death, "*just as you did it (or did not do it) to the least of these who are members of my family, you did it (or did not do it) to me.*" (Matthew 25:31-45)

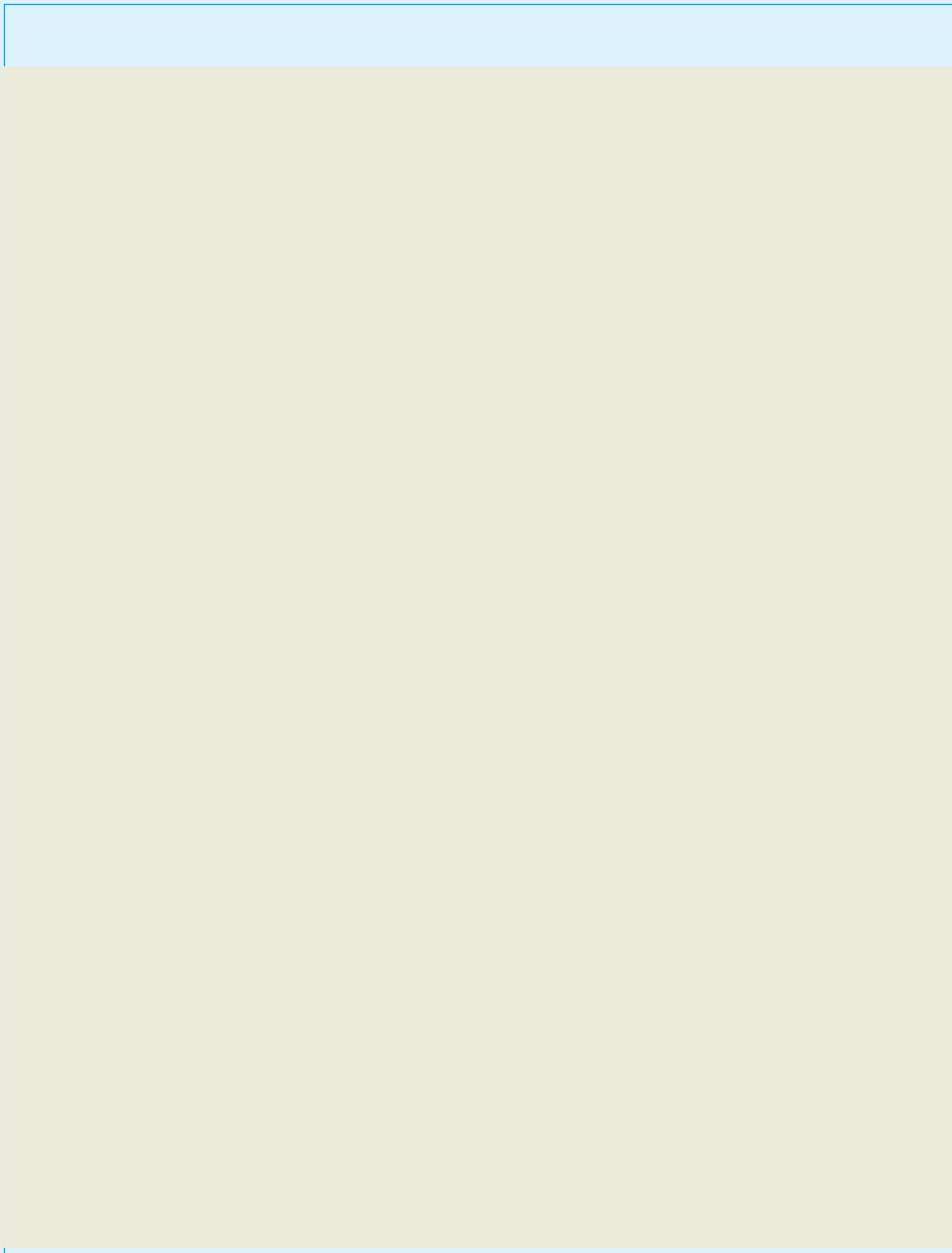
Which means then, that for those who claim to be Jesus' followers in the present, whenever the innocent are denied justice; the poor neglected; the elderly treated as irrelevant; those with disabilities seen as less than human; and those in power more interested in the good of the few more than the common good, we are called to do what we can to prevent the death of what Jesus stood for – the death of the ways of God we are called to live by and bring to the world – now.

In this Easter Season, we in the Christian spiritual tradition proclaim that "*Jesus is risen*"

Let us rise with him by helping others rise too.

Easter Blessings,
Mark

Rev. Dr. Mark Boyea
Senior Minister



WORSHIP NOTES

In March, we continued our commemoration of the sacred season of Lent.

On Sunday, March 3, we began Worship at the special time of 9:40am as Director of Music Mackenzie Albert presented a “mini-concert” of Robert Schumann’s *Kinderszenen (Scenes from Childhood)* in celebration and thanksgiving for our new Steinway piano. On that Sunday we also celebrated the Sacrament of Communion.

On Sunday, March 17, Rabbi Sunny Schnitzer of Bat Yam served as the morning’s Preacher – part of our annual Pulpit Exchange weekend with Bat Yam. Earlier that weekend, Mark had preached at Bat Yam’s Shabbat celebration on Friday, March 15.

Then of course, we entered Holy Week, culminating in Easter.

On Maundy (Holy) Thursday, March 28 at 7pm in the Sanctuary, Mackenzie Albert once again led a presentation of Ruth Elaine Schram’s, *The Living Last Supper* at 7pm in the SCUCC Sanctuary, including music, singers and thirteen SCUCC men portraying Jesus and his disciples.

On Friday, March 29, we commemorated Good Friday with a “modified Tenebrae” liturgy at Noon in the Sanctuary, consisting of readings from Luke’s Gospel, periods of silent and music meditation, and a Reflection from Mark.

Then, on Sunday, March 31, we celebrated the triumph of God’s ways embodied in Jesus over the ways of violence and death at 10am in the Sanctuary with an Easter Worship of spirit-filled music from Mackenzie, the SCUCC Choir and a special Easter Brass Quartet, prayer and a Message from Mark.

In April, we celebrate the Sacrament of Communion and our next “*Ask the Minister*” day on Sunday, April 7 at 10am. During Worship that morning, instead of a Message, Mark will spend that time answering as many of your biblical, theological, spiritual or personal questions as time permits. These Sundays continue to be enthusiastically received.

Then, on Sunday, April 21, we commemorate *Earth Day* with a 10am Worship time themed around our call to care for the Creation God has blessed us with.

You can email your questions ahead of time to Mark at mark@sanibelucc.org or text them to 908-477-5426. Or just bring them with you that day and “surprise” him!

Then plan to return to the SCUCC Sanctuary that same day at 3pm for this year’s *Interfaith Shared Scholars Program*. This year’s gathering will feature a panel discussion involving five Sanibel/Captiva clergy regarding experiences and learnings in the immediate aftermath of and 18 months since Hurricane Ian. More on that in another part of the *April Light*.



OUTREACH OF SANCAP

2024 Interfaith Shared Scholar Program
**“Learnings from A Natural Disaster:
Faith Communities Post-Hurricane Ian”**
Sunday, April 7, 3 to 4:30pm followed by a reception
Sanibel Congregational UCC Sanctuary
2050 Periwinkle Way



Rev. Dr. Mark Boyea
Sanibel Congregational UCC



Rev. Dr. Doug Dortch
Chapel by the Sea



Mary Miller
Christian Science Church



Rabbi Sunny Schnitzer
Bat Yam Temple of the Islands



Rev. Bill Van Oss
St. Michael & All Angels Church

**Hear from this panel of local spiritual experts
how a natural disaster impacts faith communities.**

** The Interfaith Shared Scholar Program is made possible by an interfaith coalition of congregations on Sanibel and Captiva, including Bat Yam Temple of the Islands, Captiva Chapel by the Sea, the Christian Science Church, Saint Michael and All Angels Episcopal Church, and Sanibel Congregational United Church of Christ. Funding for this year's program is provided by a generous grant of the Leo Rosner Foundation.*

The Interfaith Shared Scholar Program will take place in the SCUCC Sanctuary on Sunday, April 7, from 3pm to 4:30pm, followed by a Reception in Fellowship Hall. The title of this year's program is "“Learnings from A Natural Disaster: Faith Communities Post-Hurricane Ian.**” The speakers are: Rev. Dr. Mark Boyea of SCUCC, Rabbi Sunny Schnitzer of Bat Yam Temple of the Islands, Rev. Dr. Doug Dortch of Captiva Chapel by the Sea, Rev. Bill Van Oss of St. Michael & All Angels Church, and Mary Miller of the Christian Science Church.**

Earth Day

On Sunday, April 21, we commemorate *Earth Day Sunday* at SCUCC with a 10am Worship time themed around our call to care for the Creation God has blessed us with, especially as members of a designated *Creation Justice* congregation of the UCC.



MAUNDY THURSDAY, MARCH 28, 2024



GROWTH OPPORTUNITIES

Bible Study Schedule

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!

In April, Bible Study will meet on the following Thursdays:

April 11, 18 and 25

You will receive the information you need to join in on these sessions, as well as the passages you need to read in advance, on Wednesday afternoons.

SPIRITUAL EXPLORATION

Our latest Spiritual Exploration Unit **has concluded!**

Our next unit will begin on **Tuesday, April 23**. The topic will be announced soon.



HEALTHY HAPPENINGS

Fearfully and Wonderfully Made Facts About Bones



Your skeletal system is to your body what wood and bricks are to a house. With a strong foundation your body is designed to do a multitude of tasks, from running to giving birth. Your bones and your skeleton are truly amazing. How they grow, repair themselves and keep your entire body positioned as you move through your life makes it so important that you do your best to keep them healthy. Making sure you eat well and exercise as often as you can will help ensure they support you as long as you need them to.

1. Why you lose some bones:

Babies are born with 300 bones and as adults we end up with 206. You may be wondering where all those bones go? The answer is that the bones don't disappear; instead, the tiny bones fuse together to form the larger bones in the skeletal system.

2. What makes you grow:

As long as growth plates (at the end of long bones in your arms and legs) stay open, you grow. The plates close in the late teens for boys and within two years of starting menstruation for girls.

3. How to keep your bones healthy:

Your bones gain in density until you turn 30. Then density declines unless you get enough exercise, calcium, vitamin A, vitamin K and vitamin D from the foods you eat, such as calcium-rich foods like dairy products, broccoli, and some fish. Exercise, especially weight-bearing exercise, helps keep bones strong, too.

4. How broken bones heal:

The process can differ based on what kind of break occurred. Bones are natural healers. When you fracture a bone, blood vessels form in the area almost immediately after you break it to help the healing process begin. Within 21 days, collagen forms to harden and hold the broken pieces in place. The damaged surfaces knit together to form new bone, and often the new bone is stronger than the original one. A cast or brace just ensures the bone heals straight so you don't have more problems in the future. Arms are among the most commonly broken bones, accounting for almost half of all adults' broken bones. The collarbone is the most commonly broken bone among children.

5. Bones are designed to take a beating.

Yes, bones can break. But they're designed to stand up to daily wear and tear. For example, some bones are able to absorb two to three times your body weight in force. They are also resilient. You take 1 to 3 million steps per year, so bones are built to take the constant use.

6. Your skeleton has many jobs.

It moves you. It protects your brain, heart and lungs. It manufactures blood cells. And it stores and regulates minerals to help your entire system function.

7. Your longest and shortest bones:

The femur, or thigh bone, which runs from your hip to your knee, is the longest and largest bone in your body. It's also the strongest. Just think of all the weight that bone handles in a day. The stapes, a bone in your inner ear, is the smallest of all your bones (measuring only 0.11 inches). This bone is also sometimes called the stirrup because of its Y shape. Together with the anvil and hammer bones, the stapes helps translate sounds you hear into waves your brain can understand.

8. Where you have the most bones:

More than half your bones are in your hands and feet. You have 206 bones in total, and 106 of them are in your hands (27) and feet (26).

9. The body has two types of bone.

You may think of bone as a hard, dense material, but only one type of bone is like this. This dense, hard bone is called cortical bone. Cortical bones are primarily the "structure" bones. The second type, trabecular bone, is soft and spongy. It's often found inside large bones and in your pelvis, ribs, and skull. Though it's less dense than cortical bone, it's still quite hard and protective. Bone marrow houses stem cells. Stem cells are responsible for producing many of your body's most important cells, including blood, brain, heart, and bone cells.

10. Bone is living tissue.

The collagen in bone constantly replenishes itself. So about every 7 years, you have a new skeleton.

11. Your teeth are part of your skeleton, too.

They contain calcium and minerals like bones. But they lack collagen, which gives bones flexibility and strength. The enamel on your teeth is actually stronger than bones. Enamel protects the delicate nerves and tissue inside your teeth. Inch for inch, your teeth can take more wear and tear than any of your other bones.

12. The special job of a woman's skeleton:

Men and women's skeletons look surprisingly alike. But the shape, size and angle of a woman's pelvis are specially geared for childbirth.

13. Some joints don't move.

Your bones come together at the joints. Some (like your knee joint) move a lot. Others (like the joints in your cranium) don't move at all.

14. Why do joints creak?

Muscles and ligaments support your joints, and cartilage helps to cushion them. When cartilage wears out, arthritis occurs.

15. What's a funny bone, anyway?

It's not even a bone. It's your ulnar nerve, which runs inside your elbow. Hitting it triggers a surprisingly tingling, prickly pain.

16. There is one bone which isn't connected to any other bone.

The hyoid bone, which is in your throat, is the only bone that doesn't connect to a joint. The hyoid is responsible for holding your tongue in place.

17. Most people have 12 ribs, but some have 13.

A 13th rib is rare — only 1 percent of people are born with it. In most people, this extra rib, called a cervical rib, can cause medical issues like neck pain. For that reason, people born with this extra rib often have it removed.

18. The biggest joint in your body is your knee.

At the knee joint, three bones connect: the femur, tibia, and patella. Those three large bones require an equally large joint to connect them. That's why your knee is the largest joint in your body.

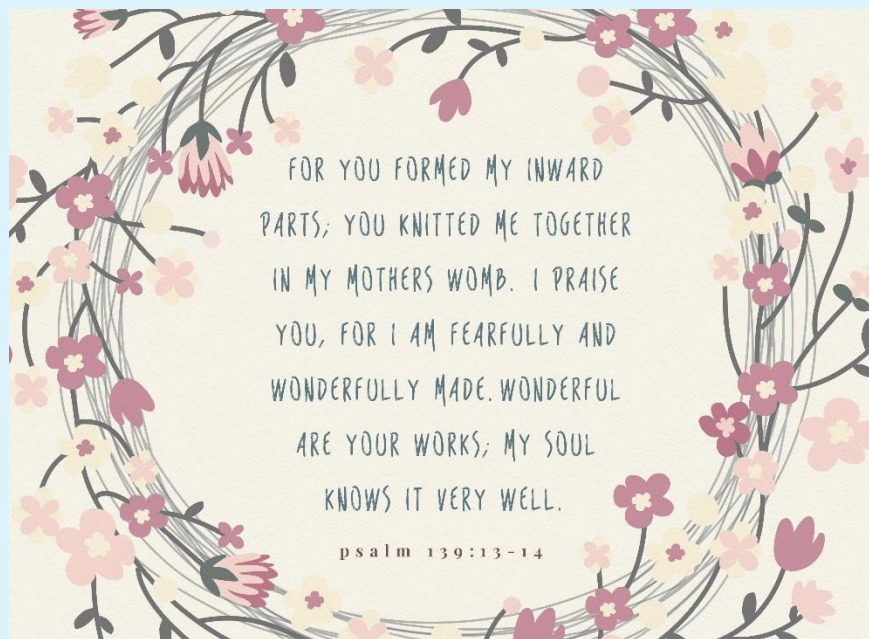
19. A skeletal system isn't that common in the world.

Humans are part of a group of creatures called vertebrates. That means our bones are covered by a system of tissue and skin. Only 10 percent of the world's animals (humans included) are vertebrates. The other 90 percent are invertebrates. Their bones are on the outside of their body.

In conclusion, the human body's skeletal system is a marvel of engineering, providing structure, support, and protection for vital organs. The bones are not just lifeless structures; they are dynamic and constantly changing, adapting to the body's needs. From the smallest ear bone to the longest femur, each bone plays a crucial role in our everyday lives, and appreciating these facts about bones can deepen our awe for the incredible human body. We can truly say along with the psalmist that, "We are fearfully and wonderfully made".

(Psalm 139:13,14) For it was You who formed my inward parts; You knit me together in my mother's womb. I praise You for I am fearfully and wonderfully made. Wonderful are Your works; that I know very well.

Caring for you and your health,
Linda Convertine, Parish Nurse



FROM THE GREEN TEAM

Thinking of giving flowers for Mother's Day or a Special Occasion?

Here are some things to consider...

Eighty percent of flowers sold in the US are imported from Columbia and Ecuador. These flowers take about 15 weeks to grow. As soon as they are cut, a highly coordinated race begins: they are chilled to a dormant state, moved onto refrigerated trucks, and then sent by more than 30 plane flights a day to Miami. Each flight takes about 4 hours. From Miami the roses are loaded onto a truck for shipping across the USA. Nearly all imported cut flowers go through the same emissions-intensive journey – climate-controlled greenhouses, refrigerated trucks and a long, chilled flight. Fresh flowers are a \$34 billion global industry with a massive carbon footprint. Compared with other perishables, flowers have the largest global carbon footprint because nearly everything else travels by container ship which has 1% of the carbon footprint of air freight. A 2020 analysis of products sold in the UK found a bouquet of imported flowers has a more significant carbon impact than an 8-ounce beef steak raised on deforested land in Brazil and consumed in London!

Thankfully, there are still many ways to enjoy giving and receiving beautiful flowers! Here are some tips:

- **avoid sending roses, chrysanthemums, or carnations as these are the greatest contributors to global carbon emissions**
- **instead give sunflowers, snapdragons, zinnias, peonies, sweet william, cosmos, or dahlias which are more likely US grown and thus travel shorter distances (your florist can advise you)**
- **when buying flowers at the market, look for the “Certified US Grown” label**
- **ask your florist for sustainably grown local flowers or buy your blooms at a farmer's market**
- **only buy favorite flowers when they are in season locally**
- **consider giving locally grown live plants that can be maintained indoors or transferred outside: tulip bulbs, daffodils, azaleas, etc.**



- **Freshcut Paper is a fun site for sending paper pop-up bouquets that are made from recycled paper and have an indefinite shelf-life!**

<https://www.freshcutpaper.com/>

When our effort to bring the beauty of nature indoors is harmful to that beauty itself, we should consider our choices.

<https://www.washingtonpost.com/opinions/interactive/2024/valentines-dayflowers-roses-climate-change/>





ACTIVITIES AND LEARNING AT SCUCC

Yoga

Gentle Yoga with Grethe on Thursdays, from 1:15 to 2:00 pm in Fellowship Hall.

Be An Artist

Anyone interested in painting in any medium is welcome to join our Art Class on Tuesdays from noon to 3:00pm in Fellowship Hall. Carol Good will be teaching a beginner's watercolor class at the same time for anyone who would like to learn. Please contact her at 618-201-6252 for more information.



ANNOUNCEMENTS

Church Office Hours

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

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.

Fellowship Time Volunteers Wanted

If you would like to help prepare and serve refreshments for Fellowship Time after Worship on Sundays, please sign up on the sheet found on the table in the back of the Fellowship Hall. It is easy, and assistance will be available if needed. For more information, please sign up in Fellowship Hall on the sign up sheet.

Shell Point Men’s Group April Luncheon

The Sanibel Congregational UCC Shell Point Men’s Group will have its next monthly luncheon meeting Tuesday, Tuesday, April 9 at noon at the Palm Grill in the Woodlands Common. Please make reservations with Candy Atchison at JimAtch@aol.com or 561714-4655.

Shell Point Women’s Group April Luncheon

The Sanibel Congregational UCC, Shell Point Women’s Group will have its next monthly luncheon meeting Friday, April 12 at 11:30am at the Palm Grill in the Woodlands Common. Please make reservations with Emily Kletzien at emily.kletzien@gmail.com

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.

MAY 2024 SANIBEL LIGHT DEADLINE

Please note that the deadline for submissions to the May 2024 edition of the *Sanibel Light* is **Friday, April 19, 2024**.

Please send all submissions, as a Word document, to Tammy Flatley tammy@sanibelucc.org and Jenny Chacon jenny@sanibelucc.org

YOU'VE GOT PLANS: SANIBEL & CAPTIVA

Community Housing Resources (CHR)

Support CHR and affordable housing in a fun, foodie and refreshing way featuring some of our favorite island friends serving as bartenders. Join them on Saturday, April 13th from 3:30-6:00 p.m. at Tutti Pazzi, 1200 Periwinkle Way.

And on April 14th from 2:00-5:00 p.m., join CHR for their April extravaganza at The Community House, 2173 Periwinkle Way. Enjoy food and dessert courtesy of St. Michael & All Angels Church. Grab a beer, wine or sangria at the cash bar and groove to the live music by The Chicago Heat!

Sanibel Community House Arts & Crafts Fair scheduled for April 7th from 9-2. Located at 2173 Periwinkle Way.

Friendly Faces Luncheon - "Ding" Darling Wildlife Society Guest Speakers

Islanders, friends and family are invited to the community-wide FISH OF SANCAP Friendly Faces Luncheon!

Ann-Marie Wildman, Executive Director, "Ding" Darling Wildlife Society-Friends of the Refuge, and Bill Harkey, President of the "Ding" Darling Wildlife Society- Friends of the Refuge, will discuss how the refuge survived Hurricane Ian and their recovery efforts.

This non-profit friend's group is recognized around the country as one of the premiere friend's organizations with the U.S. Fish & Wildlife Service for their work in supporting the Refuge in areas of education, programming, land acquisition/restoration and overall conservation efforts through marketing, philanthropic support and advocacy.

The monthly luncheon will be held at the Sanibel Recreation Center located at 3880 Sanibel-Captiva Road. Lunch, prepared by The Sanibel Deli, is complimentary to participants. Parking may be limited, in which case you may be directed to park next door at the Sanibel School. Reservations are required by

Fri., Apr. 5 to Erika Broyles at FISH at 239-472-4775, please let her know if you need a vegan or vegetarian lunch option.

ISLANDS NIGHT 2024

Celebrate 62 years of the SanCap Chamber and join us for the 31st Annual Islands Night!

Fort Myers Mighty Mussels vs TBD

Wednesday, April 17th | Hammond Stadium

Gates Open 6:00 p.m. | Parade Starts 6:15 p.m. | Game Starts 7:00 p.m.

This year's event is scheduled for Wednesday, April 17th, when the Fort Myers Mighty Mussels meet the Dunedin Blue Jays for an evening of baseball, a pregame parade showcasing businesses and organizations from Sanibel and Captiva islands, and islander camaraderie.

Sponsorship donations help support local charities that are important to our community. Email aaron@sanibel-captiva.org to reserve your spot today!

Choose Your Sponsorship Level: Businesses and Individuals Welcome!

Triple Sponsor - \$2000

Stand alone Press Release

Unlimited Tickets for Patrons

Spot in Pre-game Parade

Business Logo Displayed on Social Media and E-blasts leading to event

Announcement of Your Business at the Game

Double Sponsor - \$1000

Unlimited Tickets for Patrons

Spot in Pre-game Parade

Business Logo Displayed on Social Media and E-blasts leading to event

Announcement of Your Business at the Game

Single Sponsor - \$500

Unlimited Tickets for Patrons

Spot in Pre-Game Parade

Announcement of Your Business at the Game

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 email 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](tel:239-312-8673)

Jenny Chacon jenny@sanibelucc.org

[239-312-8670](tel:239-312-8670)

[Tammy Flatley tammy@sanibelucc.org](mailto:TammyFlatley@sanibelucc.org)

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office@sanibelucc.org

Office Hours

Monday – Friday

9:00-3:00pm

