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The Sanibel Light

DOG DAYS OF SUMMER



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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

It was only the second time I have been deeply disappointed during my time here.

But *NOT* because of the SCUCC community. Not in any way. In fact, just the opposite...

The first time I felt deep disappointment was in the months after the start of the war between Israel and Hamas. Within a span of several months after the beginning of those hostilities, Temple Bat Yam - and therefore we as well as their hosts and owners of the campus received three separate anonymous bomb threats. It was deeply disappointing to see their and our communities be the targets of such misguided and cowardly acts.

At the same time though, I was NOT in any way disappointed on a number of fronts. I was in no way disappointed - in fact, just the opposite - with the immediate and thorough responses of Bat Yam's Rabbi Sunny and Janice Chaddock, their President at the time, as well as those of the Sanibel Police Department.

But most of all, I was *in no way* disappointed with the SCUCC community. Just the opposite. In response to those threats, SCUCC's lay leaders and you – its members and friends – immediately stepped up to affirm that while we may have had differing views of that war, we were in complete solidarity when it came to our support of the Bat Yam community. You stood with me completely when I declared on a Sunday that none of it would move us to reconsider our relationship with them. And our lay leaders' message to me was essentially, “Stay the course.” It made me even prouder than usual to serve as SCUCC's Senior Minister...

The second - and only other time - I felt deep disappointment during my time here happened just a few weeks ago...

During the spring, I and our lay leaders discussed the subject of displaying flags on the flagpole attached to the sign at the entrance to our campus for the purpose of emphasizing important faith-related themes, both general and more specific to our church. It was determined that we would display a variety of different flags throughout the year depending on the season or if a particular theme seemed appropriate.

We began with an Easter themed flag in late April. Then, in mid-June, in conjunction with Pride Month, and our being an officially designated “Open and Affirming” church of the UCC, we intended to place what's known as an “Inclusion Flag” on the flagpole for a couple of weeks before changing up again.

However, only three or four days later, that flag - and the flagpole - were taken from our property. I was deeply disappointed once again on several levels: the illegal disregard for what was private property; the cowardice of taking the flag under cover of darkness; and, of course, the enmity that act suggested toward the message of inclusion the flag expresses, enmity which is completely contrary to how I have experienced the greater Sanibel community and its leaders since my arrival.

But also once again, I was in no way disappointed in the SCUCC community. Once again, just the opposite. The immediate response I received from our lay leaders when I shared my deep disappointment with them, as well as the response from every single member of our spiritual community I also shared it with was complete support, regardless of how they personally felt in regard to the LGBTQ community.

Once more, the message to me was essentially, “Stay the course.”

And I hope and pray we will. I hope and pray we will because, as we discussed during last Sunday morning’s Message, Jesus makes clear in the Gospels that Love of God is inseparable from Love of Neighbor; that Love of Neighbor is the lived-out expression of Love of God. And as the parables he tells and the encounters with others he has throughout the Gospels make clear, Jesus’ answer to the question posed to him in one of those Gospels, “So who is my neighbor?” is “Everybody. Everyone is your – our - neighbor.”

The taking of that Inclusion Flag, nor any other flag we place on our sign at the church entrance meant to express Love of Neighbor won’t - can’t - change that. Whether it is about Bat Yam, those who are LGBTQ, or anyone else who others wish to exclude or even threaten, we must continue to, as YOU affirmed for me, and which served as the antidote to my deep disappointment over those two events, “Stay the course.”

The course Jesus and the God he embodies call us to.

Blessings,

Mark

Rev. Dr. Mark Boyea, Senior Minister



Worship Notes

The month of **June** began with a true SCUCC team effort. Due to the cancellation of Mark's return flight from a trip to Burlington, VT to see his brother in the ICU, on Sunday, June 7, our lay leaders stepped up to make sure Worship proceeded without issue. While Kathy Carter filled in as Worship Leader and Preacher, several of our other lay leaders handled most of the rest of the necessary duties. In addition, staff members Dr. Renee Rawe and Mackenzie Albert unlocked the facilities and put the bulletins in place. And then during our Worship time, Mackenzie made helpful adjustments to the music in order to more closely fit the change in theme from Mark's intended Message to Kathy's actual one.

On Sunday, June 14, we celebrated the Sacrament of Communion as a spiritual community.

Then, on Sunday, June 21, we both celebrated Father's Day and were blessed musically by the debut of *The SCUCC Summer Singers*, as several members of our Choir graciously came together to sing during their scheduled months off.

Finally, on Sunday, June 28, we were greatly blessed musically by Hazel and Jennifer Stephens, granddaughter and daughter, respectively, of SCUCC members Cheryl and Barry Tice.

In **July**, we welcome back our good friend, Rev. Dr. Sally Haynes as Worship Leader and Preacher on Sunday, July 5 while Mark and Cindy are away on their annual vacation with extended family on Northern New York State.

Then **Sunday, July 12**, will feature our next ***Ask the Minister*** segment during Worship. Rather than offering a Message that day, Mark will instead attempt to address as many of your biblical, theological, spiritual and personal questions as time allows. In addition, we will celebrate the ***Sacrament of Communion*** as a spiritual community.

In August, we will celebrate the ***Sacrament of Communion*** together on **Sunday, August 2**.

Then, on **Sunday, August 30** and again on **Sunday, September 6**, Rev. Dr. Sally Haynes returns while Mark is away on his annual end of summer break.

Church Office Hours

The Church Office will be closed on Wednesday, July 1st and Friday, July 3rd.

The Church Office is open Monday-Friday, from 9:00 am-3:00 pm.

Mark is normally on the campus Tuesday-Thursday pending pastoral visits or offsite 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.

Spiritual Growth Opportunities

BIBLE STUDY

In July and August, Bible Study will meet on the following dates from 10:30 am-11:45 am on Zoom:

Thursday, July 16

Thursday, July 23

Thursday, July 30

Thursday, August 6

Thursday, August 13

Thursday, August 20

Each week, we explore the Scripture passage(s) being used in Worship that coming Sunday. The sessions are largely “guided discussion” in approach, focusing on your questions and insights from reading the text 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 texts speak to us in our time and lives. In addition, the sessions are great preparation for getting more out of the Sunday Messages!

SPIRITUAL EXPLORATION RETURNS IN JULY!!!

Our next Spiritual Exploration unit - and final one until the fall - begins in late July.

“SO WHAT EXACTLY *IS* THE HOLY SPIRIT ANYWAY?!”

Tuesdays: July 21 and 28; August 4, 11 and 18

7:00-8:15 pm on ZOOM

While we commonly talk about God and Jesus, we Christians tend to spend less time talking about what theology identifies as the “third person of the Trinity” – the Holy Spirit.

As the Christian calendar indicates we are still in the Season of Pentecost – the marking of the Holy Spirit being conferred on the members of the first Christian community in Jerusalem as described in the Book of Acts – until the start of Advent, during this five-week unit we will examine some of the ways the Bible and Christian theology present and attempt to understand the Holy Spirit. And as always, we will explore how participants understand and have experienced it in their lives.



Music



Sanibel Congregational United Church of Christ Chancel Choir with Suncoast Brass
Mackenzie Albert, Music Director and Conductor

Jazz and Americana Concert July 4th on Sanibel

Sanibel, Florida – The community is welcome to a free concert anchored by jazz master Dave Brubeck's *To Hope: A Celebration* on July 4th at 4pm at Sanibel Congregational United Church of Christ. The concert will feature classical and jazz selections from Dave Brubeck's celebration of hope, unity, and peace in honor of the 250th Anniversary of the United States, plus presentations by the Sanibel Slackers Jazz Trio and the Fort Myers Curtain Call Americana Youth Singers.

"Singers and musicians from across the region will join the SCUCC Chancel Choir to bring something totally unique to Sanibel's 4th of July festivities," said Mackenzie Albert, Music Director and conductor. "Reviews credit Dave Brubeck's *To Hope: A Celebration* with seamlessly weaving the improvisational freedom of jazz with classical fugues and the uninhibited joy of gospel."

"Bobby Kunkle, Sanibel Slackers Jazz Trio leader and Worship Pastor at Sanibel Community Church, brings deep musical experience spanning a rich career as a performer, composer, and arranger," added Albert. Kunkle toured on keyboards with the Grammy-winning band Mannheim Steamroller for 10 years.

"Curtain Call Americana Singers is composed of junior and senior high students preparing for musical careers," said Kelly Johnson, youth choir director and Curtain Call Studios owner. Curtain Call Studios is a leading training center in Fort Myers for musical theater, including singing, dancing, acting, and piano. The Curtain Call program will include *This Land is Your Land* by Woodie Guthrie, *God Bless the USA* by Lee Greenwood, and *Blue Skies* by Irving Berlin.

"The SCUCC music program brings a wide and sophisticated range of musical genres to the community over the course of the year," added Senior Minister the Rev. Dr. Mark Boyea. "Whether it's Sunday morning worship or special concerts, everyone is warmly welcome."

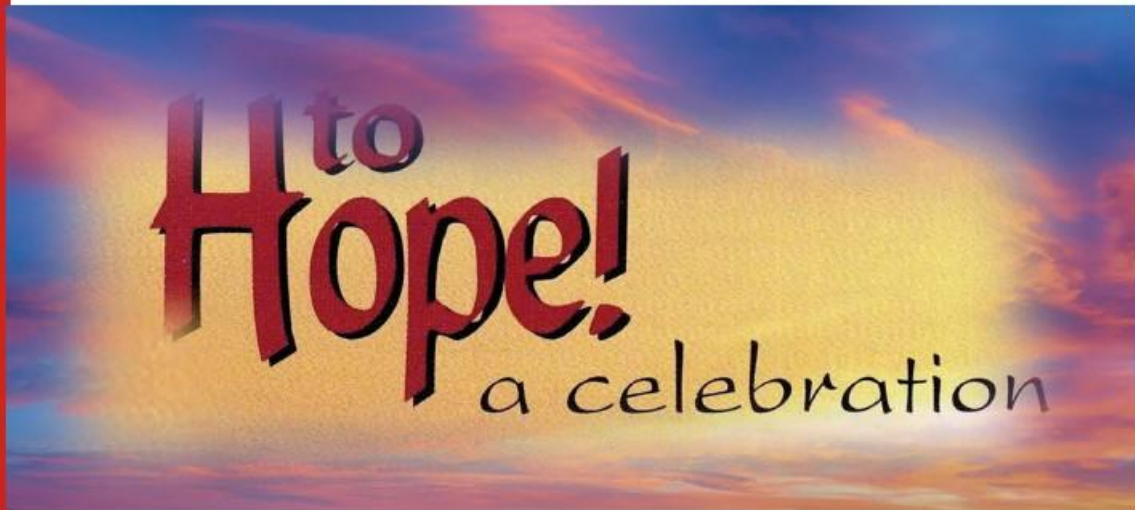
SCUCC is centrally located on Sanibel Island at 2050 Periwinkle Way. The concert is free to the public. The venue has excellent acoustics, abundant on-site parking, and easy accessibility.

SCUCC is known for the annual Christmas Eve Service on Lighthouse Beach, distinguished Sunday preaching integrated with exceptional musicality, and hosting top flight music professionals and concert series, such as Sanibel Music Festival. For more information, go to SanibelUCC.org.

MUSIC@SCUCC

presents

July 4 4:00 PM - 5:00 PM
Classical and Jazz Selections from
Dave Brubeck's



In honor of the 250th Anniversary of the United States, the community is welcome to a free concert featuring jazz master Dave Brubeck's celebration of hope, unity, and peace, plus **Sanibel Slackers Jazz Trio and Curtain Call Americana Youth Singers.**

Learn more about the 2026-2027 Music@SCUCC concert series at SanibelUCC.org

SANIBEL
CONGREGATIONAL
**UNITED
CHURCH
CHRIST**

2050 Periwinkle Way, Sanibel, FL 33957
239-472-0497 Free will offering

Mackenzie Albert
Director of Music



From Our Moderator

“The Lord has done great things for us, and we are filled with joy.”

– Psalms 126:3

“Where have you seen God at work in our community?”

We are blessed because God has been working with our Trustees and administration every month. And, we have had a busy month in June, all of it positive!

We completed our review of contractor proposals for the reconstruction of the first floor and have submitted our plans to the City of Sanibel for acceptance and their issuing of the appropriate permits. We anticipate completing the construction in October.

Our Memorial Garden specifications for the building of the Memorial Garden Chapel, whose plans you saw at the 40th Anniversary celebration, were completed, and a contractor selected. We are submitting our plans to the City of Sanibel for acceptance and their issuing of the appropriate permits. We anticipate completion in December, when most of our congregation will have returned for the season.

The Hurricane Committee met and Trustee Carl Smigel walked us through the process of preparing the church campus for that potential. We operated one of the inflatable vinyl seals for the downstairs elevator doors, which inflates with a small pump like an inflatable mattress. Each seal is tailor-made to fit each of our two elevator doors. In addition, we have large sandbags from last year that will be used to further protect the bottom of each elevator door.

Finally, volunteering in a church activity that interests you will greatly benefit both you and the church. For example, helping with Sunday Fellowship Time is a good start, especially during the summer months. It could be as simple as contributing cookies or fruit, helping to set up tables, or helping to clean up and put things away. Other ways to volunteer could be assisting our Deacons and committees in one of their many other supporting areas. Please contact one of our lay leaders for other ideas.

**Rejoicing in the day the Lord has given us,
Frank Palaia, Moderator**



Healthy Happenings

Morning Sunlight

When people think about protecting their brain health, they often focus on crossword puzzles, supplements, exercise, or eating healthy food. While all of those strategies can play an important role, emerging research suggests that one of the most powerful tools for supporting long-term cognitive health may be something most of us have access to every single day: **Morning sunlight**.

This is a simple, evidence-based habit that everyone can realistically incorporate into their daily routines. You may be surprised to learn that one of the most impactful habits for supporting healthy aging, cognitive performance, sleep quality, and even dementia prevention may be as simple as stepping outside within the first hour after waking.

Recent research continues to strengthen the connection between morning light exposure and long-term brain health. In fact, large population studies have found that regular daytime sunlight exposure, particularly early in the day, is associated with a significantly lower risk of developing dementia later in life.

Deep within the brain sits a tiny structure called the suprachiasmatic nucleus, or SCN.

Often referred to as the body's "master clock," the SCN coordinates the timing of countless biological processes, including:

- Sleep and wake cycles
- Hormone production
- Body temperature regulation
- Metabolism
- Cognitive performance
- Mood

The SCN relies heavily on one primary signal to determine what time it is: **Light**.

When sunlight enters the eyes shortly after waking, specialized cells in the retina send signals directly to the SCN, informing the brain that a new day has begun. This seemingly simple process triggers a cascade of beneficial physiological events throughout the body.

One of the first effects of morning sunlight is a healthy increase in cortisol. While cortisol often gets a bad reputation as the body's stress hormone, it serves an important purpose when released at the right time. In the morning, cortisol helps:

- Increase alertness
- Improve focus
- Support energy production
- Prepare the body for daily activity

Morning sunlight also supports healthy dopamine activity. Dopamine plays an essential role in:

- Motivation
- Learning
- Attention
- Mood
- Goal-directed behavior

Together, these natural hormonal shifts help create the feeling of being awake, alert, and mentally prepared for the day.

Researchers increasingly recognize that one of the greatest threats to long-term cognitive health is chronic circadian disruption. The circadian rhythm is the body's internal 24-hour clock that regulates nearly every major biological process.

When this rhythm becomes disrupted through inconsistent sleep schedules, excessive evening light exposure, shift work, or inadequate daytime light exposure, the consequences can extend far beyond poor sleep. Research has linked circadian disruption to:

- Cognitive decline
- Depression
- Metabolic dysfunction
- Cardiovascular disease
- Increased dementia risk

Scientists now believe that years of circadian misalignment may contribute to structural changes in the brain that precede neurodegenerative diseases such as Alzheimer's. This is why the timing of light exposure matters. Morning light helps

anchor the circadian rhythm, ensuring the brain receives consistent signals about when to be awake and when to rest.

One of the most fascinating reasons morning sunlight may protect brain health involves what happens many hours later, during sleep. Exposure to bright natural light shortly after waking helps suppress daytime melatonin production and programs its release approximately 12 to 14 hours later. This creates stronger circadian alignment and often leads to:

- Faster sleep onset
- More consolidated sleep
- Improved sleep efficiency
- Increased slow-wave sleep



Slow-wave sleep is particularly important because it is during this stage that the brain performs one of its most critical maintenance functions.

For decades, scientists wondered how the brain cleared waste products. The discovery of the glymphatic system provided the answer. The glymphatic system functions as the brain's internal cleaning network. During deep sleep, it becomes significantly more active and helps flush out metabolic waste that accumulates throughout the day. This includes proteins such as:

- Beta-amyloid
- Tau

These proteins are strongly associated with the plaques and tangles observed in Alzheimer's disease and other forms of dementia. When sleep quality suffers, the brain's ability to remove these substances may become compromised. By improving circadian alignment and supporting deeper sleep, morning sunlight may indirectly enhance the brain's ability to perform this essential cleaning process.



Another important concept in healthy aging is cognitive reserve. Cognitive reserve refers to the brain's ability to withstand age-related changes and continue functioning effectively despite challenges. Individuals with greater cognitive reserve often demonstrate:

- Better memory retention
- Greater mental flexibility
- Delayed onset of cognitive symptoms
- Improved resilience to neurological changes

Research suggests that consistent healthy habits throughout life contribute to maintaining cognitive reserve. Morning sunlight appears to support several of the factors involved, including:

- Sleep quality
- Mood regulation
- Physical activity
- Circadian stability

Taken together, these benefits may help preserve brain function over time.

Sunlight also plays a role in vitamin D production. Vitamin D receptors are found throughout the brain and nervous system, and researchers continue to investigate how vitamin D status influences cognitive health. Low vitamin D levels have been associated with:

- Cognitive decline
- Depression
- Poor neurological function
- Increased dementia risk

While sun exposure should always be balanced with appropriate skin protection considerations, regular outdoor time may contribute to maintaining healthy vitamin D levels and supporting overall brain health. The good news is that you do not need to spend hours outdoors to experience benefits. Start with small, manageable changes. Even a brief walk shortly after waking can provide meaningful light exposure while also promoting movement. Ten to thirty minutes is often sufficient.

Take Morning Coffee Outside

Those who enjoy coffee or tea can simply sit outdoors while drinking it. This habit pairs an existing routine with a new healthy behavior.

Open the Curtains Immediately

While outdoor light is typically most effective, opening blinds and curtains immediately upon waking may help reinforce the body's internal clock. If you can't go outside, sit by a sunny window and read or just sit and enjoy the sunlight like a cat basking in the sun.

Combine Light with Other Healthy Habits

You can pair morning sunlight with:

- Journaling
- Reading
- Stretching
- Gratitude practices
- Morning prayer

Habit stacking often improves long-term consistency.

One of the most encouraging aspects of this research is its accessibility. Many health interventions require significant time, money, or specialized equipment.

Morning sunlight is different. It is free. It is simple. It takes only minutes.

And yet its effects ripple throughout multiple systems of the body, influencing sleep, hormones, mood, cognition, and potentially long-term neurological health.

The growing body of research on morning sunlight exposure highlights an important truth: some of the most powerful health interventions are often the simplest. Stepping outside within the first 30 to 60 minutes after waking, helps regulate circadian rhythm, improve sleep quality, support the brain's natural waste removal system, maintain cognitive reserve, and potentially reduce their risk of future cognitive decline.

Brain health is not built through one dramatic action but through small, consistent habits practiced day after day. Sometimes protecting the brain begins with a puzzle, a

workout, or a healthy meal. And sometimes it begins with simply stepping into the morning sun.

*From the National Society of Health Coaches article on: How Morning Light May Help Protect the Brain

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

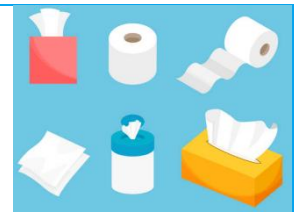


Isaiah 60:1

Arise, shine, for your light has come, and the glory of the Lord rises upon you.



From the Green Team



The Issue with Tissue: Toilet and Tissue Paper

Few people give much thought to how their toilet paper or other tissue products are made. So most of us probably don't realize that the average American household uses more than 100 pounds of tissue paper annually or that, to make these paper products, companies are purchasing fiber that comes from trees logged in climate-critical forests. Research and sustainability scorecards illuminate the serious environmental impacts that some of the most popular U.S. tissue brands are having on forests, as well as the steps consumers can take to make the most sustainable choices.

These personal actions can add up: According to the [Environmental Paper Network's Paper Calculator](#), if every American swapped just one roll of toilet paper made from forest fiber for a roll made from recycled content, we'd collectively save more than one billion gallons of water and 1.6 million trees and avoid nearly 800 million pounds of climate-warming pollution—equivalent to taking more than 72,000 cars off the road for a year. Here's where to start.

- Understand why tissue paper production is harmful to our forests and planet
- Buy the best toilet paper, paper towel, and facial tissue brands
- Skip the worst toilet paper, paper towel, and facial tissue brands
- Reduce your household use of toilet paper, paper towels, and facial tissues
- Demand accountability from corporations and lawmakers

Understand why tissue paper production is harmful to our forests and planet

U.S. consumers need only look north to see the effects of paper production on our environment. The world's largest intact forest, the [Canadian boreal](#), is being cut down at an alarming rate—more than 1 million acres per year—in part, to feed consumer demand for paper products. And much of that demand comes from the United States. In 2024, it accounted for [67 percent](#) of all of Canada's pulp and paper

exports, which are then used by some of the biggest household brands for everything from paper towels to toilet paper.

The Canadian boreal trees, soils, and peatlands store massive amounts of carbon - gases that get released into the atmosphere when trees are cut down. A recent report by NRDC and our partners found that logging is the third highest-emitting sector in Canada, behind only oil and gas production and the transportation sector.

In addition to robbing the planet of one of its most important defenses against climate change, widespread industrial logging destroys and degrades wildlife habitat. In the boreal, it also threatens the lands and ways of life of many Indigenous communities.



Buy the best toilet paper, paper towel, and facial tissue brands

Luckily, there are plenty of competitively priced varieties of tissue paper with minimal impact on forests. We've assigned grades to all the major U.S. brands of toilet paper, paper towels, and facial tissues. This includes house brands at leading supermarkets and brands that promote more sustainable practices, many of which were launched in only the past five years. Here's what the highest scores mean for shoppers:

- **A+ grade:** These tissue paper products are made entirely of recycled material, use a chlorine-free bleaching process, and have the highest percentage of postconsumer recycled paper, which diverts waste from the landfill and promotes a more circular economy. (The alternative—pre-consumer recycled content—is largely scrap and excess raw material collected during the manufacturing process. While a step in the right direction, it does less to offset waste.)

Some of the highest-scoring toilet paper brands are 365 by Whole Foods Market 100% Recycled, Green Forest, Natural Value, and Trader Joe's. Georgia-Pacific's Aria toilet paper is a leading example of rapid market

transformation: This brand made a historic leap last year, from an F to an A+, by ditching forest fiber for fully recycled content.

- **A grade:** Grades of A go to tissue brands that also contain 100 percent recycled content but a lower percentage of postconsumer recycled paper. Toilet paper brands in this category include Everspring by Target, Seventh Generation Extra Soft & Strong, Simple Truth by Kroger, and Who Gives a Crap 100% Recycled.
- **B+ or B grade:** Many of the brands that received a B+ or B are part of the growing market of bamboo-based tissue products. While bamboo is less environmentally friendly than recycled material and can be problematic if a bamboo plantation was established by clearing a natural forest, its use has generally been a positive step for the tissue paper sector. A fast-growing plant, bamboo has a much smaller land use and carbon footprint than Northern Bleached Softwood Kraft fiber, the form of wood pulp commonly used in tissue. Some toilet paper brands with this grade include: Amazon Aware, Caboo, PlantPaper, Reel Paper, and Who Gives a Crap Premium 100% Bamboo.

Skip the worst toilet paper, paper towel, and facial tissue brands

Of course, you also want to avoid the worst culprits. Here's what a failing tissue paper grade means.

- **D and F grades:** Most brands that get a D or F on our scorecard rely entirely (or almost entirely) on forest fiber for their products, and many use harmful bleaching processes. Data from the Environmental Paper Network shows that toilet paper made from forest fiber has nearly double the climate impact and uses significantly more water than toilet paper made from recycled content.

The gap is even wider for paper towels and facial tissue: Those made from forest fiber have more than two and a half times the climate impact and use about 90 percent more water than their recycled-content counterparts. Some of the most egregious examples are the flagship brands of the “Big Three” U.S. tissue producers - Georgia-Pacific, Kimberly-Clark, and Procter & Gamble. Their products include Angel Soft, Charmin, Cottonelle, and Quilted Northern.

Reduce your household use of toilet paper, paper towels, and facial tissues

Aside from making better brand choices, you can also work to reduce your overall consumption of tissue paper products. Here are a few simple ways.

- **In the kitchen:** Keep rags or cotton based Swedish dishcloths beside your sink to use instead of paper towels.
- **Around the house:** Replace paper napkins with cloth versions and one-and-done facial tissues with handkerchiefs and washcloths, which you can wash and reuse.
- **In the bathroom:** Consider buying a bidet or bidet toilet seat attachment, which are becoming more popular. These help cut down significantly on the use of toilet paper.

Demand accountability from corporations and lawmakers

And finally, you can help push for broader and more rigorous forest protections. Despite the steady degradation of forests like the boreal in Canada, leading tissue brands stubbornly maintain their unsustainable approach to tissue paper production. Bounty, Charmin, and other brands continue to be manufactured using methods that have changed little since the 20th century and still rely almost entirely on forest fiber. And most of the innovations the companies do pursue relate to marketing.

Take, for example, the Charmin Forever Roll, which is sold in a roll so oversize, it requires its own holder stand, yet it's made from the same unsustainable materials as the company's standard rolls. Meanwhile, these companies perpetuate misleading claims that their products support healthy forests. It doesn't have to be this way: These businesses have vast research and development budgets that they could leverage to create soft, strong, and sustainable tissue products.

The good news is that as companies find themselves facing increasing scrutiny, they're starting to acknowledge some of their responsibility to shift business as usual. For example, in addition to the decidedly unsustainable Forever Roll, Procter & Gamble also sells a line of Charmin Ultra Bamboo toilet paper.

This Forest Stewardship Council–certified product line relies on rapidly renewable bamboo fiber and received a B grade on our scorecard (the first time one of its products broke out of the F category). And in 2024, Kimberly-Clark—owner of Kleenex, Cottonelle, and Scott—responded to consumer pressure by announcing its intention to eliminate natural forest fiber from its entire product line, meaning it would avoid sourcing from some of the most ecologically important parts of the boreal. It also set commitments to avoiding deforestation and reducing the impacts of natural forest degradation.

Mobilized by environmental groups like NRDC, consumer advocacy played a big part in Kimberly-Clark’s pledge to do better, and the call for broader changes is growing louder. You can help us move the needle further. Here’s how:

- **Spread the word:** Share articles such as this with friends and family. You can also call out failing brands publicly.
- **Use your consumer power:** Ask your local store’s manager to stock more sustainable options and use our scorecard as your guide.
- **Speak up:** Call on tissue companies directly to change their practices. Support stronger regulations that protect forests and respect the rights of Indigenous Peoples.

This NRDC.org story is available online. From an article by Courtney Lindwall.
<https://www.nrdc.org/stories/best-worst-tissue-brands>

Linda Graf
Green Team Committee



Women's Group Inquiry

To All SCUCC Women Members and Friends,

Carol Good, Catrina Drotleff, and I are thinking about organizing a Women's Group at church. Some of you have already expressed interest and asked if we would look into getting something started.

The function of the group would be up to you! We have been considering several directions, such as:

- Social: An opportunity to gather and talk.
- Mission-oriented: Working together to help a group in need.
- Spiritual: Featuring a pertinent speaker or program.
- Just for fun: Simple gatherings like a tea party, a rummage sale, or a book review.

This kind of group has been missing since Ian, and we feel it's time to get back into the swing of things. Many of you may remember Sanibel Women in Mission (SCWIM), and we would love to see a similar community flourish again.

We would like to hear your thoughts and ideas on what you would like this group to be. Please let us know if you are interested and what types of activities appeal to you most. Send an email with your comments and suggestions to: office@sanibelucc.org.

Best regards,
Barb Cecala

Monthly Pledge Update

May Activity	\$50,003.85
YTD Balance	\$377,639.78
Budget YTD	\$430,573.00
Previous YTD	\$440,263.10

**Full financial reports can be found in the
Member Access section of the website.**



Fellowship Time

Please Consider Volunteering

Please consider volunteering your time to assist with 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 you have any questions concerning volunteering, please reach out to Shirley Akins at **akinsteach@gmail.com**.

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!**



Artist of the Month (July)

Michele Geller, Cape Coral, FL

Continues her showing for the month of July



Artist Statement

Creating art is a life passion of mine and my studio is my happy place. Nature and animals inspire me, and I love recreating the beauty of nature in a new and modern way. My medium of choice is oil and acrylic paints, but I also paint in watercolor depending on the aesthetic I am looking for. I love adding a bit of realism to an abstract background. My body of work is an eclectic grouping of landscapes, ocean scenes, aquatica, florals, animals and pets. At the end of the day, I want my art to make people happy and invoke a calming emotion.

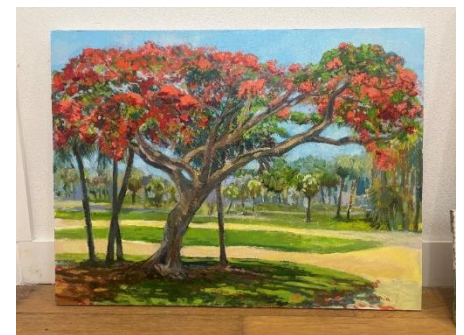


Artist of the Month (August)

Atelier Antonia, Sanibel, FL

Antonia Crook is a painter, educator, and licensed mental health counselor based in Sanibel, Florida. Born in Tallahassee, she earned her BFA from the Art Institute of Chicago and her MFA from Florida State University. She has taught painting, drawing, design, and art history at institutions in Florida, Pennsylvania, and Texas, working with students from preschool through college.

Antonia's art is deeply influenced by a lifetime of travel and cultural immersion. Having lived in London during much of her youth, she was motivated to work and travel in Russia, Italy, Spain, Vietnam, Micronesia, and the Caribbean. Antonia draws on these experiences to create work that reflects a deep reverence for nature and the richness of diverse traditions. Her paintings aim to evoke mystery, curiosity and connection to nature through vibrant color and light, observed from her immediate surroundings. For Antonia, Sanibel and Captiva mark a return to Florida, the islands' history and dedication to conservation providing a rich source of inspiration and artistic expression.



*Nature does not hurry, yet everything is accomplished.
Verse 29, Tao Te Ching*

From the Mission & Benevolence Committee

Please keep in mind that when schools close for summer, many families lose access to free breakfast and lunch programs, creating a gap in nutrition.

Your generous donation of non-perishable foods and snacks will help assist local families during this time. Items can be dropped off in the large oak donation box in our Church Narthex on Sunday mornings or to the Church Office between the hours of 9 am to 3 pm, Monday through Friday.

Our monthly cooperative food drive with Bat Yam will start again on September 16th.

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 fill out a form that can be found in the Narthex.

Include the date of the Worship Celebration for which you would like the flowers and include a dedication that will be printed in the bulletin on that date.

Special Request

If you are doing any cleaning and come across any vases you no longer use or want, please consider donating them to SCUCC.

They will be used for Fellowship, as well as for future events held in Fellowship Hall.



JULY BIRTHDAY 'CELEBRATIES'

July 1: Jackson Sprecher

July 4: Sharon Hannon

July 10: Ed Wheeler

July 12: Bruce Cramer, Ley Smith

July 13: Mary Paige Abbott, Neal Halleran, Ron Periard

July 14: Steve Day, Judy McBroom

July 15: Luke Crater

July 17: Mollie Lassy, Richard Waterhouse

July 18: Linda Bradbury Danner

July 19: Gene Hardy

July 20: Linda Winn

July 22: John Danner, Suzanne Nelson

July 23: Henry Glissman, Pete Halliday

July 28: Joanne Newcomb

July 29: Sylvia Chamberlin



Happy Birthday Everyone!

AUGUST BIRTHDAY ‘CELEBRATIES’

August 2: John Sprecher

August 6: Chester Pardee, Marcel Saghir

August 7: Jane Saghir

August 9: Mark Hanny

August 13: Lucille Peterson, Roger Thrifthauser

August 14: Gail Hanny, Gail Schongar

August 15: Elizabeth Eidem

August 17: Adrien Cater, Hazel Evans, Claudia Hennen,

Henry Humphrey, Barbara Weinberg

August 19: Edgar Burton, Madeleine Grabill

August 20: Nancy Ake, Nelson Bond

August 21: Mary Cavendish, Richard Konz

August 23: Peter Walcott, Lisa Whitman

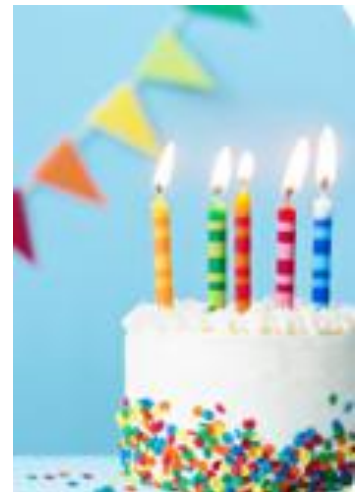
August 24: Jill Bugby, Thomas Dunham

August 25: Pam Rothmann-Cokes

August 26: Joyce Rand

August 30: Jack Lee

Happy Birthday Everyone!



Shell Point Men's Group July & August Luncheons

The Sanibel Congregational UCC Shell Point Men's Group will have its next monthly luncheon meeting on **Tuesday, July 14th at noon at the Palm Grill in the Woodlands Common**. The August luncheon meeting will take place on **Tuesday, August 11th at noon at the Palm Grill in the Woodlands Common**.

Please make reservations with Bruce Findley at bruce.findley@gmail.com.

Shell Point Women's Group

The Shell Point Women's Group Luncheons are finished until the fall. Please stay tuned for information regarding the next gathering.

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.

Stay Healthy This Summer!!

Join the Santiva Islanders with Mahnaz Bassir, for cardio & strength, Monday, Wednesday and Friday from 9:30 am – 10:30 am in Fellowship Hall.

SEPTEMBER 2026 SANIBEL LIGHT DEADLINE

A REMINDER: The Sanibel Light does not have a separate edition for August. This combined July/August issue means the next Sanibel Light offered will be the one for September 2026.

The deadline for submissions to the **September 2026** edition of the *Sanibel Light* is **Friday, August 21, 2026.**

Please send all submissions, as a Word document, to **Tammy Flatley, Church Administrator**, at tammy@sanibelucc.org



YOU'VE GOT PLANS: SANIBEL & CAPTIVA



**Sanibel and Captiva have so much to offer.
Please check out the websites for opportunities
and/or an event calendar.**

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



<https://sccf.org/events-programs/>



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



<https://fishofsancap.org/calendar/>

Celebrating America's 250th Birthday: July 4th Events on Sanibel Island

As America celebrates its 250th birthday, Sanibel Island invites residents and visitors alike to come together for a patriotic day filled with community spirit, island tradition, and red, white, and blue celebration. From longtime Fourth of July favorites to special events honoring this historic milestone in our nation's history, Sanibel will come alive with festivities for all ages throughout the day. Whether you're attending a parade, enjoying family activities, gathering with neighbors, or watching fireworks light up the island sky, this year's celebration promises to be a memorable tribute to America's semi quincentennial, right here on Sanibel.

Below is a list of permitted, city-sponsored, city co-sponsored and non-sponsored events happening on the island on Saturday, July 4th.

Sanibel Community Church July 4th Pancake Breakfast

Time: 7am-9am

Sponsored By: Sanibel Community Church-1740 Periwinkle Way

Contact Information: 239-699-8739

About: Before the day's patriotic festivities begin, the community is invited to gather for the beloved annual pancake breakfast hosted by Sanibel Community Church. This longtime island tradition brings neighbors, families, and visitors together for a warm and welcoming morning filled with pancakes, fellowship, and hometown spirit. Serving as the perfect kickoff to Sanibel's Fourth of July celebration, the breakfast offers a chance to connect with the community, enjoy a classic holiday meal, and fuel up before heading out to enjoy the parade, festivities, and fireworks later in the day.

Sanibel Independence Day Parade

Time: 9am

Sponsored By: Friends of Don and the City of Sanibel

Contact Information: 239-246-2981, Trish Phillips

About: Join us for the **Sanibel Independence Day Parade**, where locals and visitors line Periwinkle Way to cheer on creatively decorated cars and community groups. This event is hosted by Friends of Don. Please click [HERE](#) to download the application for entry.

Jerry's 4th of July Celebration

Time: 10am-2pm

Sponsored By: Jerry's Foods of Sanibel

Contact Information: 239-472-9300

About: Join Jerry's of Sanibel for food, facepainting and festivities in their parking lot during the parade!

Stars, Stripes & Sanibel Community Celebration

Time: 11am-2pm

Sponsored By: The Sanibel Recreation Center, 3880 Sanibel Captiva Road

Contact Information: 239-472-0345

About: After the parade ends, head on over to the **Sanibel Recreation Center** for an afternoon of true Americana celebration! **Stars, Stripes and Sanibel** kicks off at 11am and runs until 2pm. Food, snacks, treats and drinks will be served. They will be hosting the **Red, White and Blue Apple Pie Baking Contest**. To register for the baking contest, please click the link [HERE](#). Inflatables, music, swimming, entertainment, crafts and the island-famous water balloon fight with the Sanibel Fire District, makes this a must-not-miss event. Questions? Call 239-472-0345.

46th Annual Fourth of July Road Rally

Time: 12pm

Sponsored By: Friends of Randy-703 Tarpon Bay Road

Contact Information: 239-699-8739

About: Also following the parade, the fun continues with the Sanibel Island **Fourth of July Road Rally**, a playful, island-wide scavenger hunt-style event that invites participants to explore Sanibel in a uniquely interactive way with questions to answer.

July 4th Jazz Concert

Time: 4pm

Sponsored By: Sanibel Congregational United Church of Christ

Contact Information: 239-472-0497, 2050 Periwinkle Way

About: In honor of the 250th Anniversary of the United States, the community is welcome to a free concert featuring jazz master Dave Brubeck's celebration of hope, unity, and peace.

4th of July BBQ Buffet

Time: 5pm

Sponsored By: The Dunes, 949 Sand Castle Road

Contact Information: 239-472-3355

About: Join friends and neighbors at this annual event of food, music, and celebration!

Red, White and BOOM-Sanibel's July 4th Fireworks Display

Time: 9pm

Sponsored By: City of Sanibel

Contact Information: 239-472-3700

About: As the day winds down, the celebration shifts to the water and shoreline. Residents and visitors can take part in the City of Sanibel's Fourth of July Fireworks and grab a front-row seat on San Carlos Bay. The show is launched from the north end of Bailey Road and is visible from popular spots like the Sanibel Causeway, bayside beaches, and of course, by boat. The show begins around 9:00 PM and will be lighting up the night sky in a spectacular coastal celebration.

THE SANIBEL RECREATION CENTER PRESENTS

Saturday, July 4, 2026 ★ 11:00am-2:00pm
3880 SANIBEL CAPTIVA ROAD-SANIBEL, FL

Bank of The Islands
Your Island Bank

Sanibel Tropical

For a Full List of July 4th Events on Island

SCAN

Sanibel Captiva COMMUNITY BANK

A little adventure

islander

Love of Love Island

Celebrate with us at this AMAZING Community event!

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Food - Drinks - Treats - Games - Face Painting
Photo Booth - Swimming - Community Partner Activity Tables -
HUGE Inflatables and the
Annual Water Balloon Showdown with the Sanibel Fire District

**RED, WHITE AND BLUE
RIBBON APPLE PIE CONTEST**
at the Sanibel Recreation Center
Saturday, July 4th 11:00am



Nothing says **Happy 250th Birthday America** quite like apple pie! Join us on July 4th for a slice of all-American fun as local bakers bring their best homemade creations to the table.

From classic recipes to creative twists, it will be the sweetest competition on the island.

Free to Enter - Limited to 12 Bakers - Ribbons and Bragging Rights to the Winners!

REGISTER HERE 

Questions? 239-472-0345

Don't miss the Sanibel Community House Indoor Family-Friendly Arts & Crafts Fair!

Shop and browse all kinds of handcrafted treasures from talented local artists and makers, including: Fine Art, Pottery, Handcrafted Jewelry, Greeting Cards, Tropical Décor, Hand-Sewn Crafts, Clothing & Accessories, Delicious Baked Goods, and much more.

Free and open to the public. Free parking is available at the Community House. Join us for a fun, holiday weekend stop the whole family will enjoy!

Back by popular demand July 5



August Wine Pairing Dinner – Celebrating America 250 with American Wines

SCHEDULE	LOCATION
Wed, 12 Aug, 2026 at 05:30 pm UTC-04:00	1451 Middle Gulf Dr, Sanibel, FL, United States, Florida 33957 Sanibel, FL



FOUR COURSE WINE PAIRING DINNER
Celebrating America 250 with American Wines



BITS & BOBS

Giving is Easy:

1. There are links to PayPal and Venmo on the church's homepage (www.sanibelucc.org).
2. Automatic Payment Program (ACH) is available. To sign up, please send a request by email to terri@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