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| The Sanibel Light | | |  | A red sign with white text  Description automatically generatedFebruary 2024 Volume 56 Issue 2 |
| Heart-shaped blurry lights | | |  | In this issue  Installation of SCUCC Senior Minister Rev. Dr. Mark Boyea  Homecoming  Our return to the newly Renovated Sanctuary  Healthy Happenings  Gut Health  Green Team  Can We Build Back Greener |
| 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**

**Hi…**

**Forty.**

**It’s a number that, like three and seven, appears frequently in the Bible and holds significant symbolic importance. In many cases, it basically means “*the necessary time”*, or “*the right time”*. The Israelites wandered in the desert for *the necessary time* before they were ready to enter their new homeland. Jesus was tempted in the wilderness until “*the right time”* for him to begin his public ministry.**

**This year, our theme for the sacred season of Lent is *These 40 Days*, which, when the symbolism of the Bible is taken into account, translates as “*this right time”*. So, the, as we journey together through Lent this year, I invite you to consider a question:**

**What is this *your* “right time” for? What is it the “necessary time” for in *your* life?**

**What in your life, particularly your spiritual life, is it the *“right”*, the “*necessary*” time for? Is it the necessary, the right time for you to close your door and spend more time alone in prayer or meditation? The time for you to stand up for a particular cause on behalf of God’s people in need? The time for you to step forward and repair a relationship that is become frayed or completely broken? The time for you to answer a call which God has placed on your heart and in your spirit?**

**During ‘*These 40 Days”*, do it. Whatever it is, if it is for the purpose of bringing you closer to God, or another person, or helping a person or group in their struggle to know a better life, do it. Or at the very least, start out on the journey as we make the journey of Lent together. Knowing that, as we do with Lent, at the end of the journey is new life.**

**And do it, remembering and being inspired by the *forty days* we have spent together in the wilderness as a congregation since Ian, a time which now has us – like our ancient Israelite spiritual ancestors, ready to enter our new “*homeland” –* our rebuilt Sanctuary.**

**Whatever it is, let this Lent be the time. *The necessary time*. *The right time*.**

**Blessings,**

**Mark**

**Rev. Dr. Mark Boyea**

**Senior Minister**

**Blessings,**

**Mark**

**Rev. Dr. Mark Boyea**

**Senior Minister**

**INSTALLATION & HOMECOMING**



***SAVE THE DATE!!!***

***SUNDAY, FEBRUARY 18, 2024***

***10:00 AM***





***Join us on Sunday, February 18 at 10am for the celebration of:***

***The formal INSTALLATION of Rev. Dr. Mark Boyea as SCUCC Senior Minister***

***And…***

***Our official HOMECOMING return to the renovated SCUCC Sanctuary***

***During that morning’s Worship Celebration, we will join together in marking both Dr. Boyea’s Installation and the Dedication of our renovated Sanctuary.***

***Leading the Installation that day will be Rev. Latrell Harrison, Associate Conference Minister of the Florida Conference of the United Church of Christ to which we belong. We will also be joined that day by Mark’s longtime close friend and colleague, Rev. Nancy McHugh, Minister of Dennis Union Church of the UCC in Dennis, MA, who will deliver the morning’s Message.***

***A reception in celebration of both will take place immediately after the conclusion of the Worship time.***

***We hope that you will be here that day for this momentous occasion in the life of our spiritual community.***

**WORSHIP NOTES**

**We celebrated the Sacrament of Communion as a spiritual community for the first time in 2024 on Sunday, January 7.**

**On Sunday, January 14, we remembered the life and work of Rev. Dr. Martin Luther King, Jr., and the vital place of justice and equality in our spiritual tradition.**

**Then, on Sunday, January 21, UCC Florida Conference Minister, Rev. John Vertigan, was our guest during Worship. Rev. Vertigan offered us a message of greeting, encouragement, and appreciation for our efforts at rebuilding our campus, but more importantly, remaining a vital spiritual community post-Ian.**

**Finally, Sunday, January 28 was both *“Ask the Minister”* and *“Annual Meeting”* Sunday. During Worship, Mark once again addressed several of your theological, biblical, and spiritual questions during the time normally devoted to the Message. As always, the questions were insightful, thoughtful, and meaningful.**

**Then following Worship, we joined together for our *“Annual Meeting”*, where we reviewed 2023, as well as discussed and approved the 2024 budget and slate of lay leaders.**

**Congratulations and deep appreciation to all who were elected to serve on our boards and committees, especially our new Moderator and Vice Moderator, Neal Halleran and Kathy Monroe. And, of course, blessings and enormous thanks to our outgoing Moderator, Diana Day, who led us through such a complicated and trying, yet deeply hopeful and encouraging year.**

**In February, the big news of course is that we will return to Worship in our renovated Sanctuary! We are hopeful that will take place on Sunday, February 4, but on Sunday, February 11 if not.**

**Regardless of whether we are in the Sanctuary or not, we will join together for the Sacrament of Communion on Sunday, February 4.**

**Then, on Wednesday, February 14, we begin the sacred season of Lent with an Ash Wednesday commemoration of readings, music from Dr. Albert and the SCUCC choir, a Reflection from Mark, and the distribution of ashes at 7pm in the Sanctuary.**

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**FEBRUARY SPECIAL EVENTS AT SCUCC!!!**

**February is going to be quite a month at SCUCC!**

**On Wednesday, February 7 at 5pm, as part of our Homecoming festivities, the Green Team is sponsoring a joint potluck with Bat Yam. Read more about those details in the *“From the Green Team”* part of this edition of the *Light*.**

**Then, on Sunday, February 18, we will celebrate Mark’s official Installation as SCUCC’s Senior Minister as well as our Homecoming return to the Sanctuary. Florida Conference of the UCC Associate Conference Minister Rev. Latrell Harrison will join us that morning to lead the formal Installation part of Worship, while Mark’s long-time friend and colleague, Rev. Nancy McHugh, Minister of Dennis Union Church in Dennis, MA will be our guest, Preacher. In addition, the morning’s Worship will include a brief rededication of the Sanctuary.**

**A special reception to mark this important occasion in SCUCC’s history will follow.**

**Please note the special announcement regarding the day in this edition of the Light.**

**Finally, one change in the February schedule. The *Pulpit Exchange* weekend originally scheduled for February 23 and 25 has been rescheduled to March 15 and 17.**

**On Friday evening, March 15, Mark will preach at Bat Yam’s Shabbat service, while on Sunday, March 17, Rabbi Sunny Schnitzer will preach at SCUCC’s Worship celebration.**

**This also means that the *Lunch and Learn* sponsored by the Green Team and including Bat Yam, originally scheduled for after SCUCC’s Worship on February 25, is also rescheduled for Sunday, March 17 immediately following our Worship time.**

**More on that event elsewhere in this edition of the Light.**





**LENT BEGINS WEDNESDAY, FEBRUARY 14!**

**Yes, we *did* just finish Advent and Christmas. But with Easter being on March 31 this year, the sacred season of Lent starts with an Ash Wednesday commemoration of readings, music from Dr. Albert and the SCUCC Choir, a Reflection from Mark, and the distribution of ashes at 7pm on February 14 in the Sanctuary.**

**2024 LENTEN THEME – *“THESE 40 DAYS”***

**Noah and his family endure 40 days and nights of rain in the ark. The Israelites wander in the desert for 40 years. David and Solomon each reign as King of Israel for 40 years. Jesus spends 40 days and nights in the wilderness being tempted by the devil.**

**The 40 days of Lent.**

**The number 40 appears consistently throughout the Bible and the Christian tradition. It is one of those numbers, like 3 or 7, that holds both literal and symbolic meaning. Each Sunday morning during Lent, *with the exception of Homecoming and Installation Sunday on February 18*, we will explore one of those passages in which the number 40 appears, focusing both on its meaning for the time and place it was written, and for the 40 days of our journey together through the season of Lent that leads to the celebration of Easter.**

**SPIRITUAL GROWTH OPPORTUNITIES**

**BIBLE STUDY**

**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 February, Bible Study will meet on the following dates:**

**Thursdays, February 1, 8, 22 and 29**

***Bible Study continues to be held on Zoom only for now.***

**SPIRITUAL EXPLORATION**

**Our first Spiritual Exploration Unit for 2024 continues!**

***“Word and Deed: Ethical Living in the Book of James”***

**Tuesdays: February 6 and February 13 (if needed)**

**7:00-8:15pm on Zoom only.**

**It is considered the New Testament’s “*Manual for Ethical Christian Living”*.**

**During this unit, we are exploring the book of James – closely examining the text, as well as James' sense of what it means to engage in what Buddhist’s call “*right action”* from a Christian perspective when it comes to our daily lives and the society, we are part of.**

**As always, you will receive the information you need to join in on these sessions, as well as any advance reading you may be asked to do, on Monday afternoons.**

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**HEALTHY HAPPENINGS**



**What Is Your Gut Telling You?**

**"There are 10x more microbial cells in the human gut than in the whole human body, totaling roughly 100 trillion microbes, representing as many as 5,000 different species and weighing approximately 2 kilograms.” -National Institutes of Health**

**The gut microbiome is incredibly important for overall health and wellness. It shapes the well-being of our bodies in profound ways. So, it is important that we understand what it is, why it is important, and how we can support our gut health.**

**The gut biome, comprised of trillions of microorganisms such as bacteria, viruses, and fungi, is a bustling ecosystem residing in the digestive tract. This dynamic community plays a pivotal role in several essential bodily functions, making it a key support for overall health.**

**Digestive Health: The most evident role of the gut biome is in digestion. A balanced gut microbiome is essential for maintaining digestive harmony which includes nutrient absorption, energy production, and waste elimination.**

**Immune System Support: A significant portion of the immune system resides in the gut. A diverse and balanced microbiome helps modulate immune responses, protecting the body against infections and chronic diseases. The intestinal tract is the largest immune system organ, with about 80% of your immune-producing cells living there.**

**Mental Health Connection: Recent research has unraveled the gut-brain axis, highlighting the bidirectional communication between the gut and the brain. A healthy gut microbiome has been associated with positive mental well-being, while imbalances may contribute to conditions like anxiety and depression.**

**Metabolic Regulation: The gut biome plays a crucial role in metabolism, influencing weight management and blood sugar control.**

**People with an unhealthy gut biome may experience a range of symptoms that can manifest in different parts of the body. Here are some common symptoms associated with an unhealthy gut biome:**

**Bloating and Gas: Excessive gas and bloating after meals may indicate an imbalance in the gut microbiome, affecting the breakdown of food.**

**Constipation or Diarrhea: Irregular bowel movements, whether constipation or diarrhea, can be signs of an unhealthy gut.**

**Increased Food Sensitivity: Development of sensitivities or intolerances to certain foods may suggest an imbalance in the gut microbiome, affecting the digestive process.**

**Anxiety and Depression: The gut-brain axis plays a role in mental health. Imbalances in the gut microbiome can contribute to symptoms of anxiety and depression.**

**Acne or Eczema: Skin conditions may be linked to an unhealthy gut, as imbalances can affect inflammation levels and the body's ability to detoxify.**

**Increased Inflammation: Chronic inflammation associated with an unhealthy gut biome may contribute to the development or exacerbation of autoimmune conditions.**

**Weight Gain or Difficulty Losing Weight: The gut microbiome influences metabolism and the body's ability to manage weight. Imbalances may contribute to difficulties in weight management.**

**Low Energy Levels: An unhealthy gut can affect nutrient absorption, leading to deficiencies that may contribute to fatigue and low energy levels.**

**Inflammation in Joints: Inflammatory responses triggered by an imbalanced gut microbiome may contribute to joint pain and discomfort.**

**Cravings for Unhealthy Foods: Imbalances in the gut microbiome can influence dietary preferences, leading to cravings for sugary and processed foods that may further disrupt the gut.**

**Insomnia or Poor Sleep Quality: Disruptions in the gut-brain axis can affect sleep patterns and lead to difficulties in falling or staying asleep.**

**It's important to note that these symptoms can vary from person to person, and not all individuals with an unhealthy gut biome will experience the same set of symptoms. Additionally, these symptoms may also be indicative of other health conditions. Working collaboratively with physicians, dietitians, and health coaches can ensure a comprehensive approach to improving gut health and overall well-being.**

**Let's explore strategies you can implement to cultivate and maintain a flourishing gut microbiome.**

**Diverse Diet: Consume a diverse range of fruits, vegetables, whole grains, and lean proteins. A varied diet provides different types of fibers and nutrients that nourish different strains of beneficial bacteria. Think colorful, with a variety of fruits and vegetables. Slowly add fiber-filled foods, both soluble and insoluble to your diet.**

**Maintain a regular eating schedule. Try to eat your meals at about the same time each day and avoid eating late at night.**

**Probiotics and Fermented Foods: Introduce probiotic-rich foods like yogurt, kefir, sauerkraut, and kimchi into your diet. These foods contain live beneficial bacteria that can contribute to a healthy gut microbiome.**

**Prebiotic Foods: Introduce prebiotic-rich foods such as garlic, onions, apples, artichokes, bananas, and asparagus into your diet. These foods contain fibers that serve as fuel for beneficial bacteria, promoting the growth and activity of the beneficial bacteria.**

**Limiting Antibiotic Use: While antibiotics are essential in treating infections, overuse can disrupt the balance of the gut microbiome. Eating yogurt with live cultures during and after antibiotic treatment will help to restore the balance in your gut microbiome.**

**Stress Management: Incorporate stress management techniques such as prayer, mindfulness, meditation, and deep breathing to support a balanced gut.**

**Regular Exercise: Physical activity has been linked to a healthier gut microbiome. Engaging in regular exercise should be included as part of your overall well-being plan.**

**We have only touched the surface here on the role of the gut microbiome in your body and its importance to your overall health. It’s a fascinating topic and well worth further research. I hope this will help you in your quest for good health.**

**Caring for you and your health,**

**Linda Convertine, Parish Nurse**

**(1 Corinthians 10:31) So, whether you eat or drink, or whatever you do, do all to the glory of God.**

**Caring for you and your health,**

**Linda Convertine, Parish Nurse**



**A WORD FROM OUR FORMER MODERATOR**

Dear SCUCC Church Family,

I’m taking this space to thank you all for the opportunity to participate in the lay leadership of this amazing congregation. I am consistently blown away by the energy and dedication of … well, everyone! We are on the journey to our new and re-imagined selves, and I look forward to sharing it with you. After the crazy-busy past year, we have a fantastic new leadership, ministerial and staff team who are ready to make great things happen! God bless you all.

Diana Day



**MISSION AND BENEVOLENCE**

**During 2023, the missionaries that we were helping support completed their assignments, and we were assigned two new missionaries through Global Ministries, a joint mission of the Christian Church (Disciples of Christ) and the United Church of Christ. Our new missionaries are Alex Maldonado-Lizardi and Xiomara Cintron-Garcia, a married couple serving in Colombia with Justapaz: Mennonite Center for Justice, Peace, and Nonviolent Action.**

**Alex is serving in the areas of human rights and political advocacy. He documents cases of human rights violations in evangelical churches in the context of Colombia’s historical armed conflict, in order to provide legal and psych-social help for people stricken by the conflict. He was guided into this calling by the desire to participate in reconciliation processes considered not only spiritual but also a political practice.**

**Xiomara serves in the area of Women and Peace, where they work with peacebuilding women from churches, communities and socio-ecclesial organizations. They support women’s political advocacy, promote and witness dialogues for reconciliation between diverse women victims of Colombia’s armed conflict, and help make visible the process of participation and leadership of women in instances of peacebuilding and human rights concerns in the territories.**

**Both were led by God to these callings in a country faced with corruption, economic instability, lack of educational, vocational, and health opportunities. What a blessing it is that our church is able to provide some financial support for Alex and Xiomara as they do God’s work for the wider church.**

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Please call the office at 239-472-0497

or email the office at [office@sanibelucc.org](mailto:office@sanibelucc.org)

to sign up for this event.

**THE GREEN TEAM**

**How Can We Lessen our Carbon Foot-Print as a Congregation?**

**As a part of our commitment to being good stewards for God’s Creation, our congregations are constantly trying to lessen our carbon foot-print. Below are some of the ways we are doing that at our joint SCUCC/Bat Yam potluck on February 20 at 5 pm in Fellowship Hall.**

**Sorting our Recycling:**

**Only 5 materials belong in Lee County recycling bins:**

**1) any kind of paper except soiled, shredded, metallic, waxed, or tissue (toilet paper, napkins, paper towels)**

**2) clean metal cans of aluminum or steel (tin)**

**3) any kind of cardboard without a waxed coating or with a waxed coating if it held a solid (vs liquid)**

**4) clean plastic containers labeled #1-7 but not plastic bags or Styrofoam (marked #6), and must have one dimension larger than 4 inches, lids may be left on**

**5) clean glass bottles or jars with at least one dimension larger than 4 inches (lids may be left on glass bottles).**

**Clean plastic bags and Styrofoam can be taken to Publix.**

**Also: Publix with pharmacies accept unused and expired medications for safe disposal.**

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**Using recycled paper products: by using recycled paper products wherever possible (paper towels, toilet paper, copy paper, coffee filters, etc.) can save CO2 and methane gas emissions. By recycling just one ton of office paper annually, our atmosphere is relieved of 4.2 tons of CO2!**

**The ‘average’ US car emits 5.2 tons of CO2 per year.**

**Promoting a whole plant-based diet is not only the healthiest for individuals (see, for example, Dr Michael Greger's new book How Not to Age) but is also a far more environmentally sustainable way of eating. It takes an enormous amount of land and water to grow the grain and forage products required to feed livestock for human consumption.  Animal-based farming is a significant contributor to global warming, to say nothing of other issues such as deforestation, topsoil loss, water depletion, and pollution, etc.  And finally, eliminating animal products produced by large factory farms helps to alleviate the suffering of the other creatures sharing our planet with us. Incorporating more plants into one’s diet doesn’t have to be all-or-nothing as even small changes have great personal and environmental benefits. Again, there are many great vegetarian recipes on-line or at the public library.**

**Protecting our soil and atmosphere by Composting: Plant food waste, paper, as well as garden debris, can be put in a composter to enrich the soil.  It not only provides nutrients but also improves soil structure, which facilitates plant growth and provides tastier and more nutritious plants.  It also keeps food waste out of the land-fill where it releases methane, a greenhouse gas 28 times more powerful than carbon dioxide and a major contributor to climate change. The good news is that composting doesn’t have to be expensive! Everything from small kitchen counter-top units to larger outdoor units are available on Amazon. Simple instruction books can be found at the public library or online as well!**

**Washing dishes to reduce single-use plastics: Less than 6% of plastic is effectively recycled in the United States.  The rest is landfilled, incinerated, or winds up littering the environment.  Between 9 and 15 million metric tons of plastic enter the ocean every year, threatening the health and sustainability of marine ecosystems and wildlife [and ultimately our own health].**

**In next month’s Light, we will discuss how and why we are trying to reduce single-use plastics!**



# **MEET OUR NEW OFFICERS, BOARDS & COMMITTEES**

**OFFICERS Term Ends**

Neal Halleran, Moderator\*\*\*\* 2025

Kathy Monroe, Vice Moderator \*\*\*\* 2025

To Be Appointed, Treasurer

Jim Winn, Clerk\*\*\*\* 2027

**BOARD OF TRUSTEES**

(Three-year term)

Tom Lisle, Chair 2 2025

Barbara Cooley 2 2025

Guy Tober 2 2025

John McBroom 1 2025

Frank Palaia\*\*\*\* 3 2027

Joe Burns\*\*\*\* 1 2027

Renee Rawe\*\*\*\* 1 2027

Barry Tice\*\*\*\* 1 2027

Scott Crater\*\*\*\* 1 2027

Diana Day\*\*\*\* 1 2027

**BOARD OF DEACONS**

(Three-year term)

Linda Winn\*\*\*\* 2 2027

Shirley Akins\*\*\*\* 2 2027

Nancy Deffenbaugh\*\*\*\* 2 2027

Joan Burns 2 2025

Gail Creager 1 2025

Jane Ramseth 1 2025

Sharon Hannon\*\*\*\* 1 2027

Mary Cavendish\*\*\*\* 1 2027

Sherry Halleran 1 2025

Ingrid Meng\*\*\*\* 1 2027

**MISSION & BENEVOLENCE**

(Three-year term)

Jacquie Boynton\*\*\*\* 2 2027

Ric Walker\*\*\*\* 1 2026

Jean Walker\*\*\*\* 1 2026

Judy Morrow\*\*\*\* 1 2027

Ed Hannon\*\*\*\* 1 2027

Marilyn Hooper 1 2027

**MUSIC COMMITTEE**

(Three-year term)

Shirley Witte, Chair 2 2025

Jane Saghir\*\*\*\* 3 2027

Ellen Hoeltgen\*\*\*\* 1 2027

Judy McBroom\*\*\*\* 2 2027

James Ramseth, Deacon Rep\*\*\*\* 1 2027

Paul Roth\*\*\*\* 1 2027

MacKenzie Albert, Music Director

**NOMINATING COMMITTEE Term Ends**

(Two-year Term)

Carl Smigiel, Chair\*\*\*\* 2 2026

Joan Burns, Deacon Rep 1 2025

Barbara Cooley, Trustee Rep 1 2025

Jerry Ebner\*\*\*\* 1 2025

Paul Roth\*\*\*\* 1 2025

Ed Hannon\*\*\*\* 1 2026

**ENDOWMENT COMMITTEE**

(A subcommittee of Trustees)

Jim Drottleff

John Ake

Jerry Ebner

**HEALTH MINISTRY**

(Two-year term)

Pam Rothman Cokes, Chair\*\*\*\* 2 2026

Bill Morrow\*\*\*\* 1 2026

Dana Crater\*\*\*\* 1 2026

Lynn Boynton\*\*\*\* 1 2026

Linda Convertine, Parish Nurse

**MEMBERSHIP COMMITTEE**

(Two-year term)

Susan McCallion, Chair\*\*\*\* 1 2026

Bruce Cramer\*\*\*\* 1 2026

Noelle Cramer\*\*\*\* 1 2026

Jan MaGirl\*\*\*\* 1 2026

Eleanor Miller\*\*\*\* 1 2026

Representative from Board of Deacons 2025

Rev Mark Boyea, Advisory

**PASTORAL RELATIONS**

(Two-year term)

Vice Moderator, Chair

Don Hunter\*\*\*\* 1 2026

Tom Ware\*\*\*\* 1 2026

Susan Schmidt\*\*\*\* 1 2026

To Be Appointed, Deacon Rep 2025

To Be Appointed, Trustee Rep 2025

**GREEN COMMITTEE** (Appointed by Council)

Linda Graf

Ron Graf

Robin Krivanek

Eleanor Miller

Sandy Teger (Bat Yam)

Cheryl Tice

Jan Van Buskirk

Jean Chandler (Advisor)

Linda Convertine (Staff)

**BAT YAM**

**Dearest Friends,**

**“Whoever attends to the sick removes one sixtieth of his malady."  
-- Babylonian Talmud, Tractate Nedarim 39b.**

**The mitzvah of Bikur Cholim, visiting the sick, is one of the highest mitzvot in the Jewish tradition. It is included in the morning blessings observant Jews recite daily, and it is defined as a commandment to which there is no limit. It is counted to a person’s merit in this world and in “the World to Come.”**

**The merit of the members of Bat Yam Temple of the Islands is off the charts. Never have I felt so cared for and embraced by community. I know that Yaffah shares these sentiments. Thank you for every email, get well card, telephone call, DoorDash card, and MealTrain dish. Each one of these acts speeds our healing.**

**I usually am a relatively private person and at first I was typically reluctant to share news of my illness. But then I thought of another teaching from this same tractate of Talmud:  Rava, on the first day of his illness, said to his visitors: “Do not reveal to anyone that I am sick!” Later he said, “Go and tell everyone in the market … so those that care for me will ask for mercy on my behalf.”**

**This is truly a community of friends and a community of trust. It is a quality that attracted Yaffah and I to engage with Bat Yam and ultimately take on the role of rabbi and rebbetzin. We are blessed by your love and all of us are blessed by our love for each other. It is, indeed, a great gift.**

**As I write these words it is the evening of Tu B’Shevat, the Birthday of the Trees. According to the Mishnah, it is the day when the sap begins to rise and new life and growth begins. We are taught in D’varim (Deuteronomy) 20:19, “A human is like a tree of the field.” On Tu B’Shevat we plant and nurture new growth for each soul. May we tend to each other’s well-being and growth always.**

**On Wednesday, February 7, from 12:30 – 2:00 PM, we will begin a new weekday adult education program, 90 Minutes of Talmud (or Talmud with Training Wheels), in the SCUCC Fellowship Hall. On the first Wednesday of each month through April we will meet for Lunch and Learn session on different topics. An accessible taste of Jewish law, Jewish history, or Jewish liturgy. No prior knowledge or Hebrew skills are needed. Bring a nosh and let’s learn!  
Also on Wednesday, February 7, at 5 PM, also in Fellowship Hall, is our Joint Potluck Dinner with our partners, the Sanibel Congregational UCC.**

**Shabbat Shalom!  
   
     Sunny  
  
Rabbi Sunny Schnitzer**



**A Tale of Two Yogis**

**Fellowship Hall**

**Mindful Chair Yoga Wednesdays 10:30 am to 11:30 am**

**Explore being fully present in Mind, Body, and Spirit with Mindful Chair Yoga. Grounding the practice in mindful breathing, we will move through seated warm-ups. We will use the support of the chair for standing and balancing postures. Class will end with a guided embodiment meditation.**

**Facilitator: Eleanor Miller. After retiring from Public Health Nursing, I became a Certified Kripalu Yoga Teacher. I have practiced and trained with many skilled Yoga Teachers. Yoga helps to open the energy channels of the body to allow the flow of life force.**

**Please join me, Eleanor Miller, eleheamiller @gmail.com**

**Gentle Yoga with Grethe**

**Grethe is back! Please join her for Gentle Yoga**

**Thursdays 1:15 pm to 2:00pm**

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**FELLOWSHIP TIME VOLUNTEERS NEEDED**

**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 contact Nancy Deffenbaugh at njdeffe@gmail.com.**

**Volunteers for Homecoming are needed.**

**Ushers and Event Greeters**

**Parking Direction**

**Assistance with post event clean-up.**

**Please email office@sanibelucc.org or**

**call the office (239) 472-0497 if you wish to volunteer.**

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**ANNOUNCEMENTS**

**Pulpit Exchange Weekend Date Change**

Due to the formal Installations of both SCUCC Senior Minister Rev. Dr. Mark Boyea and Bat Yam Rabbi Sunny Schnitzer on the last two weekends in February, respectively, the Pulpit Exchange scheduled for the weekend of February 23-25 **has been moved to the weekend of March 15-17.** On Friday evening, Mark will preach at Bat Yam’s Shabbat service, then on Sunday, March 17 Rabbi Schnitzer will preach at SCUCC’s Worship celebration.

This also means that the Green Team sponsored *“Lunch and Learn”* concerning the possible implementation ofsolar panels at SCUCC, intended for both congregations and originally scheduled for Sunday, February 25 in conjunction with the Pulpit Exchange weekend, will also move to **Sunday, March 17 after Worship at SCUCC.**

**Church Office Hours**

The Church Office is now 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](mailto:mark@sanibelucc.org) or text/phone call: 908-477-5426.

**Shell Point Women’s Group February Luncheon**

The Sanibel Congregational UCC, Shell Point Women’s Group will have its next monthly luncheon meeting on Friday, February 9 at 11:30am at the Palm Grill in the Woodlands Common. Please make reservations with Emily Kletzien at [emily.kletzien@gmail.com](mailto:emily.kletzien@gmail.com).

**Shell Point Men’s Group February Luncheon**

The Sanibel Congregational UCC Shell Point Men’s Group will have its next monthly luncheon meeting on Tuesday, February 13 at noon at the Palm Grill in the Woodlands Common. Please make reservations with Candy Atchison at JimAtch@aol.com or 561-714-4655.

**SCUCC Singles and Friends**

SCUCC Singles and Friends will gather for lunch after Sunday Worship on an attendance and interest basis. If you are new and would like to join, please call or text Eleanor Miller at 860-318-1557. She can also be reached at [eleheamiller@gmail.com](mailto:eleheamiller@gmail.com)

**Be An Artist**

Anyone interested in painting in any medium is welcome to join our Art Class beginning Tuesday January 9, 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.

**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](mailto:office@sanibelucc.org) by Noon on Thursdays.

**MARCH 2024 SANIBEL LIGHT DEADLINE**

**Please note that the deadline for submissions to the January 2024 edition of the *Sanibel Light* is Wednesday, February 23, 2024.**

**Please send all submissions, as a Word document, to Tammy Flatley** [**tammy@sanivelucc.org**](mailto:tammy@sanivelucc.org) **and Jenny Chacon** [**jenny@sanibelucc.org**](mailto:jenny@sanibelucc.org)

**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**

**Jenny Chacon**

[**jenny@sanibelucc.org**](mailto:jenny@sanibelucc.org)

**239-312-8670**

**Tammy Flatley**

**tammy@sanibelucc.org**

**office@sanibelucc.org**

**239-472-0497**

**Office Hours**

**Monday – Friday**

**9:00-3:00pm**

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