

The Sanibel Light

SANIBEL
CONGREGATIONAL
**UNITED
CHURCH
CHRIST**

OCTOBER 2024
VOLUME 56
ISSUE 10



IN THIS ISSUE

**For Your
Consideration**

**Healthy
Happenings**

Green Team

**Godapalooza
Highlights**

**Birthday
Greetings**

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

After our last two years of regrouping and rebuilding at SCUCC, one of the things we are now turning our attention to is revising and renovating our website to reflect this new time in the life of our spiritual community.

That process offers the opportunity to engage in the vital exercise of focusing on who we are now, who we aspire to be going forward, and how we want to express that to others, both internally and externally. For while one of the primary purposes of a website is to communicate important information to our current members and friends, an equally important purpose is to communicate to those outside our congregation - especially those who may be considering or actively seeking a spiritual community - who we are and why we matter.

So...How would **you** answer that question?

In that regard, one of my favorite exercises is something usually referred to as either the ***“Elevator Pitch”***, or my preference, the ***“30-Second Commercial”***.

Imagine you are at a party, in the grocery store, or at a concert, game, or some other social environment, and instead of being asked to describe what you do, you have a 30-second opportunity to describe your organization or team to someone. What are the most important things, or thing, you would want them to know? What would you say to someone in that 30-second timeframe which might move them to consider looking further into SCUCC, joining us, or at the very least mention us to others?

This month, I invite you to try this exercise. And I also invite you - for three reasons - to send me your ***“30-Second Commercial”*** by email, text, or mail.

1. It might be helpful to you.
2. It might be helpful to the revision of our website.
3. It **will** be helpful to our spiritual community.

I offer that last one because, as our Moderator, Neal Halleran, has so rightly put it in recent months, it is time for us to turn the majority of our attention from ***“Rebuild”*** to ***“Renewal”*** - to who and what we want to be as a spiritual community in the coming years. This involves two primary processes.

The first is *Reviewing* - assessing all that we currently do in order to honestly discern whether or not it still serves us well in this time and going forward - in other words, avoiding the “*We’ve always done it that way*” trap which keeps so many people, communities and organizations from growing.

The second is *Reimagining* - contemplating and considering serving some of God’s people that we had perhaps not considered serving before, or serving those we have already been serving in new ways.

I invite you to consider the “**30 Second Commercial**” exercise as an entry point into the conversations and discernment I look for us to engage in this year as a spiritual community. That, and regular prayer in which we ask for and open ourselves to the inspiration and guidance of God’s spirit - trusting that God, as has been said, may not lead us where we *want*, but will lead us where we *need* to go.

Blessings,

Mark

Rev. Dr. Mark Boyea
Senior Minister



WORSHIP NOTES

In September, we were blessed on Sunday the 1st with the Worship leadership of Rev. Wendell Taylor while Mark was on vacation. Rev. Taylor was assisted by Worship Leader Kathy Carter and Director of Music, Mackenzie Albert.

On Sunday, September 8, we celebrated the Sacrament of Communion as a spiritual community.

Then, on Sunday, September 15 and Sunday, September 22, our Worship times featured **Godapalooza**. On both Sundays, the majority of our music came from the long running musical **Godspell**, performed by several musical theater artists from SW Florida, including our own Henry Crater, all under the leadership of Mackenzie Albert.

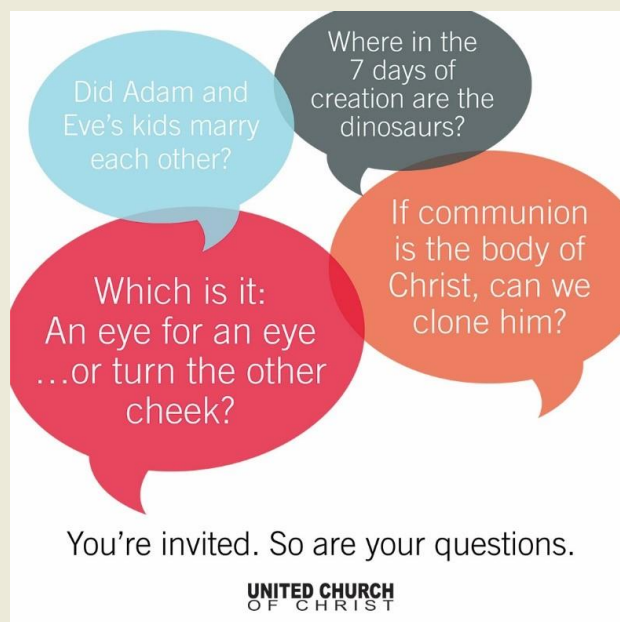
Those two Sundays were full of energy, joy and inspiration.

Finally, in September, we were blessed musically on Sunday, September 29 by soloist Kelsey Boyea.

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

Then, our next **ASK THE MINISTER Sunday** will take place on **Sunday, October 27**. On that Sunday, rather than offer a Message, Mark will address as many of your biblical, theological, spiritual and personal questions as time allows.

So get those questions in ahead of time to Mark by email to mark@sanibelucc.org, text them to 908-477-5426, or just come ready to ask them that morning.



GROWTH OPPORTUNITIES

BIBLE STUDY RETURNS!

Bible Study will resume on **THURSDAY, OCTOBER 10 at 10:30am on Zoom!** We expect to move to a combination of online and in person before the end of the Fall.



SPIRITUAL EXPLORATION RETURNS!

Our first Spiritual Exploration Unit begins TUESDAY, OCTOBER 15!

“WIDOWS TO WARRIORS”

**Tuesdays: October 15, 22 and 29; November 12 and 19
7:00pm – 8:15pm on ZOOM**

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

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

CHURCH OFFICE HOURS

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

PLEASE NOTE: The office will be closed on Monday, October 14th, in remembrance of Columbus Day and Indigenous Peoples' Day.

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

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

PLEASE NOTE:

Mark will be away from Sanibel from October 17-19 for the Florida Conference UCC Annual Meeting in Orlando.



GoDaPalooza

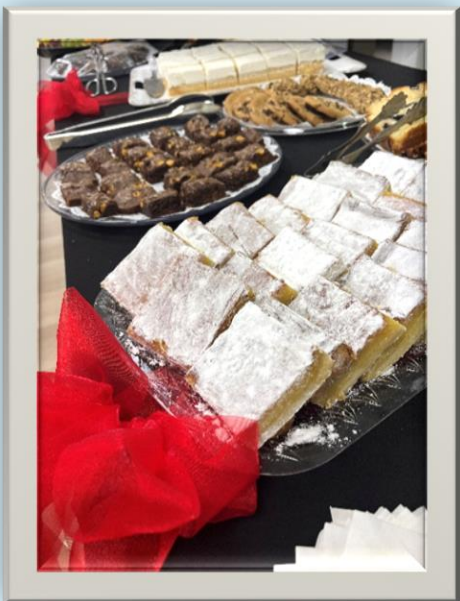
THE SONGS OF "GOSPELL" LIVE | PERFORMED BY OUTSTANDING LOCAL ARTISTS
SEPTEMBER 15 & 22 | 10 AM | SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST 24

We are deeply thankful to the enormous and uplifting talent shared by the musical theater artists who brought such joy and inspiration to our spiritual community through the music of *Godspell* on Sunday, September 15 and Sunday, September 22.

Their dedication and artistry touched our hearts and deeply enriched our Worship experience.

We would also like to extend our heartfelt thanks to the Crater family for their enormous generosity in sponsoring the Fellowship Time following the September 22 Worship celebration.





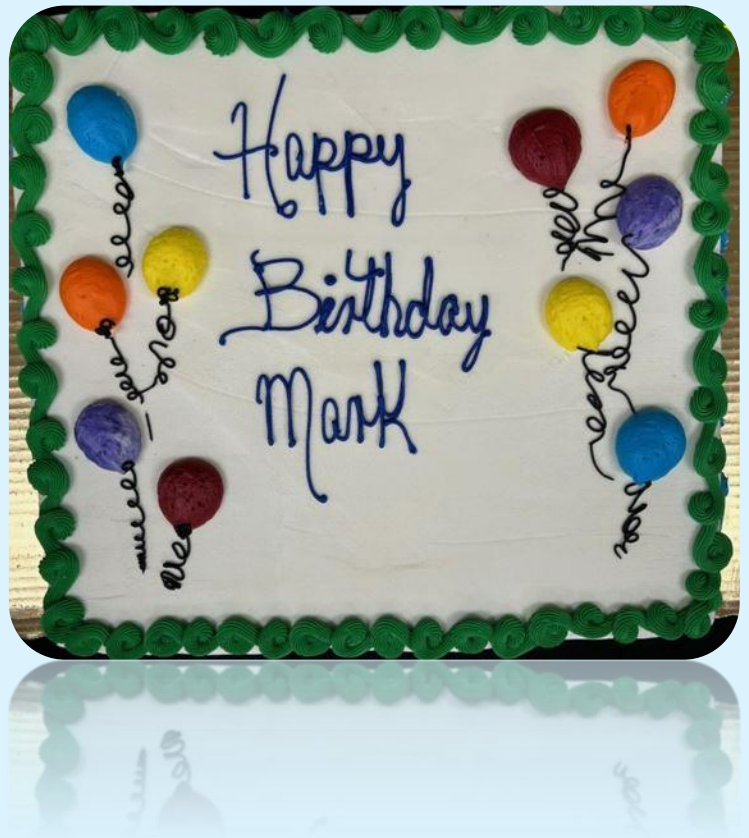
WORSHIP AND REMEMBRANCE ON SUNDAY, SEPTEMBER 29, 2024

The final Worship celebration of September was a deeply meaningful and reflective occasion for our congregation, marking the two-year anniversary since Hurricane Ian. It was a time to remember the challenges we faced, the strength we found in each other, and the faith that carried us through such a difficult period. The Worship time was filled with moments of gratitude and reflection, as we honored the journey of rebuilding both our physical spaces and our spirits.

In addition to commemorating this significant milestone, we also had the joy of celebrating our Senior Minister's Mark's birthday. The congregation came together to express our heartfelt gratitude for his unwavering leadership, comforting presence, and inspirational guidance throughout the aftermath of the hurricane. His wisdom and dedication have been a source of strength and hope, helping us navigate through uncertainty and emerge stronger.

As we look to the future, Mark shared his vision for the continued growth and spiritual nourishment of our community. His words encouraged us to remain united in faith, love, and service to one another, as we continue to build a resilient and hopeful spiritual community. This celebration was not just a reflection on the past but also a moment to look forward with renewed purpose and trust in God to the path ahead.

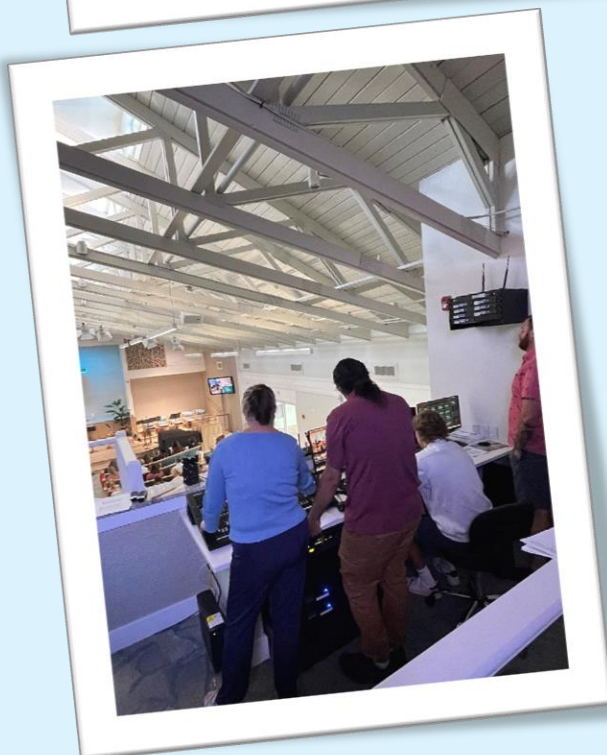




A SPECIAL WELCOME TO OUR NEW TECHNOLOGY PERSONNEL

Brian Larkins and Andrew Riggs

Please join us in welcoming the newest members of our technology team! They will be assisting with the technical operations for campus-related services and events, helping ensure smooth and efficient experiences for everyone. We are excited to have them on board!



MEMORIAL GARDEN AND GROUNDS

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

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

Thank you for your kindness and generosity.



HEALTHY HAPPENINGS

Is Breakfast Right for You?

September was National Better Breakfast Month, (who knew?) and even though you will be reading this article in October, the facts are still pertinent. Most of my life I have been a “breakfast person”. I tried the intermittent fasting regime for about six months. I got use to not eating breakfast, but did not feel my health was optimal. I am now back to being a “breakfast person”. I have more energy, my weight is stable, and my concentration is better. You might want to try it or retry it.

A healthy breakfast isn't just a morning ritual; it's an essential building block for physical, mental, and emotional well-being. Starting the day with a nutritious breakfast has benefits that affect various aspects of health.

Boosts Metabolism - After a night's sleep, the body needs fuel to jumpstart its metabolism. Breakfast replenishes glucose levels, which is crucial for the brain and muscles. Eating breakfast has been shown to help in maintaining a healthy weight, as it reduces cravings later in the day and curbs overeating at lunch or dinner.

Improves Cognitive Function - A healthy breakfast plays a vital role in enhancing memory, focus, and concentration. This means sharper thinking and better decision-making abilities at work, school, or home. Studies have shown that children and adults who eat breakfast perform better in cognitive tasks than those who skip it.

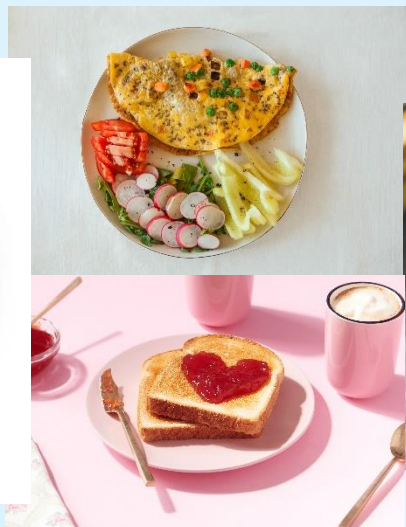
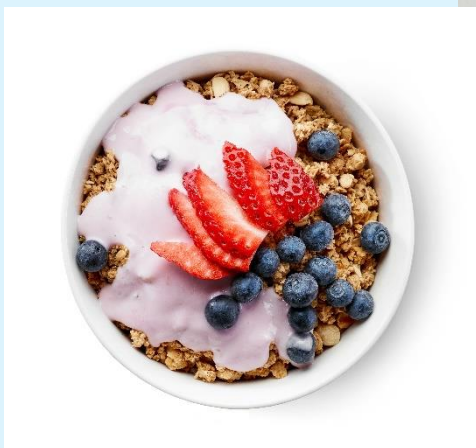
Promotes Heart Health - Skipping breakfast can lead to increased cholesterol levels and higher blood pressure, both of which are risk factors for heart disease. A balanced breakfast rich in fiber, healthy fats, and protein can help maintain heart health by keeping these factors in check.

Enhances Mood and Reduces Stress - What you eat first thing in the morning has a significant impact on your mood throughout the day. A well-rounded breakfast can help regulate blood sugar, leading to more stable energy levels and mood. For those dealing with stress, anxiety, or depression, breakfast can set a positive emotional tone for the day.

Sustains Energy Levels - A nutritious breakfast provides sustained energy, allowing you to be more productive. It fuels the body, preventing the mid-morning energy crash that leads to unhealthy snack choices or excessive caffeine consumption.

Breakfast doesn't have to be complicated or time-consuming. Here are some options that deliver the nutrients you need to start your day:

1. **Protein-Packed Smoothies** - Smoothies are an easy, customizable option that can be prepared in minutes. Use a base of almond milk or Greek yogurt, add a scoop of protein powder, and blend in fruits like berries or a handful of greens for a nutrient-dense breakfast. You can also toss in flaxseeds or chia seeds for added fiber.
2. **Overnight Oats** - Overnight oats are a simple, make-ahead breakfast that's rich in fiber and complex carbohydrates. They can be prepared the night before, making them perfect for people with a busy morning routine. Mix rolled oats with almond or oat milk, and stir in ingredients like chia seeds, cinnamon, or berries for added flavor and nutrition.
3. **Whole Grain Toast with Nut Butter and Fruit** - This is a quick option that provides a balance of healthy fats, fiber, and protein. Whole grain toast topped with almond or peanut butter and sliced bananas or strawberries offers a satisfying and nutritious start to the day.
4. **Veggie Omelet** - Eggs are a great source of protein and essential vitamins. A veggie-packed omelet with spinach, peppers, onions, and a sprinkle of cheese makes for a hearty breakfast that will keep you full and focused throughout the morning.
5. **Greek Yogurt with Nuts and Berries** - Greek yogurt is high in protein and probiotics, which support gut health. Topping it with nuts and fresh berries adds a boost of antioxidants, fiber, and healthy fats to keep energy levels high.



My go to breakfast is a piece of toasted Ezekiel bread topped with almond butter. It's fast, easy, nutritious, and keeps me full until lunchtime. This type of bread has 5 grams of protein per slice plus fiber and lots of healthy grains. Here are a couple of easy-to-make breakfast recipes that you can try, even on the busiest of mornings:

Recipe 1: Banana Oat Pancakes

These pancakes are not only delicious but also loaded with fiber, protein, and healthy carbohydrates.

Ingredients:

1 ripe banana
1 egg
1/2 cup rolled oats
1/4 teaspoon baking powder
A pinch of cinnamon
A splash of vanilla extract (optional)
Coconut oil for cooking

Instructions:

1. Mash the banana in a bowl and mix in the egg until combined.
2. Add oats, baking powder, cinnamon, and vanilla extract.
3. Heat a small amount of coconut oil in a skillet over medium heat.
4. Pour small amounts of the batter into the pan to form pancakes.
5. Cook for 2-3 minutes on each side, until golden brown.
6. Serve with a drizzle of honey or a handful of fresh berries.



Recipe 2: Avocado and Egg Breakfast Wrap

This quick and filling breakfast is packed with protein and healthy fats.

Ingredients:

- 1 whole wheat tortilla
- 1/2 avocado, mashed
- 2 eggs, scrambled
- A handful of spinach
- 1 tablespoon salsa (optional)

Instructions:

1. Warm the tortilla in a skillet.
2. Spread the mashed avocado onto the tortilla.
3. Add scrambled eggs and spinach.
4. Top with salsa if desired, then wrap and enjoy.



Breakfast is more than just food for the body—it's food for the mind. When you start your day with a nutrient-rich breakfast, you're giving yourself the best possible chance for a productive, focused, and energized day. Mentally, breakfast helps improve memory and concentration, reduces irritability, and enhances mood stability.

Physically, a balanced breakfast ensures that the body has the fuel it needs to maintain steady energy levels. This helps you avoid the crash that can occur when you rely solely on caffeine or sugar for an early-morning boost. By fueling the body with the right nutrients, you can prevent mid-morning hunger pangs and maintain a healthier appetite throughout the day.

Prioritizing a balanced, nutritious breakfast is a simple yet powerful step that can make a huge impact on your overall health. Whether it's promoting energy, improving mental clarity, or supporting heart health, breakfast is the cornerstone. Enjoy!

Caring for you and your health,

Linda Convertine RN, BSN, FCN



Ezekiel 4:9 "Take wheat and barley, beans and lentils, millet and spelt; put them in a storage jar and use them to make bread for yourself. You are to eat it during the 390 days you lie on your side.



FROM THE GREEN TEAM

No one really wants to hear that sooner than later, for the health of the planet, most of us are going to have to learn to eat a whole lot less meat — several times **less red meat** than what the average American consumes. This won't be fixed by a few **meatless Mondays**.

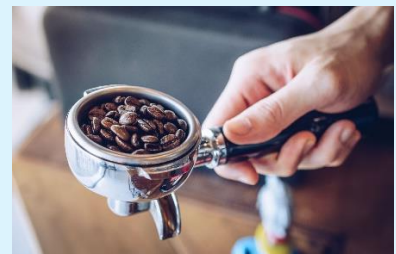
Conventional wisdom says that the only way to persuade the carnivorous to eat less meat is to offer a faux alternative, such as lab-grown meat or a vegan substitute like Beyond Meat.

However, no one is born loving hot dogs or disliking broccoli and Brazil nuts; ***our food preferences are learned***. This fact carries with it a wonderful seed of hope for changing diets for the better by helping people learn new tastes. When it comes to food, *pleasure is what changes the world*, because few people make a habit of eating foods they dislike.

Think of the plethora of dishes, from avocado toast to kale salad, that have entered the American mainstream despite being virtually unknown a generation ago. What would it take to encourage Americans to adopt more sustainable tastes? Telling people that they are wrong to enjoy eating cheese or candy or bacon is clearly not the way to go. The stomach — like the heart — knows what it knows. A far more productive approach would be to help people discover new preferences for some of the foods that should play bigger roles in our diets.

Take beans. Really — take some beans! They, along with peas, lentils and other legumes, are everything meat is not in sustainability terms: far less thirsty per gram of protein than the water-guzzling operations that serve up America's beef and chicken and good for soil quality, drawing in nitrogen and reducing the need for fertilizer all the while of taking in carbon dioxide and releasing oxygen!

So how can millions of people divert some of their love for meat toward beans? Eating beans (or whole grains or dark, leafy vegetables) doesn't, admittedly, offer quite the same buzzy payoff as other tastes we acquire, such as an India pale ale or a double espresso. There are signs, however, that when a bean conversion does happen, it can be an almost religious experience.



When you serve people a bowl of well-cooked beans, even a simple one, it doesn't take much to convince them that beans are delicious. A dish of white beans — cooked until soft and drizzled with oil, crispy sage and garlic — has all the comfort of mashed potatoes. You're not eating it because it's high in sustainable protein but because each spoonful sends you back for another one!

If the U.S. government wants to get serious about encouraging people to eat beans, it should offer workshops and online videos on delicious, easy ways to cook them. Consider South Korea. In the 1980s, the country's Rural Development Administration, in an effort to preserve traditional cuisine and support local farmers, trained thousands of workers to lead monthly sessions on how to cook traditional Korean foods such as kimchi, steamed rice, and soup and braised vegetables. It seems to have helped. Traditional foods continue to represent a large part of the Korean diet, and survey data suggests that South Koreans ate a similar quantity of vegetables in 2009 as they did in the late 1960s.

The anthropologist Claude Lévi-Strauss said that food cannot only be good to eat, it must also be “good to think.” To start seeing beans as something to crave, you need to imagine them as desirable.

Of course, this won't happen overnight. As of 2019, the average American consumed roughly 55 pounds of chicken a year compared with about one pound of dried black beans, or around 2.5 pounds once they are cooked.

But there are signs of progress. The proportion of Americans who consume chickpeas has more than doubled since 2003, in part thanks to the popularity of hummus, which taught many skeptics that those strange, round things could actually become a rich, savory dip. From the joys of hummus, it's only a short step to discovering the delight of an Indian chana masala (which can be whipped up in a trice with a can of chickpeas and a few spices) or a Spanish chickpea stew.

If the bean industry wants to sell more of its product, it should consider displaying varieties proudly in glass, like a jar of fine olives. Bold Bean Co., a British company, delivers tall jars of gourmet beans with names such as Queen Butter Beans, which are plumper and more flavorful than most others on the market in Britain. As the company's founder told me, putting beans in a glass jar helped shoppers see her products as “premium and desirable.”

We can also learn from cultures that already revere beans, from hearty Brazilian feijoada to the hoppin' john of South Carolina or the pasta fazool of Italian Americans.

Yes, beans still have a low profile compared to meat, not least because the bean industry lacks the clout of the meat industry, which pours millions into lobbying. But this could change. If anyone tells you Americans will never enjoy beans as much as they do meat, think of just a few of the once little-known foods, from pesto to tofu and gochujang, that have been welcomed gratefully onto American tables in recent decades. The more new plant foods a person learns to enjoy, the less room there is on the plate for hamburgers.

Linda Graf
Green Team Committee

Adapted from:

https://www.nytimes.com/2024/08/12/opinion/beans-chickpeas-plant-based-food-meat.html?unlocked_article_code=1.Ck4.Dj2i.COXrMG_evyag&smid=em-share

“How to make a nation of meat eaters crave the humble bean” by Bee Wilson. Opinion Guest Essay, August 12, 2024



ANNOUNCEMENTS

Participation At SCUCC



Be An Artist

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

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



An Update from the Mission & Benevolence Committee

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



Floral Invitation

We invite you to contribute to the Floral Fund.

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

Floral dedications will be featured in the weekly bulletin.



“Adopt a Sunday” Fellowship Hour

Please consider “Adopting a Sunday” this fall. You can choose a date and mark it on your calendar to commit to serving during our fellowship time on that day. It’s a great way to contribute to our community and connect with others. Volunteering your time to help our spiritual community is a meaningful way to give back.

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 Fellowship Hall. It is easy, and assistance will be available if needed. Donations of light fare and/or help with serving or cleanup will be greatly appreciated.

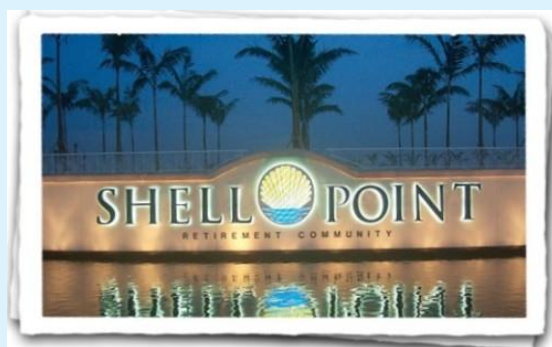


Shell Point Women's Group October Luncheon

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

Shell Point Men's Group October Luncheon

The Sanibel Congregational UCC Shell Point Men's Group will have its next monthly luncheon meeting on **October 14 at noon at the Palm Grill in the Woodlands Common**. Please make reservations with Candy Atchison at JimAtch@aol.com or 561-714-4655.



Dinners for 6, 7 or 8

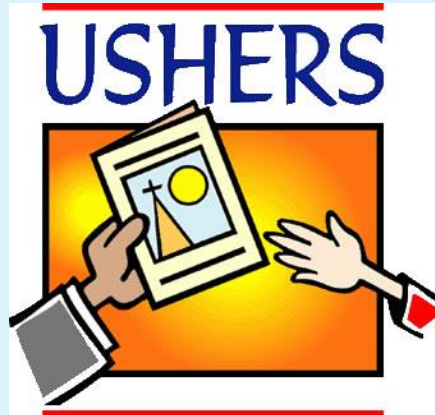
One of our most loved offerings are the social gatherings known as "Dinner for 6, 7 or 8". If you would like to participate, please send your names, email addresses and phone numbers to Shirley Akins at akinsteach@gmail.com.



Ushers Needed

If you are interested in ushering for Sunday Worship in the month of October, please contact Frank Palaia flpalaiajr@cs.com.

Inky Meng will resume recruiting ushers in November and can be reached at inkymeng@hotmail.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.

BIRTHDAYS FOR THE MONTH OF OCTOBER



October 1: Janet Elsberry, Anita Putnam, McKenna Sprecher

October 4: Hans Friedebach, Peg Royse

October 5: Margaret Kish

October 6: Linda Huffington, Rosalie Lopopolo

October 7: Fred Nordstrom

October 9: Jo Hardy

October 11: Betty Van Tassel

October 12: Norman Miller

October 13: Peter Perkins

October 15: Audrey Holman, Eleanor Miller

October 18: Kirk Irwin

October 23: Pat Davidson

October 26: James McCallion

October 28: Barbara Cooley, Nancy Smith

October 31: Barbara Dunham



Happy Birthday Everyone

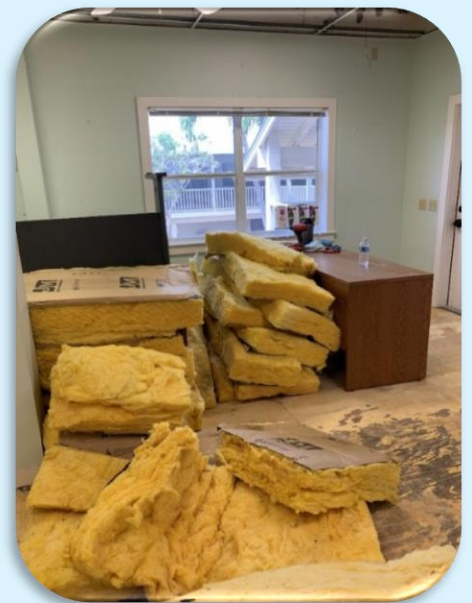


Construction Update

We are excited to share the fresh new look of our Church Office space, which reflects the thoughtful updates envisioned by our dedicated lay leaders. Their vision for creating a more welcoming, functional, and inspiring environment has come to life, providing a renewed space for our work and community gatherings.

We invite you to stop in and view the newly updated office, now with a fresh look that aligns with our future of renewal and growth. These updates will assist us in creating a more vibrant and welcoming space for all, reflecting our commitment to both the present and the exciting future ahead.

We look forward to sharing this renewed space with you!





NOVEMBER 2024 SANIBEL LIGHT DEADLINE

Please note that the deadline for submissions to the November edition of the *Sanibel Light* is **Friday, October 18th, 2024.**

Please send all submissions as a Word document to:

Jenny Chacon, Church Administrator at jenny@sanibelucc.org

AND

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



YOU'VE GOT PLANS: SANIBEL & CAPTIVA



Shellcrafters @ the Sanibel Community House

2173 Periwinkle Way

Sanibel, FL

Observe the original Sanibel Island Artists at work from 10am-1pm. A shell crafting class starts at 10am. The class is **free**, just pay for supplies to create a beautiful shell flower.

\$3 / Small Flower Supplies, \$4 / Large Flower Supplies

Other many beautiful items are available for purchase and priced individually. All sales benefit the operations of the non-profit historical Community House. Your support is greatly appreciated!



FISH OF SANCAP

Sanibel Recreation Center, 3880 Sanibel-Captiva Road, Sanibel, FL

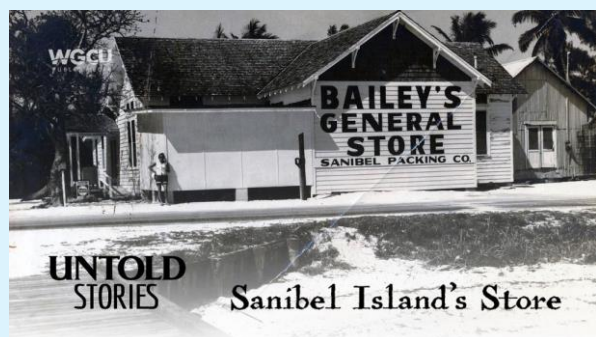
Tuesday Oct 8, 2024, 11:00 AM - 1:00 PM EDT

Join them for their exciting Friendly Faces Luncheon! Enjoy delicious lunches, connect with the community, and hear from inspiring speakers who bring learning opportunities to every event. This community event offers a complimentary lunch, prepared by The Sanibel Deli, and an opportunity to reconnect with neighbors and friends. FISH is excited to welcome Susie Wilson as the guest speaker.

A remarkable woman living with Type III-IV Osteogenesis Imperfecta (OI), Susie will share her inspiring life journey and experiences. With more than 30 years of involvement with the OI Foundation, including six years on their Board of Directors, Susie brings valuable insights as the co-chair of the Tampa OI Support Group and the Chair of the Bone China Tea Fundraiser. Locally, Susie is a dedicated volunteer at the J.N. “Ding” Darling National Wildlife Refuge and serves as a vestry member at Saint Michael All Angels Episcopal Church. Her presentation will highlight her experiences growing up with OI and offer valuable advice on self-advocacy in the medical field.

The monthly luncheons are held at the Sanibel Recreation Center, 3880 Sanibel-Captiva Road, each 2nd Tuesday of the month. A virtual option is also provided.

Reservations and meal choices are required by Fri., Oct. 4 to Erika Arnowitz at FISH at 239-472-4775. Zoom instructions for those joining virtually will be provided with RSVP. There is no meal delivery available for virtual participants.



Screening – Untold Stories: Sanibel Island’s Store

BIG ARTS - Music, Arts, and Entertainment, 900 Dunlop Rd, Sanibel, FL

Mon Oct 21, 2024, from 6:00 pm to 8:00 pm – Doors open at 6 pm

Join us at BIG ARTS for the premiere screening of UNTOLD STORIES: Sanibel Island’s Store, an hour-long documentary that explores the power of community and family legacy on a barrier island ever threatened by storms. The film highlights the resiliency of islanders and Bailey’s General Store, established in 1899, as the family business rebuilds for the third time after Hurricane Ian. After the screening, stay for a panel discussion moderated by WGCU’s Janine Zeitlin, where you’ll have the opportunity to engage in a Q&A session with film participants, historians and others.

Light bites and cash bar - This is a free event, but a ticket is required!



Sanibel Community House Arts & Crafts Fair

Sanibel Community Association "The Community House"

2173 Periwinkle Way, Sanibel, FL

Sun, October 27, 2024

Fine art, pottery, handcrafted jewelry & accessories, greeting cards, beach decor, delicious baked goods, and more from artists and makers!

The fair will be from 9 am - 2 pm, indoors at the Sanibel Community House, 2173 Periwinkle Way, Sanibel Island, Florida. Join us for our full season of monthly art and craft fairs through April! This event is free and open to the public.

Note to artists: the only contacts for this event are Sanibel Community House and The Island Octopus. Do not send payment through Facebook messenger to anyone claiming to be the event organizer. Please email melissa@islandoctopus.com for an application.



Tue Oct 29, 2024, at 11:30 am to 01:30 pm

1451 Middle Gulf Drive, Sanibel, FL

Enjoy an afternoon with members of the community as we celebrate, honor, and support all of those who have and who are facing the fight against breast cancer. Let's raise funds to support our community members!

Purchase tickets online at <https://allevents.in/sanibel/10000934703050987> or mail a check with the name(s) of your attendee(s) and contact info for \$75 per person to: San Cap Pink Project P.O. Box 125 Sanibel FL 33957

Individual tickets available - Or purchase a table seating 8. Please email us at pinkoutsanibel@gmail.com or contact us at 239-839-3633 to purchase a table.

Raffles | Live Auction | Live Music | Champagne | High Tea Served

San Cap Pink Project, Inc raises funds to assist uninsured individuals of Sanibel & Captiva Islands needing mammograms & help with cancer related needs. San Cap Pink Project, Inc. is a 501(c)(3) organization.

BITS & BOBS

Giving is Easy:

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

Mark Boyea

mark@sanibelucc.org

239-312-8673

Jenny Chacon

jenny@sanibelucc.org

239-312-8670

Tammy Flatley

tammy@sanibelucc.org

239-472-0497

office@sanibelucc.org

Office Hours

Monday – Friday

9:00-3:00pm

