

**JUNE
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The Sanibel Light

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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

Among the more popular practices in spiritual circles the last couple of decades is something called ***sacred conversations***. A sacred conversation is generally understood to be one in which an important and difficult topic is intentionally and formally introduced, and then discussed in ways which are intended to reflect common spiritual values and honor the equal humanity of all those involved.

However, just because a conversation is meant to *officially* be a sacred one doesn't necessarily make it so. And conversely, it is entirely possible for a conversation to actually *be* a sacred one without formally stating that as its intent.

So, what then actually makes for a sacred conversation, whether officially meant to be or not?

Among the most common characteristics pointed to by spiritual leaders and directors are:

Deep Honesty about difficult feelings and experiences;

Patient Listening to *all* of what others feel the need to say;

Acceptance of Alternate Perspectives without forced agreement or dismissal of the original speaker's views;

Laughter in solidarity over our common struggles, shortcomings, and humanity;

Humility rooted in the recognition that solutions are not simple, if even likely or possible at times, and that our way may not be the right or only right way;

Disagreement Without Animosity;

Gratitude for each other's presence, contributions, and their equally loved and valued standing before God.

I have been deeply blessed and privileged to have engaged in a number of conversations which meet those characteristics during my time here at SCUCC over the last four years. But it is not enough for us to only have them at SCUCC. Our culture and nation are in desperate need of constant, ongoing *sacred conversations*.

As a community of faith, we are called by God and by Jesus to look for, if not create opportunities to have them as often as we can.

No, they are not easy at times. But they are oh so vital. And when we are blessed enough to experience one, they are oh so worth it.

Blessings,
Mark

Rev. Dr. Mark Boyea, Senior Minister



Worship Notes

On Sunday, May 3, we welcomed back our great friend, Rev. Dr. Sally Haynes as preacher while Mark continued his recovery. We were also blessed that day with music from guest violinist Mariia Zacharievich.

On Sunday, May 10, we celebrated the Sacrament of Communion as well as Mother's Day. In addition, we were blessed musically by guest violinist Danylo Zacharievich, Mariia's twin brother.

Then, on Sunday, May 24, we celebrated the Baptism of Oliver Gonzalez, grandson of SCUCC member Robin Cook, and daughter of Heather Cook Gonzalez, who was baptized at SCUCC. Also on that day, both Zacharievich twins were here to bless us musically.

Finally in May, SCUCC member Jan Van Buskirk served as guest pianist during our Worship time...

In **June**, we will celebrate the **Sacrament of Communion on Sunday, June 7**. On **Sunday, June 14, Rev. Dr. Sally Haynes** returns to preach and lead Worship while Mark is on vacation.

On **Sunday, June 21 - Father's Day** - we will remember and honor all fathers, grandfathers, great grandfathers, and all those men who have served as father figures in our lives.

Finally, throughout the month of June we will be blessed musically by Mackenzie Albert, as well as several other guest musicians, including SCUCC member Jan Van Buskirk, Choir member Brandi Bilyeu, and Hazel Stephens – the granddaughter of SCUCC members Cheryl and Barry Tice. Hazel, who is 12 years old, will play a solo and join her mother for a duet.

Church Office Hours

The Church Office will be closed on Friday, June 19th for the federal holiday.

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

This Summer, Bible Study will meet on the following dates from 10:30 am-11:45 am on Zoom:

June 18 (tentative) and 25 (tentative)

July 16, 23 and 30

August 6, 13 and 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

The topic and schedule for our next unit are still being determined.



Music



On July 4 we will present our big musical event for the summer - a concert, including classical and jazz excerpts from a piece entitled “To Hope; a Celebration” by Dave Brubeck, the well-known jazz pianist. We will be joined by members of the Suncoast Brass Quintet and a group of young singers from Curtain Call!

This performance is a part of the annual July 4 celebrations on Sanibel, which also include a parade, a scavenger hunt, and fireworks. It will take place in the SCUCC Sanctuary at 4 PM on Saturday, July 4.

Worship in June will feature members of our Church Choir who are wonderful pianists - Jan Van Buskirk and Brandi Bilyeu - and also the granddaughter of Barry and Cheryl Tice, Hazel Stephens, who is 12 years old and in the sixth grade. On the last Sunday in June, Hazel will play a solo and also a duet with her Mom!

Mackenzie Albert
Director of Music



From Our Moderator

“And they continued steadfastly in the apostles’ doctrine and fellowship, in the breaking of bread, and in prayers.”
Acts 2:42

The apostles recognized the importance of learning, sharing meals, and praying together, as a true community is built on shared experiences and mutual support. For us, this includes enjoying a Fellowship Time together with treats and beverages after our prayerful Sunday Worship. This is also important for another reason.

In his book *The Good Life*, Harvard’s Dr. Robert Waltinger found that the people who were happiest, stayed healthiest as they grew old, and lived the longest were the people who had the warmest connections with other people. In fact, good relationships were the strongest predictor of who was going to be happy and healthy as they grew old. Loneliness and social isolation are the greatest risk factors for people over 65. Good relationships keep us healthier and happier, period! And spending time with friends is not just good for you, but also good for your friends.

Interacting with others and learning something new increases our brain’s processing speed, which ordinarily decreases with age, beginning in our forties. Our interpersonal interactions “exercise” our brains. For example, routinely cooking new recipes (see our kiosk in Fellowship Hall) or taking up painting or playing a musical instrument will keep you cognitively sharper longer. In addition, focus upon eating well (minimizing ultra-processed foods), sleeping well, exercising regularly and engaging with friends.

Volunteering in a church activity that interests you will greatly benefit both you and the church. Helping with fellowship time is a good start. And assisting our Deacons and committees in one of their many other supporting areas will be helpful and rewarding. Please contact one of them for some ideas.

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



From the Deacons

“Hands that offer help and hearts that care” ... words that define what it means to be a volunteer. Would you like them to describe you? We have many opportunities in our church where you can help, and they will benefit you and keep our church growing and thriving. Please single out just ONE Sunday to help prepare a plate of cookies, wash/dry a few platters, or pour beverages. And remember, there is always assistance available. Just ONE Sunday (you might just like it!!)

Or maybe you would like to get to know your fellow church members, and what better way to do that than by volunteering to be an usher.

Whatever you can contribute to our Worship Celebration or Fellowship Time will be greatly appreciated!



Shirley Akins
Chair, Board of Deacons

Healthy Happenings

Nutrition and Health Tips and Tweaks

You've probably heard people say, "I'm eating healthy, but is there anything else I can do?" Sometimes the answer isn't about eating differently, it's about preparing food differently. Emerging research shows that small, strategic tweaks in how we prepare food, combine nutrients, hydrate, or move can significantly influence nutrient bioavailability and physiological impact. Here are a few tweaks:

1. The Broccoli Chop-and-Rest Strategy: Unlocking Sulforaphane

Broccoli doesn't actually contain sulforaphane in its intact form. Instead, it contains:

- Glucoraphanin (a precursor compound)
- Myrosinase (an enzyme stored separately within plant cells)

When broccoli is chopped, chewed, or crushed, plant cell walls break, allowing glucoraphanin and myrosinase to interact. This interaction produces sulforaphane, a bioactive phytochemical extensively studied for:

- Supporting detoxification enzymes
- Reducing oxidative stress
- Modulating inflammation
- Inhibiting cancer cell proliferation in laboratory studies

Research from Johns Hopkins University, where sulforaphane was first isolated and studied, demonstrated its role in activating phase II detoxification enzymes and influencing gene expression linked to cancer protection. Here's the important part: heat can destroy myrosinase. Boiling or microwaving broccoli immediately after cutting significantly reduces sulforaphane formation because the enzyme becomes inactivated before the conversion process is complete.

The Hack:

- Chop broccoli.
- Let it rest 30–90 minutes before cooking.
- Then cook lightly (preferably steaming).



Allowing the broccoli to rest gives myrosinase time to convert glucoraphanin into sulforaphane before heat is applied.

Bonus Hack:

If broccoli has already been cooked (destroying myrosinase), adding a pinch of mustard seed powder (which contains active myrosinase) can restore sulforaphane production.

Research has shown that even small amounts of mustard powder can significantly boost sulforaphane formation in cooked cruciferous vegetables.

Sometimes preparation matters as much as food choice.

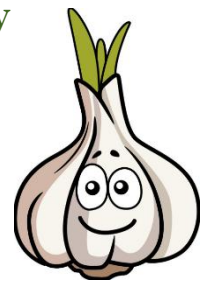
2. Garlic: Crush and Wait Before Heating

Broccoli isn't alone in this enzyme activation phenomenon. Garlic contains alliin and the enzyme alliinase. When garlic is crushed or chopped, alliinase converts alliin into allicin, a compound linked to antimicrobial, anti-inflammatory, and potential anti-cancer effects. However, heat rapidly deactivates alliinase.

The Hack:

- Crush or chop garlic.
- Let it sit for 10–15 minutes before cooking.

Research suggests this resting period allows allicin formation before heat reduces enzyme activity. Like broccoli, garlic demonstrates how mechanical preparation can influence nutrient formation.



3. Pairing Turmeric with Black Pepper

Curcumin, the active compound in turmeric, has demonstrated anti-inflammatory and antioxidant properties in research. However, curcumin alone has low bioavailability.

Black pepper contains piperine, which significantly enhances curcumin absorption, in some studies by up to 2000%.



The Hack:

Add a pinch of black pepper when cooking with turmeric or consuming turmeric-based beverages. This is a simple pairing strategy that increases the likelihood of receiving a therapeutic benefit.

4. Cooling Cooked Carbohydrates to Increase Resistant Starch

When certain carbohydrates like potatoes, rice, or pasta are cooked and then cooled, some of the digestible starch converts into resistant starch.

Resistant starch:

- Feeds beneficial gut bacteria
- Improves insulin sensitivity
- Supports short-chain fatty acid production
- May reduce post-meal blood sugar spikes

Research has demonstrated that cooled and reheated rice or potatoes can have lower glycemic impact than freshly cooked versions.

The Hack:

Cook rice or potatoes, refrigerate overnight, and reheat before eating.

This small change can improve metabolic responses without eliminating carbohydrates.

5. Hydration Timing and Cognitive Performance

Even mild dehydration, as little as 1–2% body weight loss, has been shown to impair cognitive performance, mood, and attention. Recent hydration research indicates that structured hydration throughout the day, rather than reactive drinking when thirsty, may improve focus and reduce fatigue.

The Hack:

- Drink a glass of water within 30 minutes of waking.
- Pair hydration with existing habits (e.g., after bathroom breaks or before meals).

Hydration is often overlooked in mood and cognitive health.

6. Exercising After Meals to Improve Glucose Control

Research shows that even short bouts of movement after meals, particularly after carbohydrate-rich meals, can significantly reduce postprandial glucose spikes.

Studies suggest:

- 10–15 minutes of walking after eating improves blood sugar control.
- Light activity enhances glucose uptake by muscles independent of insulin.

The Hack:

A short walk after dinner or larger meals. This can be especially valuable for people with insulin resistance or metabolic concerns.

7. Green Tea and Timing for Antioxidant Effects

Green tea contains catechins such as EGCG, linked to anti-inflammatory and potential cancer-protective effects in laboratory research. Absorption may be enhanced when consumed between meals rather than with heavy protein intake, which can bind polyphenols and reduce availability.

The Hack:

Drink green tea between meals for optimal absorption.

These **small adjustments may not replace foundational health behaviors** like sleep, movement, and overall dietary quality. But they can:

- Increase nutrient bioavailability
- Enhance metabolic regulation
- Support gut health
- Reduce oxidative stress
- Potentially influence long-term disease risk

Importantly, compounds like sulforaphane have shown the ability in laboratory studies to inhibit cancer cell proliferation, induce apoptosis (programmed cell death), and influence detoxification pathways. While food is not a replacement for medical cancer treatment, these findings support dietary patterns rich in cruciferous vegetables as part of cancer prevention strategies. These strategies support overall health but are not standalone medical treatments.

These research-backed food and lifestyle hacks reinforce that health is influenced not only by what we eat and do, but how we prepare, combine, and time those choices. (The National Society of Health Coaches article on (“Science-Backed Food and Lifestyle Hacks That Can Amplify Health Benefits”))



**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 it all for the glory of God.”

From the Green Team

Is ‘Reef Safe’ Sunscreen Really Better?



Here's how to protect your skin and the environment this summer.

Some of the sunscreen you slather on this summer will end up in lakes, streams or the ocean, even if you don't go swimming. And a growing body of evidence suggests that ultraviolet filters, the active ingredients in sunscreens, can harm creatures that live in the water.

Some products are marketed as “reef safe” or friendly to aquatic life. But has that been proved? We talked to a dermatologist, several ecologists and toxicologists, and a chemical engineer to find out the best way to protect your skin and the environment, too.

Your sunscreen options

There are two kinds of UV filters in sunscreens on the market today.

Mineral sunscreens create a physical barrier on your skin that reflects UV rays like a mirror, while chemical sunscreens are absorbed into the skin and convert the UV radiation into harmless heat. (Chemical sunscreens are also sometimes labeled “organic,” but that's a chemistry term, not a claim of environmental friendliness.)

Any sunscreen you apply will eventually end up in water. Researchers estimate that between 25 and 50 percent of sunscreen comes off during a dip. The rest goes down the drain when you shower or enters the wastewater system through the laundry when you wash your beach towels.

Most standard treatment plants aren't effective at removing trace levels of UV filters from wastewater, said Dunia Santiago, a chemical engineer at the University of Las Palmas de Gran Canaria in Spain who studies how treatment plants process contaminants. That means the chemicals are still in the water that flows out of the plant and into the world.

And, since many UV filters don't biodegrade well, levels can build up over time in the environment, floating around, settling into sediment and being eaten by animals, especially in shallow areas popular with swimmers.

What we know and don't know

There's a growing body of evidence that both chemical and mineral UV filters have the potential to harm wildlife, including coral reefs, at high concentrations. A 2016 study on the potential for a chemical UV filter called oxybenzone to make coral more vulnerable to bleaching made a particularly big splash in the public consciousness, increasing demand for gentler alternatives and leading some places to ban the sale of some chemical sunscreens.

In response, some manufacturers started marketing mineral sunscreens as “reef safe.” But researchers generally agree you shouldn't put too much stock in these labels, which aren't regulated.

Calling one UV filter safer than another “implies that we have information to make a comparison, which we do not have,” said Sandy Raimondo, an ecologist at the Environmental Protection Agency who studies chemical contaminants.

The science on UV-filter toxicity isn't rock-solid because the laboratory methods used to test them haven't been standardized, according to ecologists and toxicologists we interviewed.

One important issue is the “stickiness” of chemical UV filters. They cling to the surface of the water, the sides of tanks and the inside of tools designed to measure their concentrations. When researchers can't be certain of the concentration of a chemical in water, Dr. Raimondo said, the resulting data isn't reliable.

While the data on mineral UV filters is more reliable, new formulations designed to minimize that ghostly white cast on the skin cause their own problems. Some manufacturers use so-called nano versions of zinc oxide and titanium dioxide. These even-tinier particles can get embedded in the tissues of plants and animals in ways that scientists are only beginning to understand, Dr. Raimondo said.



Trying to fill in the blanks

The E.P.A. is currently funding studies to fill the gaps in our understanding of UV-filter toxicity. Top priorities include resolving measurement issues and developing standardized methods to make comparisons easier. Unfortunately, [deep cuts at the agency](#) have [put the future of many environmental studies in doubt](#).

Even if those studies continue, they will probably take years to complete, and the agency could take several more years to conduct an official ecological risk assessment for any particular UV filter.

Some researchers say that, even with our incomplete knowledge of the impacts of UV filters, the existing evidence on certain chemical UV filters is damning enough for us to switch to alternatives that use non-nano mineral UV filters. Indeed, the stickiness of chemical UV filters may mean that existing research underestimates their environmental toxicity.

What you can do right now

Thankfully, you don't have to broil to help the environment. Dermatologists and toxicologists agree on the best form of sun protection. But it's not mineral or chemical sunscreen. It's clothing.

Sunscreen is an important component of protection, "but it's not the only component," said Dr. Henry Lim, a dermatologist at Henry Ford Health in Detroit and a former president of the American Academy of Dermatology. "Staying in the shade, wearing photoprotective clothing, a wide-brimmed hat and sunglasses are very, very important."

Cover as much real estate as you can with UPF rated clothing (that's the SPF equivalent for fabric). "Sunscreen should be applied only in the areas that cannot be covered," Dr. Lim said. It's by combining non-chemical actions along with environmentally safer products that we can all make a huge difference for our planet and our health!



Adapted from an article by Elizabeth Anne Brown in the NYT: [Is 'Reef Safe' Sunscreen Really Better for the Environment? - The New York Times](#)

Linda Graf
Green Team Committee

From the Trustees

Several major projects will be taking place over the summer and fall months on the Church campus. The first is the restoration of our ground floor which was destroyed by Hurricane Ian in the fall of 2022. We have finally received repair and resiliency money from FEMA to complete the work. Like the second-floor reconstruction, resiliency is a key requirement as future storms and possible flooding remain a threat. Because of this, the completed lower-level design will be basic, flexible, and practical.

Second, construction of a new Memorial Garden Chapel with enhanced surrounding vegetation will begin this summer with a fall completion target. The new structure will accommodate larger services, the existing memorial stones will be cleaned and repaired, and walkways will be replaced. Drawings of the new structure have been on display at church, and we are excited about the positive feedback we have received. Our goal is to create a natural and elegant space as a place to honor our loved ones. Many members have approached us about financially supporting the project and we would be happy to review the plans in greater detail with you.

Finally, we are in the process of upgrading the lighting around the building and installing new fencing behind the Church to meet Sanibel building code requirements as well as enhance safety. The 2026 Hurricane forecasts indicate this, hopefully, will be a calmer year. Regardless, our Hurricane Committee has been refining our plans and preparing for whatever comes our way. Prayers are always appreciated but please look for bulletin notices and “e-blasts” whenever a threat appears.

We hope everyone has a wonderful summer!



MEMORIAL GROUND ROTUNDA
CONCEPT DESIGN: EXTERIOR

Monthly Pledge Update

April Activity	\$56,189.60
YTD Balance	\$327,635.93
Budget YTD	\$381,740.00
Previous YTD	\$382,180.10

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



Hurricane Preparedness Committee



On Monday, June 1, 2025, the official hurricane season begins. It is important to stay vigilant, no matter what the weather forecasters are initially saying about this hurricane season.

This is to remind you of the goals of the SCUCC Hurricane Preparedness Committee:

- Assist in the safety and wellbeing of our members;
- Minimize damage to our property;
- Communicate to our members and organizations that share our space, the status of the facilities;
- Provide a response in the aftermath of a hurricane

The Hurricane Preparedness Committee believes that the use of the "eblast" is the best method to keep our members informed about the church. We will use it sparingly but, we hope, effectively.

The same information contained in the eblast will also be available on the church website. And if time permits, notices will be in the church Bulletin.

Lastly, consider signing up for AlertLee at <http://www.alertlee.com>. AlertLee is the emergency notification system used by Lee County Public Safety to notify residents when emergency situations arise.

Thank you,

The Hurricane Preparedness Committee



Fellowship Time

Please Consider Volunteering

Please consider volunteering your time to serve during 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!**





April 29, 2026

Dear Friend,

DOUBLE the Difference You Make from May 1 through July 15.
Every \$1 you donate to Gladiolus Food Pantry, Inc. becomes \$2.

A generous donor has pledged to match monetary donations, up to \$30,000, to the Gladiolus Food Pantry from May 1 through July 15, 2026. This is a huge opportunity to double your impact and help make a significant difference in the lives of those struggling with food insecurity in our area.

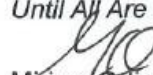
In 2025, 8,078 households visited the pantry where 1,011,024 pounds of food were distributed. Financial contributions allow us to better serve our families by giving us the ability to purchase food items in bulk at lower costs and to support our infrastructure.

Donations can be made by check or on our website: www.gladiolusfoodpantry.org. Please make checks to: Gladiolus Food Pantry Inc. and write "matching gift" in the memo. They may be mailed or delivered to the pantry at 10511 Gladiolus Drive, Fort Myers, FL 33908.

Whatever you give will be **DOUBLED**, up to \$30,000, from May 1 through July 15.

Thank you for your support of our mission to ensure no one in our community goes hungry.

Until All Are Fed,


Miriam Ortiz, Founder/Executive Director



10511 Gladiolus Drive, Fort Myers, FL 33908 • www.gladiolusfoodpantry.org

Artist of the Month

Michele Geller, Cape Coral, FL



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 Bio

Michele is an artist living in Lee County, Florida. She mostly works in oils and acrylic on canvas but has done pieces in pencil, pastel, and watercolor.

Michele's work is eclectic, and each piece is a unique vision of what is inspiring her at the moment, often infusing realism with abstract. Although she tends to be drawn to landscapes and nature, she specializes in pet portraits and is well adept at other subjects and styles including still-life, animals, and people portraits. Michele is a NPAA juried art show winner and has had brick and mortar art gallery sales, on-line gallery sales, and has sold over 100 pieces of her art throughout the U.S. Michele loves the challenge of commissioned work and collaborating with the customer to deliver a special one- of- a -kind piece of art.

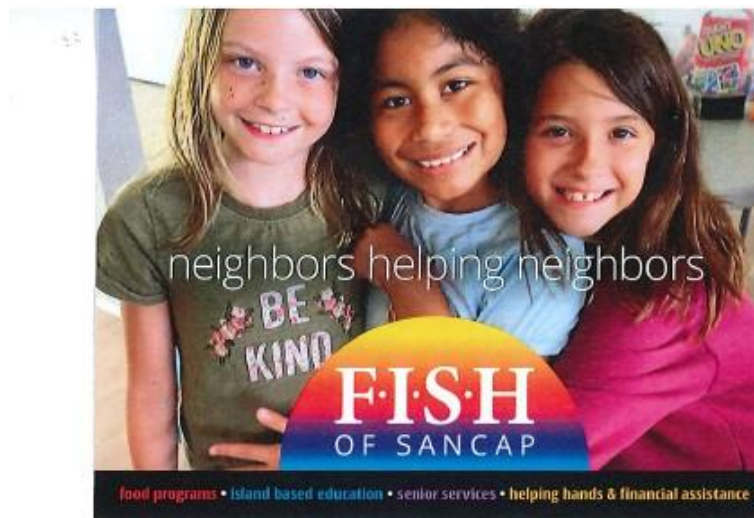


From the Mission & Benevolence Committee

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.



May 16, 2026
Dear Friends of FISH,
On behalf of the Board of Directors,
I want to thank everyone from the
Sanibel Congregational United Church
of Christ for the generous grant to
FISH of SANCAP. The Church's support
allows FISH to continue providing the
resources, programs, and services that
as you know, depend upon. Please
thank everyone for their support and
loyalty. Sincerely, Jana Mayer L.



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.



In Case You Missed This

~ A SPECIAL NOTE ~

Dear Friends,

I have told countless folks that the 40th Anniversary celebration and my becoming one of your two Pastors Emeriti was so very lovely! It was such a treat to reconnect with members of SCUCC and Bat Yam , as well as other folks from the Sanibel-Captiva community. The service was wonderful, and the luncheon so well done!

My time on Sanibel was so rich and full! So many memories! And continues to feed my soul. Thank you! And thanks to all of you who watch/listen to A Poem and a Prayer.

May you continue to be a blessing to Sanibel and the wider world as well. I keep you and Mark in my prayers on a daily basis.

Blessings,
John Danner
Pastor Emeritus

JUNE BIRTHDAY ‘CELEBRATIES’

June 1: Jane Nelson

June 4: Jacquie Boynton, Perley Putnam, Martina Tober

June 6: Dee Hunter

June 8: Jane Woodrow

June 10: Dana Crater, Hannah Miller, Ron Prather

June 13: Shirley Witte

June 14: Elaine Pace

June 19: Ellen Svenson

June 23: Sheryl Steele

June 27: Marjie Juedes, John Meng, Richard Travas

June 28: Judith Ware

June 29: Thomas Ware

June 30: Cynthia Poole



Happy Birthday Everyone!

Shell Point Men's Group June Luncheon

The Sanibel Congregational UCC Shell Point Men's Group will have its next monthly luncheon meeting on **Tuesday, June 9th 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.

JULY/AUGUST 2026 SANIBEL LIGHT DEADLINE

Please note that the deadline for submissions to the
July/August edition of the *Sanibel Light* is
Friday, June 19, 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/>



Pink HARBOR CANCER SUPPORT GROUP

The SanCap Pink Project welcomes fighters, thrivers, survivors, and caregivers to a monthly gathering open to all facing any type of cancer. Held in the Sanibel Library Meeting Room, the evening offers a caring space to come as you are and leave with community.

Contact Us:

SanCapPinkProject.com

Join us for our next meeting!
Thursday, June 4th 5:30pm
Sanibel Public Library

BEACH
WALKS



Bailey-Matthews
National
Shell Museum
& Aquarium

Introducing New
Beat the Heat Beach Walks
at Gulfside City Park on Sanibel Island!

The Bailey-Matthews National Shell Museum & Aquarium has announced the schedule for its new *Beat the Heat Beach Walks*, led by the Museum's expert educators at Gulfside City Park on Sanibel Island.

Participants will explore the Sanibel shore, learn about various local shells and mollusks, and see the sunrise while avoiding the afternoon heat and humidity of the wet season.

Beat the Heat Beach Walks begin at 7am and will last about an hour. The early morning walks will be offered from June through October:

June 9 | June 25

July 7 | July 23

August 4 | August 20

September 8 | September 24

October 6 | October 22

Cost is \$15 for adults, \$5 for youth and Museum Members.



Hello Friend:

We are reaching out to invite your congregation to Arts Bonita Actors Theatre's production of The Laramie Project, performing June 11-14th. We noticed that your group is accepting and affirming. We are aware that the LGBTQ+ community, especially in SWFL, is in need of awareness, acceptance, and anti-hate. With putting on this performance, our goal is to call attention to continually persisting issues in the community that are still relevant to this day and time.

As you may know, The Laramie Project is a documentary-style play, chronicling the small Wyoming town's reaction to the brutal 1998 murder of gay university student Matthew Shepard, using verbatim interviews with community members in reaction to the hate crime that has occurred.

Please let us know if you would be interested in bringing a group, we have group discounts available:

10% off groups of 10+

15% off groups of 15+

20% off groups 20+

The Laramie Projects Dates:

-Thursday, June 11th at 7pm

-Friday, June 12th at 7pm

-Saturday, June 13th at 2pm and 7pm

-Sunday, June 14th at 2pm and 7pm

[Buy Tickets Now](#)

The pricing for the tickets is as follows (including the \$4 system fee per ticket)

-Tier 1 & 2: \$34

-Student Tickets: \$20 (Tier 2 only)

Thank you so much for you and your congregation's support of the arts in our community. Please let me know if you have any questions or reach out if you would like to connect with us!

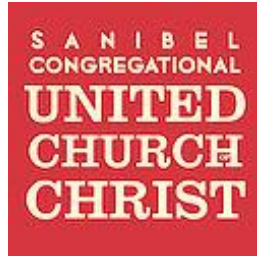
Thank you,

Aaron Fulwood

Client Services & Theatre Programs Coordinator

239.495.8989

artsbonita.org



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