The Sanibel Light

SEPTEMBER 2025
VOLUME 57
ISSUE 9

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

IN THIS ISSUE

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

As I write this, Cindy and I are once again away for our annual end of August anniversary trip. But that is not the only milestone we commemorated this summer, as this past June also brought the 20th anniversary of my Ordination as a Minister in the United Church of Christ. And one of my favorite stories about the woman I am once again celebrating a wedding anniversary with is directly related to that event.

In the Fall of 2002, I had made a major decision - to leave my deeply satisfying career in teaching, coaching, administration and counseling in order to enter seminary and seek ordination. It wasn't the first time I had felt that was what I was meant to do, though. It had been something I had felt deep down off and on for many years but kept convincing myself wouldn't work at those points in my life.

But that sense of what - in the Christian and other spiritual traditions is referred to as *"call"* - refused to be fully silenced. What was different *this* time was that I had come to the conviction that "it was now or never" - that I either needed to answer that call then or not at all.

Which leads to the story about Cindy…

Considering we had a son in high school and a daughter in elementary school, and that I had a financially solid and secure position at the time, I was - to put it mildly - a bit nervous about the conversation I knew I had to have with her about all this. When I decided the moment had come, we were sitting together in the living room one evening watching TV. I muted the sound, looked at my wife of 18 years at the time, and said *"I have something to tell you. I've decided I want to become a minister."*

And then I waited. Would she say that was ridiculous; that we couldn't afford it; that it wouldn't work with the kids' schedules and needs?

I didn't have to wait long to find out though, as almost immediately she said this:

What took you so long?

That was it. An answer that said, in just five words, *"This is what you were meant to be and do. I've known this for a lot longer than you think - maybe even longer than you. We'll make it work. We've got this"…*

In the Christian tradition, theologians and spiritual leaders often proclaim that it is not just those who decide to enter ordained ministry who are *"called",* but **all of us**. And throughout the Bible, God and Jesus constantly call people to vital roles and tasks that aren't associated with being ordained clergy. And while sometimes that is enough to move the person to answer that call, there are other times when - like I did - they need someone to see that in them, affirm it, and encourage it.

So as the current official summer season transitions into fall on the calendar, perhaps this would be the perfect time - as it was for me those many years ago now - to reflect on what God may be calling us to be and do, both individually and as a spiritual community.

And as for our individual calls, if we are unsure of, unclear about, or have absolutely no clue as to what that might be, I have two suggestions. The first is to *pray*. Just sit and ask God for guidance, or, as many do, just sit and let God speak to you.

The second suggestion? Go to your own "Cindy" - that person or people who know who you really are deep down, maybe as well as or better than you do - and see how they respond.

Perhaps they'll tell you that something you might be considering is not a fit. Perhaps they'll tell you to consider this or that variable. Perhaps they'll tell you to pray on it further. Or…who knows? Maybe they'll ask:

What took you so long?

Blessings,
Mark
Rev. Dr. Mark Boyea
Senior Minister

WORSHIP NOTES

In August, we celebrated the **Sacrament of Communion on Sunday, August 17**.

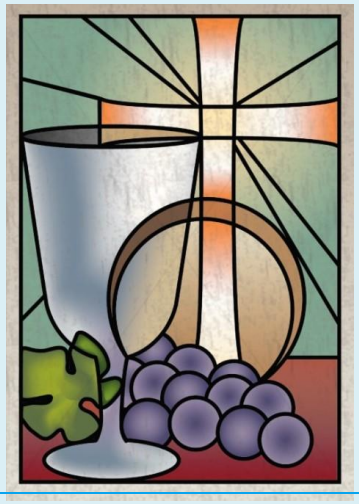
Then, on **Sunday, August 24 and Sunday, August 31, our friend and regular guest preacher, Rev. Dr. Sally Haynes**, lead us in Worship while Mark was on his annual end-of-summer break.

August was also a month full of special musical blessings. On **Sunday, August 3,** our guest organist was **Archie Glover**, a young man whose family visits here each summer, and who is a student in music at **Trinity Hall College in England**. Archie also performs regularly with the **Rodolfo's Choir** and the **Cambridge University Schola Cantorum**.

Then, on **Sunday, August 10, Mackenzie** - on piano - joined with **Natalia Rosen** on viola and **Frank Sanders** on clarinet to perform **Mozart's Kegelstat Trio**, consisting of three movements which were interspersed throughout our Worship time.

And finally, **Sundays, August 17, 24 and 31** saw the debut of ***Improv Music Sundays!*** On those dates, all of the music, except for the hymns, consisted of improvisations on hymns chosen by you and played by Mackenzie. What a great addition to our Summer Worship!

In September, Mark returns to preach and lead Worship on **Sunday, September 7**. On that day we will also celebrate the **Sacrament of Communion**.



CHURCH OFFICE HOURS

The Church Office is regularly from 9am to 3 pm, Monday through Friday.

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: the Church Office will be closed on Monday, September 1 in commemoration of Labor Day.**

SPIRITUAL GROWTH OPPORTUNITIES

BIBLE STUDY

Bible Study is on its annual end of summer hiatus. It will return in October.

SPIRITUAL EXPLORATION

Spiritual Exploration is on its annual end of summer hiatus. It will return in October.

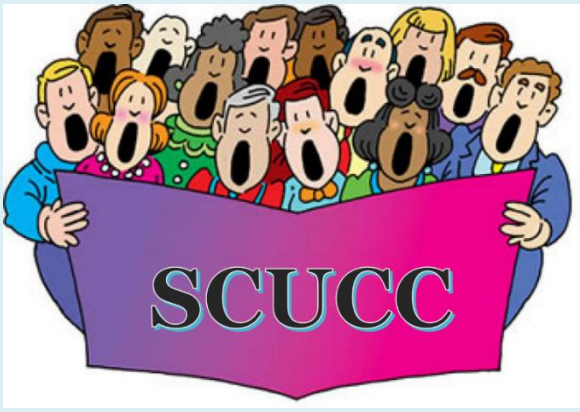
MUSIC

Thank you to everyone who sent in hymn requests during the last three weeks of August. You will hear more of your favorites on Sunday, August 31, and then we are adding one more "bonus" ***Improve Music Sunday on September 7th***. If you have not yet requested your favorites, please contact Mackenzie in the next few days.

Be on the lookout for some flute and oboe playing this month, and also, hopefully, a small choral group singing on the very last Sunday of the month.

Choir begins again late in October, if possible. Otherwise, the first Sunday in November will be the debut of our new and growing choir. Anyone interested in singing should contact Mackenzie as soon as possible for music and recordings.

The choir will be presenting a special Christmas performance this year, which has not been possible in the last several years because of the damage from Hurricane Ian. Please be on the lookout for this Christmas concert, complete with sing-alongs of your favorite carols, in mid-December!



You may contact Mackenzie at 203-517-5427 or by email at maestramackenzie@gmail.com or music@scucc.org.

HEALTHY HAPPENINGS

GLP-1

GLP-1, or glucagon-like peptide-1, is a hormone produced in the intestines that helps regulate blood sugar levels and appetite. GLP-1 is released after eating. It stimulates the pancreas to release insulin (which lowers blood sugar), suppresses glucagon (which raises blood sugar), and promotes feelings of fullness, making it important for managing type 2 diabetes and obesity. It also slows down gastric emptying, reducing appetite and promoting feelings of fullness.

GLP-1 agonists are medications that mimic the action of the glucagon-like peptide-1 hormone by binding to the GLP-1 receptors in the pancreas, brain, gut, and other tissues. They are prescribed primarily to manage Type 2 diabetes and assist with weight loss.

Popular examples of these medications are Ozempic,, Wegovy, Rybelsus, Mounjaro, and Zepbound. They are typically administered as injections, though some are in the form of oral tablets. Common side effects include headache, nausea, vomiting, diarrhea, and constipation. Less common but potentially serious side effects can include pancreatitis, gastroparesis and bowel obstruction. While these medications can be effective, you may want to boost your body's natural GLP-1 production without taking medications. I have witnessed some people who have had great success on these medications with few side effects and others who have had serious side effects and had to be taken off the medication.

People who produce less GLP-1 often struggle with appetite regulation and blood sugar spikes, which can lead to overeating and weight gain. That's why GLP-1 medications have become so popular. The good news is you can increase your own GLP-1 naturally. Through lifestyle changes, such as optimizing diet, exercise, sleep, and gut health, you can harness the same mechanisms that the medications target without injections and possible side effects.

Here are several strategies to naturally boost GLP-1 levels:

1. **Focus on High-Fiber Foods** Dietary fiber, especially soluble fiber, slows digestion and stimulates GLP-1 release. Foods rich in fiber not only keep you full but also support gut microbiome health, which indirectly affects GLP-1 production. Great sources: oats, flaxseeds, chia seeds, beans, lentils, apples, and citrus fruits.

2. **Choose Lean Protein with Every Meal** Protein is one of the most powerful stimulators of GLP-1. Studies show that eating protein can boost GLP-1 secretion and reduce appetite at the next meal. Great sources: eggs, fish, chicken, Greek yogurt, tofu, tempeh, or legumes.

3. **Incorporate Healthy Fats** Healthy fats, particularly monounsaturated and polyunsaturated fats, have been linked to higher GLP-1 production. Fat slows stomach emptying and works alongside GLP-1 to help you stay satisfied longer. Great sources: avocados, nuts, seeds, olive oil, and fatty fish like salmon.

4. **Add Fermented Foods for Gut Health** The gut microbiome plays an important role in GLP-1 regulation. Short-chain fatty acids produced by gut bacteria during fiber fermentation help stimulate GLP-1. Great sources: yogurt with live cultures, kefir, kimchi, sauerkraut, kombucha, and miso.

5. **Consider Polyphenol-Rich Foods** Polyphenols are plant compounds that may increase GLP-1 secretion. They also improve insulin sensitivity and reduce inflammation. Great sources: berries, dark chocolate (70% or higher), green tea, and colorful vegetables.

6. **Exercise** is another proven way to increase GLP-1 levels naturally. Both aerobic activity and resistance training can enhance GLP-1 secretion while also improving insulin sensitivity and overall metabolic health.

7. **Prioritize Quality Sleep** Poor sleep disrupts hormones related to appetite, including GLP-1. Research shows that even a single night of sleep deprivation can lower GLP-1 levels and increase hunger. Aim for 7–9 hours of quality sleep by setting consistent bedtimes, reducing screen time at night, and creating a calming routine.

8. **Manage Stress Levels** Chronic stress increases cortisol, which interferes with GLP-1 production. Stress management practices can help restore balance.

I am continually amazed at how complex the human body is! We are truly "fearfully and wonderfully made" by our Creator.

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

Meet Our Church Leaders

Ellen Hoeltgen
Chair of the Music Committee

Ellen Hoeltgen, a Sanibel-resident and Chicago-area native, is the new Char of SCUCC's Music Committee. She has been enjoying the island since 1978, and been a member of the congregation for 20 years. Ellen has participated in the Choir for the last 15 years and has avidly engaged in the Bible Study classes under multiple previous ministers.

Ellen met her husband Tom during her college years while she was working towards her Bachelor of Science in nursing and while he was finishing medical school. Tom and Ellen are the proud parents of their son and two daughters and are especially proud of their seven granddaughters.

Ellen has many hobbies. She was raised in the United Methodist Church and has been a member of the choir at every church she has belonged to since high school, which gives her a unique, long background in church music. She also enjoys quilting, needlepointing, playing golf and oil painting. Ellen looks forward to contributing to the music program at SCUCC in any way she can.

Meet Our Church Leaders

Ric Walker
Chair, Mission & Benevolence Committee

The first 5 years of my life I lived in Tucson, Arizona. We then moved to Missouri where I lived until moving to Nashville, TN. I attended the University of Missouri where I earned a BA in psychology and a Master of Science in Social Work. Once out of grad school I worked in Kansas City, Missouri and then Nashville as a therapist doing individual and group therapy. In addition, I taught child development at Ottawa University (Kansas) and trained foster parents for the state of Tennessee. I learned I wasn't cut out for the job of therapist, so I followed my dream to be a building contractor. Part of this dream was to move to Florida.

In 1978 I moved to SW Florida and earned my contractor's license. In college and grad school I worked construction jobs, so seeking a career as a contractor was a good decision. I built homes and handled small commercial jobs. I was active in the community serving on various construction related boards and community service organizations. But I was happiest coaching Little League Baseball and serving as a Boy Scout Scout Master. As a teenager I earned Eagle Scout, so I wanted to give back to the organization. My past and present interests include fishing, SCUBA, I have an aircraft pilot's license, keeping a saltwater aquarium, and wood carving.

I met Jean in 1990 and in 1992 we were married by Ran Niehoff at SCUCC. We moved to Ohio in 1995 so Jean could be closer to her aging parents, then returned to Florida in 2013. Between us we have four children and 7 grandchildren. Jean and I love to travel, which includes visiting family.

Where in the World are Our Deacons

Our very exciting summer of ‘25 is coming to an end and the SCUCC Deacons are spread far and wide across our beautiful country and even the world.

Joan Burns and Joe spent much of May in Tennessee near Gatlinburg. They built a cabin there fifteen years ago to accommodate their son and other people with special needs. They are heroes who walk the walk. The rest of their summer was spent in and around Ft. Myers and Sanibel.

Mary Cavendish traveled to Italy in May and returned to West Virginia where she has had beautiful golf weather most of the summer. She will be nearing pro status next when we see her in the October.

LaMoyne Ebner and Jerry have been cruising the Alaskan coast and were last spotted near Mendenhall Glacier where they were cruising around on a dog sled ride. She said that it was a beautiful and awesome ride.

Sherry Halleran and Neal have been visiting the Mengs in Green Bay and are on their way to Maine and then to Portugal for adventures in sightseeing. They have a very active vacation schedule.

Inky Meng has been at home and happy in Green Bay where she has hosted friends and family alike. She mentioned that she has loved having her grandchildren with her and that Green Bay is the best!

Judy Palaia, our dear Judy (and Frank) have been busy with church work, particularly fellowship, ushering, and anything else needed. They took time off to visit Judy's sister in California and then came back to host a movie and dinner party in Fellowship Hall with the help of Jenny Chacon and Tammy Flatley. The movie was *Under the Tuscan Sun* and the meal was an Italian treat. There were about 30 people in attendance.....success!

Shirley Akins spent most of the summer traveling between Michigan and Indianapolis with a quick trip to a dude ranch in Montana where she enjoyed horseback riding on the front range of the Rockies. Her husband loved the fly fishing.

Last but not least is Linda Winn, who started the summer in Italy with more adventures than she cares to share, but her August 22 adventure was the pinnacle. Linda and Jim went python hunting in the Everglades! I hope to hear from her soon, and we hope to get pictures of this hunt.

As of now, we have not heard from our intrepid Sharon Hannon, but when we do, we will share the stories she has to tell.

Shirley Akins

Chair of the Deacons

REQUEST FROM THE HEALTH MINISTRY

Calling all Knitters

The Health Committee needs your help in giving one of our programs a new start. We have a Prayer Shawl program that needs knitters to make the shawls. We hope the knitter will say a prayer while they work. Linda Convertine will then give a shawl to our ill members and those who are unable to leave home.

The shawls are approximately 4 ft. by 2 ft. using soft and thick yarn. No pattern is needed. If you are not a knitter, please consider donating yarn. Any questions, please contact Linda at **linda@sanibelucc.org**.

FROM THE GREEN TEAM

Seeing Nature Differently, By Brian McLaren

We see the natural world from different vantage points. For example, a real estate developer might look at a beautiful landscape and think, "Wow, we could make a road, build some housing, and dam this creek. We could create an incredible housing development with a lake. It would be worth a fortune." A paper manufacturer sees a forested mountainside and thinks about how much lumber and paper he could make from those trees and how much return on investment he could get for leasing that mountainside. Meanwhile, an angler would see in that view a trout stream coming down the mountainside that he'd like to protect. An ecologist might see an endangered species of fish that needs to be preserved. A theologian, depending on his or her background, might see theological justifications for selling that land to the real estate developer or manufacturer, or for preserving it with the angler and ecologist.

Every tree, every meadow, every stream, every wave rolling in on the beach … each of us sees them with different vision. We bring our own different backgrounds, perspectives, needs, interests, desires, and problems to whatever we see.

McLaren uses the language of friendship and respect to describe his own relationship with nature:

Every night we have a little herd of iguanas on our roof, including about a five-foot-long iguana that we've nicknamed T-Rex—he's big, male, and a bright orange color. He's gotten used to me and I've gotten used to him. Of course, if I were to get too close, he would whack me with his tail. But we have a respectful relationship, similarly with a gopher tortoise that has dug its burrow outside my front sidewalk, and some burrowing owls that live in the neighborhood.

I have to respect their space. To me, this kind of respecting of space is a part of friendship. We have a term for people who don't respect boundaries: We call them narcissists. They're always impeding and crossing boundaries to take advantage of us. We humans tend to have a narcissistic relationship with our fellow creatures, but there's an option for generous friendship that creates a kind of reverence, respect, and enjoyment.

I think this is one of our real struggles with the natural world, of which we are a part. We're so used to being in control of things that when the natural world demands legitimate respect from us, we think it's being hostile. This is part of our current life curriculum as human beings—to learn appropriate respect after centuries and centuries of domination. It's parallel to what people with privilege need to learn—whether it's white privilege, male privilege, or the privilege of the rich. Privileged people are so used to acting in domineering ways that when you ask them to show proper respect, they feel they're being deprived or persecuted. But this respect is something we need and it's a matter of survival right now for us to learn it.

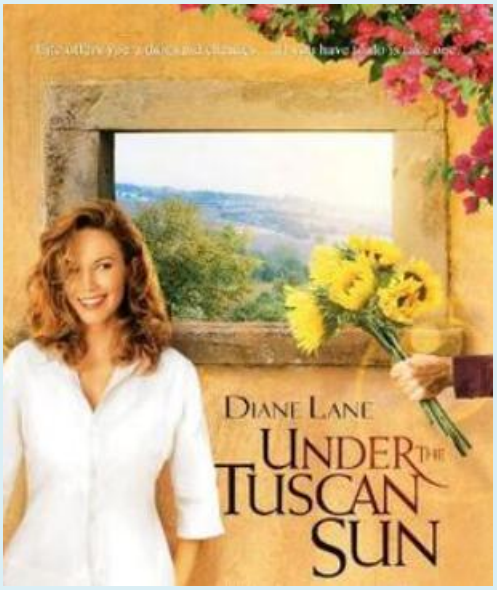
Adapted from The Center for Action and Contemplation-Fr. Richard Rohr's Daily Meditation. April 27, 2025

https://email.cac.org/t/d-e-sddyulk-tlkrilthiy-yh/

Linda Graf

Green Team Committee

Highlights from Our Dinner & A Movie August 13, 2025



SANIBEL CAPTIVA
Island Reporter, Islander & Current

GARY SHAVER

The Sanibel Music Festival recently unveiled a special motif for its 2026 season.

Festival Board Member and watercolor artist Carol Good has been granted permission to transform a photograph of a roseate spoonbill into a painting for the program book, brochure and website.

The photo is by fine art and landscape photographer Gary Shaver.

The festival board explained that animals act as messengers in multiple cultures and spiritual practices. Bringing messages of emotional healing, balance, creativity and inner peace, the roseate spoonbill is one such spirit animal. It noted that classical music has a similar power to create and instill inner peace.

Board Member David Conrad shared that the photo and painting exemplify the festival's uniqueness.

Good has been painting since 1987, when she started at a church retreat at Hanover College in Indiana. She conducts a weekly gathering at the Sanibel Congregational United Church of Christ on Sanibel, where a group of artists meet to paint, share ideas, critique and support one another in their creativity.

Celebrating its 39th season, the festival will take place from March 3-21 on select days.

For more information, visit https://sanibelmusicfestival.org/.

BIRTHDAYS FOR THE MONTH OF SEPTEMBER

September 2: Charles Ramseth

September 6: C. Ronald Bach

September 9: Sally Knaub

September 10: Barbara Challoner

September 13: Dave Goulait

September 18: Carol Arnould

September 19: Carol Periard

September 20: Steve Abbott

September 21: Bruce Cutler

September 22: Brian Pelkie

September 23: Grethe Christiansen

September 30: Mark Boyea

Happy Birthday Everyone!

ARTIST OF THE MONTH

We will continue to enjoy the artwork of Michael Moukios, through the end of September. Please make sure you enjoy his works while they are still showing in Fellowship Hall.

Michael Moukios 3943 Valentia Way Naples FL.34119

Education: Studied at the School of Industrial Art. High School. Majored in Advertising Art and minored in illustration.

Brooklyn Technical College:

Majored in Advertising Art

Art Students League in New York.

Brooklyn Museum. Life Drawing.

School of Visual Arts 23rd Street N.Y.

Majored in fine art painting.

Exhibiting: Brooklyn Museum Community Gallery.

Greenwich Village Art Shows in N.Y.

Cambrian Park in Naples Florida Art Shows.

Fifth Avenue Art Shows in Naples Florida.

Sanibel Art Shows and Captiva Gallery Exhibit.

Fort Myers Beach Art Association FL.

I have received People's Choice awards, Best of Show awards, for several years.

Participation at SCUCC

Be An Artist

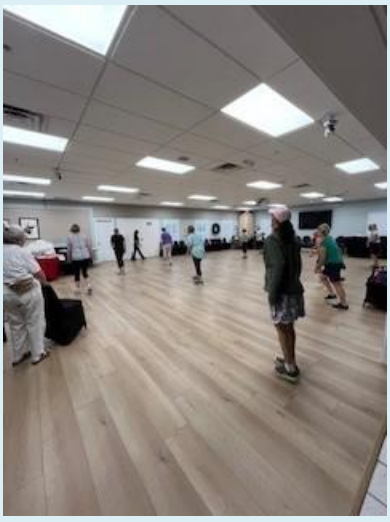
We invite all artists to continue to use Fellowship Hall on Tuesdays at 11:00 am for painting, conversation and fun. Carol Good will return in the Fall.

Get Healthy

Join Mahnaz Bassir and the Santiva Islanders

for cardio & strength on **Monday, Wednesday & Friday.**

Class starts at 9:30 AM in Fellowship Hall.



Shell Point Men's Group Luncheon - SEPTEMBER

The Sanibel Congregational UCC Shell Point Men's Group will have its next monthly luncheon meeting on **Tuesday, September 9 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 Luncheon - SEPTEMBER

The Sanibel Congregational UCC Shell Point Women's Group will have its next monthly luncheon on **Friday September 12 at 11:30 am at the Palm Grill in the Woodlands Common.** Please make reservations with Susan Schmitt at **sudischmitt@gmail.com.**

Dinners for 6, 7 or 8

One of our most loved offerings are the social gatherings known as "Dinner for 6, 7 or 8", which meet during season (Fall through early Spring). If you would like to participate, or find out more, please contact Shirley Akins at **akinsteach@gmail.com**.

Ushers Wanted

Please reach out to Frank Palaia if you would like to be added to the contact list to serve as an usher for our Sunday Worship. He can be reached at **flpalaiajr@cs.com.**

Liturgists Wanted

Please reach out to Sharon Hannon if you would like to be added to the contact list to serve as a liturgist during our Sunday Worship. Availability begins October 19th. She can be reached at **skbhannon@aol.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.

OCTOBER 2025 SANIBEL LIGHT DEADLINE

Please note that the deadline for submissions to the October edition of the *Sanibel Light* is **Friday, September 19, 2025.**

Please send all submissions as a Word document to:

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

YOU'VE GOT PLANS: SANIBEL & CAPTIVA

SANTIVA ISLANDERS

Please visit their website for a list of their activities and to view their calendar: https://santivaislanders.org

Potluck Lunch at SIP

Monday, September 8, 2025

11:00 AM – 1:00 PM

Come join your Santiva Islander pals for a potluck and plenty of conversation at our Santiva Islander place (SIP). SIP is located in the Sanibel Deli Center at 2330 Palm Ridge Rd.

All are welcome. Just drop by - come and go as you please. Bring a dish to share if you want, or not. There will be plenty to share.

Saturday Brunch at the Lighthouse

The Lighthouse Café of Sanibel, 1020 Periwinkle Way, Sanibel

When: Saturday, September 13th from Noon to 1:30 PM

Cost: Each person will pay separately at the event.

You must RSVP on their website no later than 9/12.

If you have questions, please email Beth at bfundy4648@gmail.com.

SCCF
SANIBEL-CAPTIVA
CONSERVATION FOUNDATION

For any of the events hosted by SCCF, please go to their website to sign up or to find more information: https://sccf.org

Mind Your Line Bin Assembly

September 4 @ 9:00 am - 10:30 am

Join the Mind Your Line team at our first public bin assembly workshop!

Monofilament recycling bins help prevent fishing line pollution, which poses a serious threat to our local wildlife and the environment. Monofilament fishing line is strong, thin, and non-biodegradable, meaning it can remain in the environment for hundreds of years if not properly disposed of. When left behind, it can entangle birds, turtles, fish, and other marine animals, often causing injury or death. Recycling bins provide a designated, easy-to-access place for anglers to responsibly discard used line, which can then be recycled into new products like tackle boxes and park benches. These bins play a vital role in promoting sustainable fishing practices and protecting our natural ecosystems.

Volunteers will work together in a fun, hands-on environment that supports environmental conservation and community engagement.

Adopt-A-Mangrove Adoption Day

September 26 @ 9:00 am - 11:00 am

Now, more than ever, our coastal ecosystems need your support. We invite you to participate in SCCF Coastal Watch's Adopt-A-Mangrove Program. Join us at the Bailey Homestead Preserve on Sept. 26, Oct. 18, Nov. 7, or Dec.12 from 9 a.m. – 11 a.m. for Adoption Day! You'll be able to pick up your mangrove seedlings and everything you need to nurture them.

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 office@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

Scan QR Code to donate through PayPal.

SANIBEL CONGREGATIONAL UNITED CHURCH CHRIST