

# The Sanibel



# Light

SANIBEL  
CONGREGATIONAL  
UNITED  
CHURCH  
OF  
CHRIST

MARCH 2025  
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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**

A few years ago, the staff at Cedar Creek Church in Toledo, Ohio conducted a research project to determine why people visited a church for the first time in a while, or for the first time ever. Not “*why*” as in *how* they heard about the church or who invited them, but “*why*” as in the underlying *need* which led them inside the church doors.

Then they analyzed the responses and determined three general categories of that need:

**Something Was Missing:** People came to a church in the aftermath of the death of a loved one or colleague, when a personal or professional achievement failed to provide the kind of satisfaction they expected, or following an incident which made them question whether the life they were living was truly meaningful.

**Something Was Broken:** A strained or unraveled marriage or other close relationship, a lost job, a child struggling to find their way, or an addiction.

**Something Was New:** A marriage engagement, the birth of a child, relocation to a new town or city, or some other fresh start.

### **Missing; Broken; New...**

As we move into the journey of Lent this month, let us keep those three words close to our hearts and minds, as they are not just reasons people come to a church for the first time in a while, or the first time ever. They are also the daily state of the human condition.

Each day, we are all living some combination of “**Missing; Broken; New**”. And that is because change is the law of the universe. As Zen Buddhism suggests to us in its often seemingly paradoxical way, change is the only constant. We are never the same person today that we were yesterday. The context of our lives is never the same today as it was yesterday. People and things are always being subtracted or added to our lives due to death, birth, new jobs, new homes and new circumstances. Some things are always building up while others are breaking down - perhaps our careers, our finances, a relationship, or our health.

What the season of Lent reminds us each year though, is that change really *isn't* the only constant. So is God and God's embodiment in Jesus for us in the Christian spiritual tradition. Lent calls us to enter more deeply into the times when that Jesus also experienced "**Missing; Broken; New**" in his own and others' lives, and trust that if we open ourselves up to God's presence, comfort, wisdom and ways, God can take every instance of "**Missing; Broken; New**" and make us stronger, more resilient, more flexible, less anxious and fearful.

Lent calls us to embrace God's power to transform life – our lives, our relationships, our society.

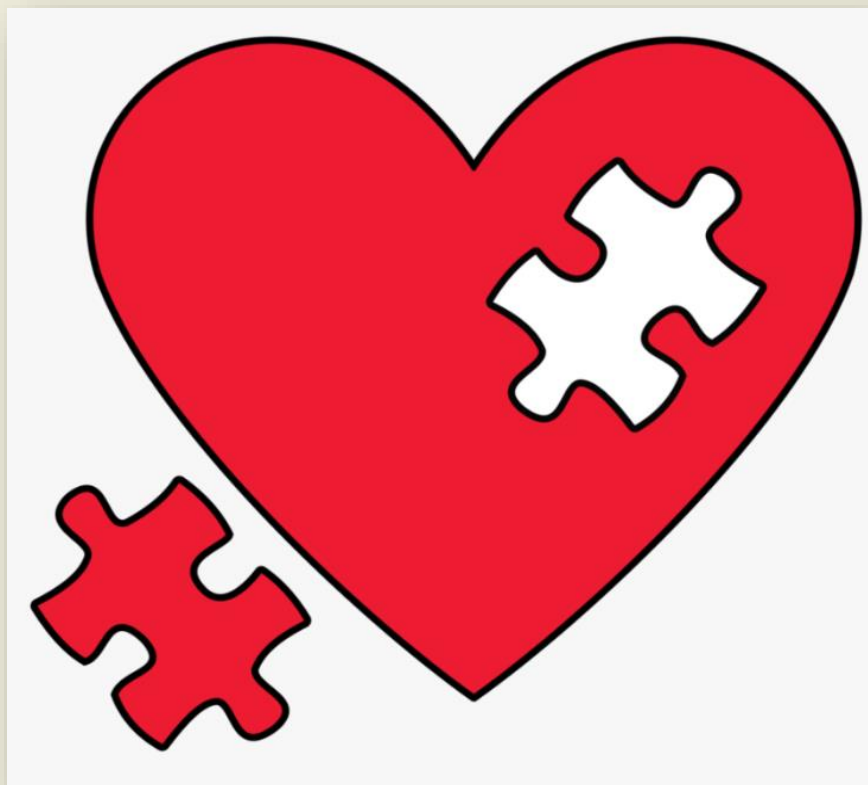
ALL life.

Blessings,

Mark

Rev. Dr. Mark Boyea

Senior Minister



## WORSHIP NOTES

In February, we offered our first Ask the Minister Sunday of 2025, as well as celebrated the Sacrament of Communion on Sunday, February 2. That day's Ask the Minister session, according to Mark, presented perhaps the most complex and deep set of questions he has been asked on a single Sunday in the over 15 years he has been offering these opportunities. Well done SCUCC!!!

Then, on Sunday, February 16, Mark's predecessor as SCUCC Senior Minister, Rev. Dr. John Danner, returned as guest preacher before he and wife Linda departed to NC to begin the next stage in their lives. This gave us one last chance to be blessed with John's spiritual wisdom, as well as offer our best wishes and blessings to him.

Finally, on Sunday, February 23, we welcomed five new members into our spiritual community. More on that and them later in this edition of the Light...

We will begin the month of March (as well as close out the month of February), with our annual "Pulpit Exchange Weekend" in collaboration with our sisters and brothers from Bat Yam. On Friday, February 28, at 7pm in Fellowship Hall, Mark will offer a Message to the Bat Yam community. Then, on Sunday, March 2 at 10am in the Sanctuary, Rabbi Sunny will bless the SCUCC community with a Message.

On Wednesday, March 5, we enter the sacred season of Lent with an Ash Wednesday Commemoration at Noon in the Sanctuary. This will be a contemplative time of prayer, Scripture, music, readings, a Reflection from Mark, and the distribution of ashes.

In addition, Mark will be available that day to distribute ashes to all who wish from **10 AM - 11:30 AM and again from 1 PM - 3 PM, also in the Sanctuary.**

On Sunday, March 9, we will share in the Sacrament of Communion as a spiritual community on this first Sunday in Lent. On that day we will also introduce our new hymnal, ***Worship & Rejoice***. We will, though, continue to print our hymns in the bulletin, as well as place the lyrics to them on our video screens for those who prefer to participate in those ways, as well as for the benefit of those who worship online.

On **Saturday, March 15**, the Memorial Celebration for our long-time member and friend **Bob Sheldon will take place in the Sanctuary at 1pm.** A Reception in Fellowship Hall will immediately follow.

Then, on Sunday, March 23, as Mark will be away, we welcome guest preacher Rev. Dr. Sarah J. Melcher. Rev. Dr. Melcher is Professor Emeritus of Hebrew Scriptures at Xavier University in Cincinnati, as well as a retired UCC Minister. We greatly look forward to her blessing us on this third Sunday in Lent.

Also that day, this year's Sanibel-Captiva Interfaith Shared Scholars program will be held in the SCUCC Sanctuary at 3pm. This year's program features **Dr. Thomas Cimarusti**, Professor of Music History at Florida Gulf Coast University, who will offer a lecture entitled, ***When the Soul Sings the Spirit Soars***, on the Judaic origins of Christian Worship music.

And finally, on Sunday, March 30, it's ***Choir Appreciation Sunday!*** Join us as we formally recognize and offer our enormous gratitude to the SCUCC Choir and Director of Music Mackenzie Albert for their outstanding commitment and efforts as such a vital part of our Worship here at SCUCC.

Then following Worship that day, please plan to stay for the brunch in Fellowship Hall that will be given in the Choir's honor.

## **DAYLIGHT SAVING TIME BEGINS NEXT SUNDAY, MARCH 9!**

Daylight Saving Time officially begins next Sunday, March 9. So please remember to **set your clocks one hour ahead on Saturday night, March 8.**

### **New Hymnals Next Sunday!**

Next Sunday, March 9, in conjunction with the First Sunday in Lent, we will introduce our new hymnals. After a lengthy process of evaluation and discussion, the Music Committee, in conversation with Mackenzie and Mark, has chosen the ***Worship & Rejoice*** hymnal to replace the previous ones which were mostly destroyed in Hurricane Ian.

Please know that the hymns will continue to be on our video screens and printed in the bulletin for those who prefer to participate in those ways, as well as for the benefit of those who worship online.



## **WELCOME NEW MEMBERS!!!**

During Worship on Sunday, February 23, we welcomed five new members into our spiritual community. Please join me in welcoming:

**Thea Martin** – Thea was born and raised in Moline, Illinois, where she was baptized in the Congregational Church there. She now lives in The Springs at Shell Point. Thea lived in Punta Gorda for 30 years before moving to Shell Point in 2009. She is an avid reader who belongs to two book clubs and volunteers in the Shell Point Library. Thea was also a long-time tennis player who has travelled extensively. She is the mother of three children with her late husband Pete.

**Gail and Peter Walcott** – Gail and her husband Peter have lived on Sanibel since 2006. She is a native of Skaneateles, NY and a graduate of Wellesley College. For many years she lived and worked in MA as a health care executive, while also raising three children. Throughout the years, Gail has served on numerous boards and been an active volunteer.

Peter was born and raised in the suburbs of Boston and graduated from Harvard and Case Western Reserve Law School. Peter served in the U.S. Army Reserve and practiced law in various capacities for many years, including as a Vice President and General Counsel for three corporations. He is the father of three with Gail, and current Secretary of the Sea Gate HOA.

**Lisa Drews and David Drews** – Lisa and Dave live on Sanibel and spend part of each year back in Wheaton, IL. For many years they lived in Metropolitan Detroit, where they were married and raised their three sons. They are both graduates of Michigan State University, as well as both being CPA's.

Together, they love to golf, travel and, most of all, spend time with their family. They see SCUCC as a special place and are excited to be a part of it.



## CHURCH OFFICE HOURS

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

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

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**

Bible Study continues in March on the following dates at **10:30am on Zoom:**

Thursday, March 6  
Thursday, March 13  
Thursday, March 27

The passage(s) to be looked at each week, as well as the necessary information for joining in, will be sent by email the day before.

## **SPIRITUAL EXPLORATION**

**Our most recent Spiritual Exploration Unit has concluded.**

**The topic and schedule for our next unit has yet to be determined.**





## **A Note from Our Moderator**

This year of 2025 commenced with all boards and committees working diligently. Planning for the reconstruction of the lower church level, landscaping and beautification projects for both the front and back, and the possible redesign of the Memorial Grounds are being carefully planned and prayerfully, implemented soon.

Hopefully, our membership will attempt to take on the challenge of stepping out of our comfort zones and getting involved in positive things that we may not have considered in the past.

It may be a gesture as simple as extending an offer to a stranger or someone you do not know well, to attend church. Or maybe introduce ourselves to a visitor after the Sunday Worship service and ask them to join our Fellowship Time. Or consider volunteering with our monthly joint food drive with Bat Yam. Whatever it is, This year, let us be more intentional about talking about SCUCC within our various communities.

I anticipate wonderful things happening this year for our church! In each newsletter going forward, one or two board or committee members will be highlighted so we, as a church, can become more familiar with our leadership.

Thank you for the opportunity to serve as this year's Moderator.

*Kathy*

Kathy Y. Carter

## HEALTHY HAPPENINGS

### The Skinny on Fat Part 3

Part 1 and Part 2 covered the history of our understanding of fat, obsession with weight, and the various types of fat. In Part 3, we will discuss how much and what types of fat we need in order to maintain a healthy diet.

So how much fat should you eat? According to the USDA, the acceptable macronutrient distribution range (AMDR) is around 20-35% of calories.

The type matters, as well. The USDA recommends that 15–20% of your calories come from monounsaturated fats, 5–10% from polyunsaturated fats, less than 10% from saturated fats, and none from trans fats. Additionally, they advise eating less than 300 mg of cholesterol per day.

Omega-3 fatty acids have their own recommended daily allowance, which, due to lack of evidence, is called “intake adequacy” rather than an official Recommended Dietary Allowance (RDA). The number varies by age, sex, and pregnancy or lactation status, but is in the range of 1–2 grams per day, for all categories.

A note about that “less than 10% from saturated fats” recommendation — individuals two years and older can make enough of their own saturated fats not to need any from their diets, so “zero” is a perfectly appropriate recommendation in most cases. Also, a reminder about trans fats: There is no need for your body to consume any trans fats.

There are a couple of myths about fat that lead people to make questionable food choices. One such myth vilifies all fat as something to be avoided. The second myth mistakes eating fat with *being* fat, and blames fat consumption for the increase of fat on the body when the truth turns out to be a good bit more complex.

As we have seen, dietary fat is essential for survival and health. So, viewing all fat as the same — bad — can set a person up for deficiencies in certain key nutrients. And if you’re eating less fat, then you’re eating more of something else. If that something else is refined white flour and sugar, that’s hardly an improvement, and may actually harm you more than a higher-fat diet.

Since your body can't manufacture its own omega-3 and omega-6 essential fatty acids, you have to get them from food. And while you need both, the ratio between them is important. Not enough omega-3 fatty acids compared with omega-6s can contribute to inflammation in the body. An ideal ratio of omega-6 to omega-3 appears to be somewhere between 4:1 and 1:1, a range associated with better heart and brain health, less inflammation, reduced risk of cancer, and even higher IQ scores.

The modern industrialized diet doesn't come close to this ratio, unfortunately. Some sources estimate that the average American consumes at least 14 times more omega-6 than omega-3 fatty acids. If you're looking to reduce omega-6s (which most of us need to), reduce or eliminate the consumption of processed foods containing sunflower oil, corn oil, safflower oil, and cottonseed oil.

There are three main types of omega-3 fats — EPA, DHA, and ALA. Your body needs EPA and DHA, which are “long chain” versions. The good news is your body can synthesize these compounds from ALA, which you can get in abundance from flax and chia seeds (as well as lesser amounts from walnuts, hemp seeds, and canola oil).

Unfortunately, not all bodies convert ALA into EPA and DHA efficiently, so you could be deficient in the latter two if you don't eat fish or take an algae-derived supplement. After all, the EPA and DHA that fish have in their tissue comes from algae in the first place. That is why many vegan health experts recommend taking an algae-based EPA/DHA supplement.

When we look at the available science regarding saturated fat, it's pretty clear that, in general, the less saturated fat you eat, the lower your risk of chronic disease and the better your overall health.

A single high-fat meal — particularly one high in saturated fat — can cause inflammation directly after eating. Of course, one meal isn't going to make a huge difference to most people, but repeating any bodily injury multiple times a day for years and decades can greatly increase the risk of a multitude of diseases and disorders.

Studies have found that replacing saturated fat with unsaturated fat, particularly polyunsaturated and monounsaturated fat, reduces the risk of cardiovascular disease (the world's #1 killer by a wide margin). And long-term trials suggest that reducing dietary saturated fat lowers the risk of combined cardiovascular events by 21%.

Your heart isn't the only organ negatively affected by saturated fats. Cutting back on meat and dairy can also benefit your brain. A study from 2003 found that people who consumed the least saturated fat had less than half the risk of developing Alzheimer's disease compared to those who consumed the most. Those results held even when accounting for the presence of the APOE4 gene, which predisposes a person for Alzheimer's disease.

Other studies have replicated this finding, with most showing that total fat consumption wasn't a risk factor, but that saturated fat consumption was. (In fact, polyunsaturated and monounsaturated fats have been associated with a decreased risk of Alzheimer's — although whether that's because they were replacing saturated fat in the diet is unclear.)

The inflammation generated by saturated fat can even trigger the onset of multiple sclerosis, as well as hasten and intensify its progression. This can happen via several mechanisms, including degeneration of neurons and glia (the cells of the nervous system that support the neurons and facilitate the transfer of electrical impulses and information); oxidative stress damaging the myelin sheaths that protect and insulate the nerves, injuring the energy-producing mitochondria in the brain; and hypersensitizing the immune system so that it starts attacking your body.

Trans fats are a rare case where nutritional absolutism is called for — they're always bad for you. Lots of evidence points to trans fats being associated with risk factors for cardiovascular and other chronic diseases. They raise bad LDL and lower good HDL cholesterol. They trigger inflammation. And they contribute to insulin resistance, which is a key cause of metabolic syndrome and the root cause of type 2 diabetes.

So, there's fat in food and fat (adipose) cells in your body. It's an easy mistake to make that the only way to get fat is by eating fat.

Now, it's true that excess fat consumption can contribute to overweight and obesity. That's because dietary fat contains nine calories per gram, compared to just four calories per gram of carbohydrates and protein. One way to gain weight is by favoring calorically dense foods that are high in fats. Shelled walnuts, for example, provide 654 calories per cup. By contrast, a cup of fresh cantaloupe contains just 60 calories. This means you could eat ten cups of cantaloupe before consuming as many calories as are in that single cup of walnuts.

So if you're trying to lose weight or not gain weight, you should be aware of the amount of calories you're eating. And there's no denser source of calories than fat. But most people don't gain weight because they're eating too much healthy fat in a vacuum. You have to look at the whole diet and at the overall ratio of caloric consumption to what a body needs.

Some studies indicate that people self-limit the amount of fat they consume naturally because high-fat foods can trigger satiety. The problem for most people is eating too much fat coupled with sugars and other processed carbohydrates. There's evidence that the sugar/fat combo actually releases endocannabinoids that promote hunger and the storage of any extra calories as fat.

The processed food industry often combines the least healthy saturated and trans fats with highly palatable refined grains, sugar, and excess sodium, creating a powerful cocktail of appetite enhancement and subsequent weight gain. Sugar itself will get converted to fat when eaten in excess. The amount of simple sugars most people consume in a typical modern diet is itself a significant contributor to our current obesity epidemic.

So what fats should you avoid? To recap — based on the data we have available today, it seems wise to limit saturated fats, which mostly come from meat and dairy but can also be found in tropical oils such as coconut and palm. Any dishes that use these ingredients in significant amounts will also tend to be high in saturated fat. When shopping, make sure to read the ingredient lists of foods.

For most people, the easiest way to avoid saturated fats is to move towards a plant-based diet. You can (and should) avoid trans fats by staying away from fast food, animal products, and hydrogenated and partially hydrogenated vegetable oils.

Partially hydrogenated soybean and vegetable oils are commonly used for frying and cooking fast foods and processed foods. You can avoid them by making your own baked or air-fried plant-based versions of burgers, french fries, onion rings, and fried "chicken" at home.

You can avoid the trans fats that come in salad dressings sold in supermarkets and served at fast food restaurants by making your own. Cakes, cookies, and other commercial baked goods are also often made with trans fats. You can make your own healthier versions at home. There are many healthy recipes out there.



Another common place to find trans fats is in frozen foods. I know they can be convenient, but so can making time for batch cooking. And that way, your convenient “heat and eat” meals can support your health as well as play well with your busy schedule.

You can also find trans fats in some brands of microwavable popcorn, as well as potato and corn chips.

Instead of saturated and trans fats, opt for foods containing unsaturated fats. Both mono- and polyunsaturated fats can provide health benefits, when consumed in moderation and in proper ratios. They’re found in plants, such as nuts and seeds, and nut and seed butters (including walnuts, cashews, and peanuts; and hemp, chia, flax, sunflower, and pumpkin seeds).

And remember that whole foods, being far more than the sum of their nutrition labels, can provide not just fats but also many essential micronutrients as well. So while avocado and olive oils can be a small part of a healthy diet, you might want to eat avocados and olives themselves, rather than just consuming the oils extracted from these foods.

A persistent health message over the past 50 years has been to avoid all sources of fat, leading both to an irrational fear of eating any fat, as well as the extreme opposite position that the more fat, the better. Once we get past the hype and look at the science, however, it becomes clear that some types of fat, in appropriate amounts and ratios, are necessary for health. The type of fat — and its source — matters. While saturated fats and trans fats can harm us, whole food, plant-based sources of fat, such as avocados, nuts, and seeds, can play an important role in a well-balanced and varied diet.

Let food be thy medicine!

Caring for you and your health,

Linda Convertine RN, Parish Nurse



## 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, contact Pam Rothmann Cokes at [pamrothcokes@gmail.com](mailto:pamrothcokes@gmail.com).



## **A NOTE FROM THE TRUSTEES**

### Opportunities For Helping and Giving: Final Phase of Recovery

Our SCUCC Campus is now looking noticeably wonderful after our Hurricane Recovery.

We have been blessed with insurance, FEMA, other UCC congregations' support, and the incredible generosity of many members and friends.

Of course, there are still several key projects to attend to, all offering opportunities for us to leave a legacy, to finish the job and make our church home even better than ever:

- \* Memorial Garden and structures
- \* Lower Level meeting space and restrooms
- \* Front Landscaping
- \* HVAC System Upgrades and energy efficiency improvements
- \* Further investigate and Pursue Solar options once our energy needs are optimized
- \* Kitchen improvements- particularly replacing the Antique Commercial Refrigerator

There is a desire to include all interested and willing members and friends in our continued efforts to plan, fund, and implement these projects. Please contact me or any Trustee to support planning, suggest recognition options, provide resources, and make things happen. There are fund accounts created, some already partially funded, to accept Specific or General contributions for this final recovery phase.

Please consider leaving a lasting gift.

Diana Day, Trustee

## MEMORIAL GARDEN AND GROUNDS

We are thrilled to share our future plans to update and refresh the design of our cherished Memorial Garden. This sacred space has long been a place of reflection and remembrance, and we are committed to enhancing its beauty, accessibility, and visibility to better serve our congregation and community.



Over the past weeks, we have been carefully reviewing landscape design plans and gathering valuable insights from our members and experienced space designers. Our goal is to create a more welcoming and peaceful environment for meditation while preserving the garden's deep significance.

We extend our heartfelt gratitude to the dedicated team working on this project and to our trustees **Barbara Cooley and Scott Crater** for their unwavering commitment and assistance. We are also deeply thankful for the thoughtful donations we have already received from our generous members. Your support is instrumental in bringing this meaningful vision to life.

As we move forward, we look forward to continued contributions, whether through ideas, time, or donations to make this project a true reflection of our community's love and devotion. Stay tuned for more updates as we bring this vision to life!





## **FROM THE GREEN TEAM**

### **How to Reduce Your Exposure to Plastic in Food (and Everywhere Else)**

“**Plasticizers** (phthalates and bisphenols)—are so widely used that today, they show up inside almost all of us. Both types of chemicals have been linked to a long list of health concerns, even at very low levels. The goal is to minimize exposure so here are some things you can do to help protect yourself and your family.

#### **In Your Food**

- **Avoid plastic food storage containers.** If you do use them, don't heat them in the microwave, and avoid using them to store hot food, because heat can increase leaching.
- **Steer clear of fast foods.** Our testing found some of the highest levels of phthalates and phthalate substitutes in fast food. Although we can't say exactly why, one possible explanation is that fast foods are often prepared by people wearing vinyl gloves, which are known to be extremely high in these chemicals.
- **Limit high-fat foods.** Research has found higher levels of plasticizers—many of which are known to be fat-soluble—in foods with higher fat content. One 2020 review, for example, reported that levels of DEHP were often almost five to 10 times higher in cream than they were in milk.
- **Eat fresh, minimally processed food.** Make sure your diet includes plenty of unpackaged fruits and vegetables, which have fewer chances to have contact with phthalates. A study based on 2013 to 2014 data found that people who ate more ultra processed foods—such as French fries and ice cream pops—had higher levels of certain phthalate byproducts in their urine.
- **Use the right kitchen tools.** Choose wood, stainless steel, and silicone for kitchen tools. Chopping on a plastic cutting board can generate microplastics, so consider a wood or silicone board instead.
- **Use water bottles made of glass or steel.** Avoid plastic bottles and cups, which are often made with bisphenols.



## In Your Home

- **Go fragrance-free.** Soap, cosmetics, and cleaners with fragrances often use phthalates, especially DEP, as a solvent.
- **Open your windows.** Because phthalates can be used in furniture, shower curtains, and flooring, they can accumulate in household dust, which you can then inhale. ‘Ventilation is important,’ says Akhgar Ghassabian, MD, PhD, at the NYU Grossman School of Medicine. ‘And if you’re vacuuming, make sure you do that with the window open.’
- **Refuse paper receipts.** Go for the digital ones instead; thermal paper receipts (the ones that are a little glossy) are often coated in bisphenols.
- **Limit your use of vinyl.** Plasticizers are generally a key ingredient in vinyl products. When possible, choose alternate materials for shower curtains, flooring, car interiors, and clothing, says Amy Ziff, the founder of Made Safe, an organization that has partnered with CR to identify potentially harmful ingredients in products.”

Adapted from: Lauren F. Friedman, January 4, 2024, [Consumer Reports](https://www.consumerreports.org/health/food-contaminants/how-to-reduce-exposure-to-plastic-in-food-everywhere-else-a9640874767)

<https://www.consumerreports.org/health/food-contaminants/how-to-reduce-exposure-to-plastic-in-food-everywhere-else-a9640874767>

To learn more about this topic, come to the Grand Cypress Room in the Woodlands Commons at Shell Point on March 12 at 3 pm to see Jean Chandler and Pat Duncan's power-point presentation on **Why Not to Use Plastic (or Bioplastics) with Food Storage, Take-out, or Water Containers.** As you can see above, plastic is not only an environmental problem, but also a health issue because of all the toxic chemicals from it that leach into food and water.

**Linda Graf**

Green Team Committee



## **Sanibel Music Festival Returns to SCUCC !**

Join us in supporting this time-honored tradition as we welcome back an extraordinary musical event featuring world-class musicians.

Don't miss this unforgettable celebration of music and community!

We look forward to seeing you there. **Tickets are still available!**

Support the festival and experience the magic of live music.

**Gala Benefit Pass to All Events \$250**

**March 1: Benefit Concert at 7:30 PM followed by an  
Afterglo Reception**

**To order, call or text 404-226-3842 or you can  
purchase online to reserve Gala Passes:**

**<https://sanibelmusicfestival.org/>**

# SUPPORTING THE PINK OUT ANNUAL FUNDRAISER

Members of our congregation were honored to support the **Pink Out Annual Fundraiser**, a truly inspiring event filled with love, community, and hope. It was wonderful to see so many smiling faces coming together to uplift and support those facing cancer-related challenges.



This incredible event not only raised vital funds for those in need but also strengthened the spirit of compassion and generosity within our community. We are grateful for the opportunity to stand alongside the **San Cap Pink Project** in its mission to provide essential support, from medical transportation to care packages and mammograms.

Here are some of the highlights of our spiritual community as we joined in this meaningful cause.



# MUSIC



## COMING ATTRACTIONS

### Choir Appreciation Sunday is March 30.

The choir will sing three pieces of special music, and we will have a guest trumpet and trombone. There will be a special Fellowship Time immediately following the Worship Celebration.



### Music of J. S. Bach on the Afternoon of April 27

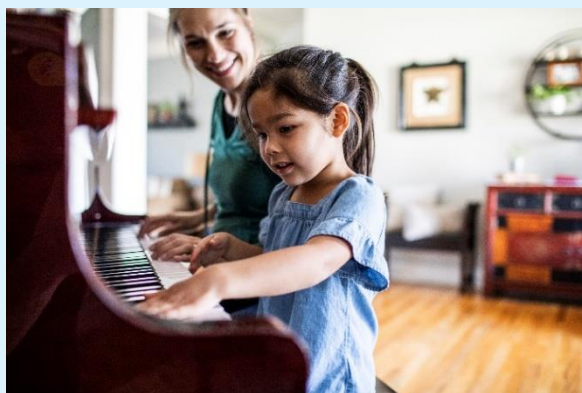
Organ music, guest singers, and a Baroque orchestra playing Bach's 3rd orchestral suite with guest dancers from the Southwest Florida Ballet Company.

### Come Sing with Us

Our choir continues to grow and always welcomes new members. If you would like to give it a try, we encourage you to come to a rehearsal on a Wednesday at 4:30 PM. We rehearse until 6 o'clock and often go out to dinner together at a local restaurant.

If you are sitting in the congregation and you hear a piece of music which you really like that's sung by the Choir or played on the piano or organ, we would love for you to mention it to Mackenzie Albert. She is always interested in revisiting favorite pieces which the Choir or congregation particularly love.

For more information on participating in our music program by singing in the choir or playing a musical instrument, please call or text Mackenzie at 203-517-5427.

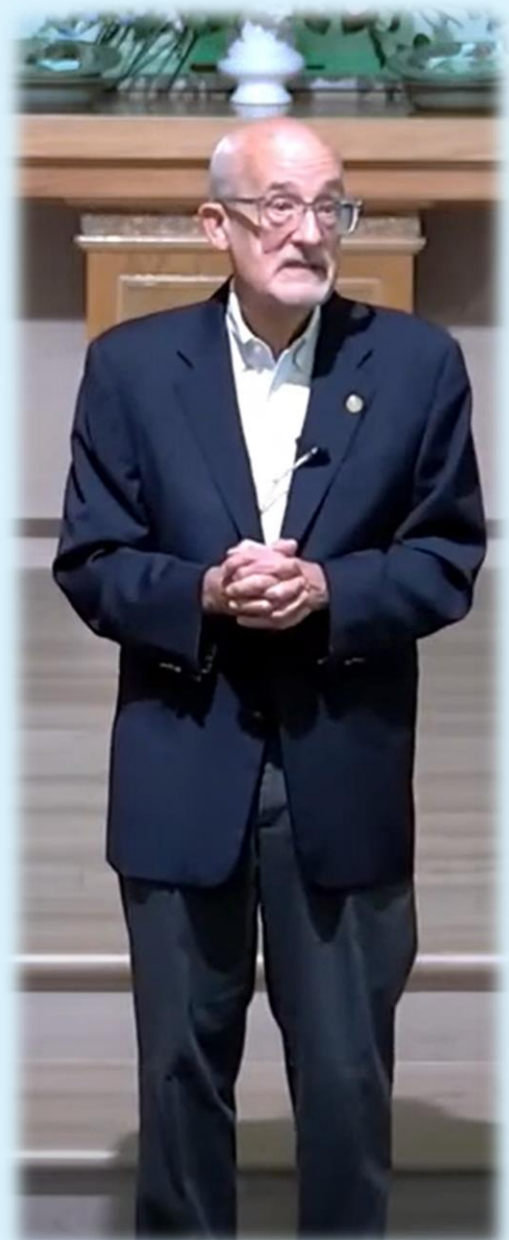
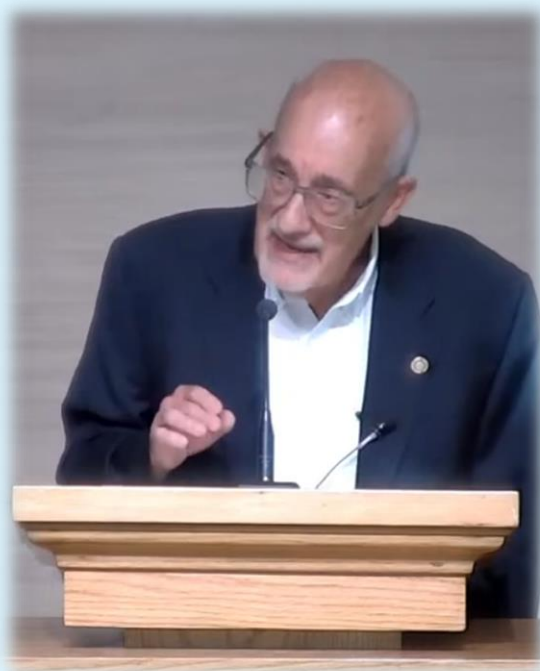




## *A Note of Appreciation from the Deacons*

The Deacons would like to thank all of the people who have contributed to Fellowship Time either by donations of money, baked goods, or giving their time to serve in this new year. We would like to give special thanks to the McCallion family for adopting Sunday, 2/16. They provided wonderful food and their time to ensure a great send off for Reverend Danner.

### **Shirley Akins Chair**





# Fellowship Time

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 interested, please contact Mary Cavendish at 304-673-4495.



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!

## ART DISPLAY

We are delighted to once again welcome the beautiful and scenic art creations from our talented members and the Sanibel community, now on display in the Fellowship Hall.

A heartfelt thank you to Carol Good for her dedication, countless hours of organizing the pieces, and her encouragement to those eager to learn the art of painting and drawing. Her passion and commitment have truly brought this vision to life.

We are also grateful to a generous member who has purchased and donated two of Carol's stunning creations to our congregation. These pieces will be placed in our Narthex entrance area as a warm and welcoming visual for all who enter.

Thank you to all who contribute to the beauty and creativity of our community.



## Participation At SCUCC

### Be An Artist



Join Carol Good on Tuesdays in Fellowship Hall at Noon for painting, conversation and fun. A time and space to explore your creative side.

### Get Healthy

Santiva Islanders with Mahnaz Bassir for cardio & strength on Monday,



Wednesday & Friday: two sessions each day: 9:30-10:30 and 11:00-12:00 in Fellowship Hall.



### Gentle Yoga with Grethe

Join Grethe Christensen on Thursdays at 10:45 in Fellowship Hall.





## **Book for Lunch**

Please join Catrina Drotleff and company in the SCUCC Library on **Thursday, March 6<sup>th</sup> at 11:30am** for the first meeting of the ***Book for Lunch*** group.

Please feel free to bring your lunch and be ready for camaraderie and conversation. The book that will be reviewed and discussed is **James** by **Percival Everett**.



If you would like further information, please contact Catrina at **[catrinadrotleff@yahoo.com](mailto:catrinadrotleff@yahoo.com)**.



## From the Mission & Benevolence Committee



Just a reminder, there is a food and paper products drive held monthly by the Sanibel UCC in conjunction with Bat Yam Temple. Goods are collected on the third Wednesday of every month, between the hours of 11:00 AM to 1:00 PM. Pull into the drive for a convenient drop at the collection table. Drop off your non-perishable food items and/or bath and kitchen paper products.

Collected donations will benefit local neighbors in need through F.I.S.H. and the Gladiolus Food Pantry. How to Volunteer:



If you are interested in assisting with this effort, please contact: Ed Hannon, Mission and Benevolence Committee Member: (239) 240-7524

**Please note, food box donations in the Narthex have slowed. There's a need for non-perishable foods and paper products. In addition, please consider including a manual can opener with your donation. Many people in need do not have can openers, which limits their food selection.**

If you are interested in making a monetary donation to the food pantry, please make your check payable to SCUCC and in the memo line remember to add the words Food Pantry.

**As always, thank you for your time and generosity.**



## 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.



We warmly welcome Deacon Linda Winn to her new role in overseeing the floral arrangements for our congregation. We look forward to her creative input in bringing vibrant florals that enhance our worship celebrations and uplift our spirits. Her dedication and vision will undoubtedly add to the beauty of our gatherings.

Blessings and gratitude for her dedication as she embarks on this meaningful contribution.



*Floral dedications will be featured  
in the weekly bulletin.*

## **BIRTHDAYS FOR THE MONTH OF MARCH**



**Sunday, 3/2: Carol Walsh**

**Tuesday, 3/4: Richard Bondy, Jan Van Buskirk,  
Gail Walcott**

**Thursday, 3/6: Debbie Mackelcan**

**Saturday, 3/8: Eric Pfeifer**

**Monday, 3/10: Marge Lieblein**

**Tuesday, 3/11: Tom Lisle**

**Wednesday, 3/12: Reynolds Challoner, Judy Palaia**

**Saturday, 3/15: Joyce Bailey**

**Monday, 3/17: Bev Lisle**

**Tuesday, 3/18: Anne Haslem**

**Sunday, 3/23: Joanne Durst**

**Monday, 3/24: Barbara McClure**

**Tuesday, 3/25: Robin Krivanek**

**Thursday, 3/27: Jim Drotleff**

**Friday, 3/28: Carolyn Gorby**

**Saturday, 3/29: Bill Morrow**

***Happy Birthday Everyone!***





## **Shell Point Men's Group March Luncheon**

The Sanibel Congregational UCC Shell Point Men's Group will have its next monthly luncheon meeting on **March 11<sup>th</sup> at noon at the Palm Grill in the Woodlands Common**. Please make reservations with Bruce Findley at [bruce.findley@gmail.com](mailto:bruce.findley@gmail.com).

## **Shell Point Women's Group March Luncheon**

The Sanibel Congregational UCC Shell Point Women's Group will have its next monthly luncheon meeting on **March 14<sup>th</sup> at 11:30am. The ladies will meet at the two round tables located outside the Palm Grill in the Woodlands Common**. Please make reservations with Emily Kletzien at [emily.kletzien@gmail.com](mailto:emily.kletzien@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". If you would like to participate, please send your names, email addresses and phone numbers to Shirley Akins at [akinsteach@gmail.com](mailto:akinsteach@gmail.com).



## Ushers Wanted

Please reach out to Inky Meng if you would like to be added to the contact list to help serve as an usher at Worship. She can be reached at [inkymeng@hotmail.com](mailto:inkymeng@hotmail.com).



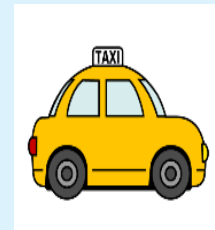
## Interested in Joining SCUCC???

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



## APRIL 2025 SANIBEL LIGHT DEADLINE

Please note that the deadline for submissions to the April edition of the *Sanibel Light* is **Friday, March 21, 2025**.

Please send all submissions as a Word document to:

Jenny Chacon, Church Administrator at [jenny@sanibelucc.org](mailto:jenny@sanibelucc.org)

**AND**

Tammy Flatley, Assistant Church Administrator at [tammy@sanibelucc.org](mailto:tammy@sanibelucc.org)





# YOU'VE GOT PLANS: SANIBEL & CAPTIVA

Taste of the Island Event March 1

When: Saturday, March 1



Where: Sanibel City Hall 800 Dunlop Rd, Sanibel Island, FL

Here's how it works: The restaurants will offer a mouth-watering array of menu items for six CROW Bucks or less while competing for honors in a variety of categories including "Best Appetizer", "Best Seafood" and "Taste of the Taste". Attendees of Taste cast their votes to decide the winner of the coveted "People's Choice" award. Admission to Taste of the Islands, which can be purchased online or at the event, is \$10 for adults, \$5 for children less than 10 years of age, and children 3 and under enter for free.



## Raising Children to the Glory of God

Raising children is a daunting task and one that many of us feel ill equipped for. Come hear Ed Moore share valuable insights on parenting and grandparenting. Some highlights are the significance of frequent expressions of love to our children and the importance of creating lasting memories with our children.

Ed is the Senior Pastor of North Shore Baptist Church in New York City.

\*Childcare, coffee and donuts will be provided Saturday morning.

★ Friday, March 7th:

Session 1, 6-7pm

Session 2, 7:15-8:15pm

★ Saturday, March 8th:

Doors open, Coffee & Donuts, 8:30-9am

Men's and Women's sessions, 9-10am

Session 3, 10:15-11:15am

Q & A, 11:15-12pm

Scan QR code  
to Register  
for \$10



**SANIBEL**  
COMMUNITY  
CHURCH

1740 Periwinkle Way, Sanibel, FL 33957



# SANIBEL *Music* FESTIVAL

*Chamber Music, Piano Recital, and Vocal Ensemble of the Highest Caliber*



## Gala Benefit

**David Finckel, cello and Wu Han, piano,**

distinguished recipients of Musical America's highest honor, Musicians of the Year, and architects of today's music landscape, anchor a two-day Gala Benefit February 28 and March 1. See [www.sanibelmusicfestival.org](http://www.sanibelmusicfestival.org) for event passes and concert tickets.

**Myaskovsky: Cello Sonata No. 2**

**Prokofiev: Cello Sonata**

**Rachmaninoff: Cello Sonata**

**Saturday, March 1 – 7:30pm**



### Jon Nakamatsu

American pianist and Gold Medalist at the Tenth Van Cliburn International Piano Competition returns to Sanibel. Nakamatsu has drawn acclaim for intensity, and electrifying performances.

**Bach/arr. Busoni: Two Chorale Preludes**

**Beethoven: Sonata in D major, Op. 28, "Pastorale"**

**Mendelssohn: Fantasy in F-sharp minor, Op. 28**

**Liszt: Three Sonnets of Petrarch**

**Chopin: Andante Spianato et Grande  
Polonaise Brillante**

**Tuesday, March 4 – 7:30pm**



### Horszowski Trio

Cited as "lithe, persuasive" (The New York Times), "eloquent, enthralling" (The Boston Globe), and "the most compelling group to come on the scene" (The New Yorker), violinist Jesse Mills, cellist Ole Akahoshi, and pianist Rieko Aizawa are a vital force in international chamber music.

**Haydn: Trio in E minor, Hob. XV:12**

**Schoenberg/arr. Aizawa: Six Little Pieces, Op. 19**

**Bolcom: Introduction and Rondo,**

**"Haydn Go Seek"**

**Tchaikovsky: Trio in A minor, Op. 50**

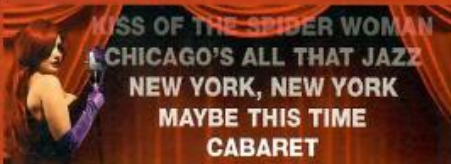
**Saturday, March 8 – 7:30pm**



### Winner of the 2025 National Chopin Piano Competition

Renowned worldwide, the National Chopin Piano Competition is widely recognized as a pivotal stepping stone towards a thriving career in piano performance. Hosted by the Chopin Foundation, the winner will be announced in January 2025, and will perform a concert at Sanibel Music Festival in March, as part of the Chopin inaugural tour.

**Tuesday, March 11 – 7:30pm**



### Opera Theater of Connecticut present

**Kander and Ebb: Razzle  
Dazzle and All That Jazz**

Back by popular demand featuring the songs of Kander and Ebb, made popular in the musicals Chicago and Cabaret, and by Sinatra, Minelli, Streisand and many more. With witty and knowledgeable commentary by Artistic Director Alan Mann.

**Tuesday, March 18 - 7:30pm**



### Isidore String Quartet

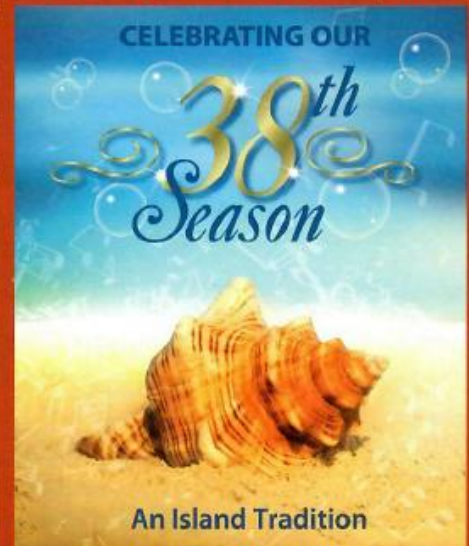
Praised by Chicago Classical Review for "exquisite poise and balance and as "exceptional," violinists Adrian Steele and Phoenix Avalon, violist Devin Moore, and cellist Joshua McClendon joined forces at Juilliard during the pandemic. They won the 14th Banff International String Quartet Competition.

**Mozart: Quartet in C major, K. 465**

**Gabriella Smith: Carrot Revolution**

**Beethoven: Quartet in E-flat major, Op. 127**

**Saturday, March 22 – 7:30pm**



CELEBRATING OUR

**38<sup>th</sup>  
Season**

An Island Tradition

### 2025 Venue:

Sanibel Congregational  
United Church of Christ  
2050 Periwinkle Way,  
Sanibel, FL 33957

### Tickets at [www.SanibelMusicFestival.org](http://www.SanibelMusicFestival.org)

or call 239-344-7025.

**In person tickets** on Sanibel at  
Bank of the Islands, 1669 Periwinkle Way  
(cash or check) or at the venue (SCUCC)

*fort*  
**MYERS**  
ISLANDS, BEACHES  
& NEIGHBORHOODS

Sanibel Music Festival  
is grateful for the  
support of  
Lee County Tourist  
Development Council





Sanibel and Captiva have so much to offer, please check out their events calendar at:

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



## BITS & BOBS

### Giving is Easy:

1. PayPal link is available from the church's homepage ([www.sanibelucc.org](http://www.sanibelucc.org)).
2. Automatic Payment Program (ACH) is available. To sign up, please send a request by email to [jenny@sanibelucc.org](mailto: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](mailto:mark@sanibelucc.org)

239-312-8673

Jenny Chacon

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

239-312-8670

Tammy Flatley

[tammy@sanibelucc.org](mailto:tammy@sanibelucc.org)

239-472-0497

[office@sanibelucc.org](mailto:office@sanibelucc.org)

OFFICE HOURS

Monday - Friday

9:00-3:00pm

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