

The Sanibel



Light

SANIBEL
CONGREGATIONAL
**UNITED
CHURCH
CHRIST**

NOVEMBER

2025

VOLUME 57

ISSUE 11



IN THIS ISSUE

For Your
Consideration

Worship Notes

Healthy Happenings

A Note from Our Moderator

From the Deacon's

2026 Stewardship

Ministry
Request

Green Team

Birthday Greetings

News From Our Community

*Seeking to love all people ... growing
in faith ...
working toward God's vision of justice,
healing and joy.*

*Sanibel Congregational United Church
of Christ*



**Please
remember to
turn your
clocks back on
November 2!**

FOR YOUR CONSIDERATION

As the journalist Maggie Penman reported in early October, five years ago a guy named Atdke Trepca quit his job and started driving across the country, asking strangers if they were happy, and filming their answers.

Trepca found the whole thing so enlightening that he began to post the videos on TikTok. A week later, those videos had reached 10 million people, and now they average about 15 million views a month.

Each interview began with the person being asked, “Are you happy?”, without Trepca or one of his team members defining that word, instead leaving it up to the responder. Those answers have, unsurprisingly, reflected a number of understandings of what it means to be happy.

However, one thing that Trepca has consistently seen is responders making an association between happiness and gratitude – that those who express happiness often elaborate on that in terms of being grateful for the things and people they have in their lives – regardless of how objectively much or little that might be or how much or little the person believes it to be.

This has led Trepca to see happiness as being “like a muscle, where the more you practice gratitude the more you change your brain and its capacity to be grateful, even, or especially, in difficult times and circumstances”. Then, he adds, “That’s just who you become.”...

What Trepca sees is what psychologists and spiritual leaders have long known – that grateful people tend to be happy people. Or, as the Christian and other spiritual paths see it, grateful people tend to be joyful people – joy understood as a consistent way of being in the world characterized by contentment, satisfaction, and a feeling of having “enough” which is not dependent on the circumstances of the moment. And that way of being in the world has *gratitude* as its foundation.

This month of November will see us celebrate both our annual Stewardship Reflection Sundays and Thanksgiving Sunday. And while I know that we will experience the latter as a time to remember, reflect on and express gratitude to God and others, I hope we will also look at the former in that same way. Because just like the Thanksgiving holiday, true Stewardship is about gratitude – giving for the sake of God’s purposes that is grounded in gratitude for God’s blessings on our lives and on this spiritual community.

I am confident that will be the case. Because over my time here, I have come to see the SCUCC community as nothing, if not joyful. And therefore, grateful.

With endless gratitude for the privilege of being a part of SCUCC.

**Blessings,
Mark
Rev. Dr. Mark Boyea
Senior Minister**



Worship Notes

In **October**, we celebrated the **Sacrament of Communion on Sunday, October 5.**

On **Sunday, October 12**, we welcomed and were deeply blessed by **SCUCC Pastor Emeritus Rev. Dr. Ran Niehoff's** return to our pulpit to preach and lead Worship.

Then, on **Sunday, October 26**, we participated in our latest ***Ask the Minister Sunday!***

As usual, instead of a Message that morning, Mark addressed as many of your biblical, theological, spiritual and personal questions as time allowed.

Then after Worship that same day, we were blessed with a special presentation during Fellowship Time from SCUCC member **Norm Boyd**. Norm, joined by his "grandbrother" TJ, spoke to us about his experiences in the **Big Brother/Big Sister program**, which over this past summer named Norm its **National Big Brother of the Year**.

In **November**, we will celebrate the **Sacrament of Communion** as a spiritual community on **Sunday, November 2.**

On **Sunday, November 9**, we will recognize **Veterans' Day** and, as is our tradition on that Sunday, once again be blessed musically by our friends ***The SunCoast Brass***.

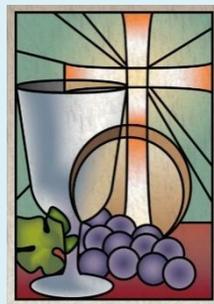
On that same Sunday, November 9, we will also begin our annual weeks of ***Stewardship Reflection***. Our theme for this year is ***What Shall We Bring?***, inspired by the many and varied contributions God asked the Israelites to make for the purpose of building God a sanctuary in the Book of Exodus. Also on that Sunday, as well as the two following (11/16 and 11/23), members of our spiritual community will offer personal reflections on their faith and the importance of SCUCC to it.

And lastly, also on **Sunday, November 9**, we will welcome **Dianne Higgins and Vicki Morrison** into official SCUCC membership

Then, on **Sunday, November 23**, we will celebrate our annual **Thanksgiving Sunday**, which will include our now traditional ***Gathering of Thanks*** during Worship, where all who wish are invited to write down one or two specific things they are significantly grateful for since last Thanksgiving. Those will then be collected and shared with our community by Mark.

Finally, **Sunday, November 30** marks the start of the sacred season of Advent, the time when we once again prepare to commemorate the coming of Jesus – the embodiment of God and God’s ways – into the world at Christmas.

Our theme for this year is **What Are We Waiting For?**



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.

REMINDER: Daylight Saving Time ENDS Sunday, November 2

As the end of Daylight Saving Time will be in effect on Sunday morning, November 2, please remember to turn your clocks back one hour on Saturday night, November 1.

The Church Office will be closed on Tuesday, November 11th in remembrance of Veteran's Day.

It will also be closed on Thursday, November 27th and Friday, November 28th for the Thanksgiving holiday.



Spiritual Growth Opportunities

SPIRITUAL EXPLORATION

Tuesdays: November 4 and 18

7:00-8:15pm on Zoom

The companion unit to “Questioning Jesus” from Summer of 2024, the word “Questioning” in the title once again refers not to the idea of challenging or doubting God, or our asking God questions, but instead God’s frequent habit in the Bible of asking questions of others.

During these weeks, we are exploring some of those questions, what they were meant to move the people God asks to do or consider, the answers God receives, and what God’s questions ask us to do or consider now.



BIBLE STUDY

In the month of November, Bible Study will meet on the following dates from 10:30am-11:45am on Zoom:

Wednesday, November 5 (Please note the change in day for that week)

Thursday, November 13

Thursday, November 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, they are great preparation for getting more out of the Sunday Messages!

RETURN OF THE CHRISTMAS EVE BEACH SERVICE!

Under the leadership of Membership Committee member Dana Crater, plans are underway for the return of the SCUCC sponsored ***Christmas Eve Beach Service at 5pm on Wednesday, December 24.***

More specific information will be available soon so stay tuned!

We greatly look forward to resuming this community wide celebration!



CHRISTMAS EVE AT SCUCC!

With the return of the Christmas Eve Beach Service, we will go back to having our SCUCC Christmas Eve celebration ***at 9pm in the SCUCC Sanctuary.*** This will be an evening of candlelight, Scripture, spirit-filled music, carol singing, and a dramatic reflection from Mark.



Healthy Happenings

Gratitude and Health

The Thanksgiving holiday this month ushers in an opportunity to pause and reflect on gratitude. “Giving thanks in all circumstances” has benefits beyond the emotional and spiritual. It impacts your physical health as well.

Studies show that a positive mindset isn’t just “feel-good” advice - it has measurable benefits. Embracing gratitude helps reduce stress, boost mental health, and even improve physical well-being. Gratitude can be as simple as feeling thankful for a good meal, a loved one’s support, or a beautiful day. When you make gratitude a regular practice, you may be able to shift your perception, focusing less on problems and more on positives, which benefits both mind and body.

One landmark study by Emmons and McCullough found that people who kept weekly gratitude journals exercised more, reported fewer physical complaints, and felt better about their lives compared to those who focused on daily stressors. By developing a grateful mindset, you can positively impact your well-being. Gratitude isn’t just a mental practice - it’s a holistic approach to health.

Gratitude’s impact on mental health is well-documented. Practicing gratitude can significantly reduce anxiety, improve mood, and foster resilience. When a person focuses on gratitude, they activate brain areas associated with social bonding, reward, and emotional regulation. A study from the University of California, Berkeley found that gratitude actually rewires the brain to be more sensitive to the experience of gratitude, making it easier to access positive emotions over time.



For people struggling with depression or anxiety, gratitude can serve as a valuable coping tool. In another study, people who wrote letters of gratitude experienced significant mental health improvements over time compared to those who didn't. These findings suggest that simple, mindful actions like writing down one thing they're grateful for daily can boost emotional resilience and improve their overall outlook.

Gratitude's effects extend beyond mental health to physical health. When a person experiences gratitude, they trigger a relaxation response in the body, which helps decrease blood pressure, improve heart rate, and reduce inflammation. Chronic stress is a major contributor to many health issues, from high blood pressure to digestive disorders. Gratitude acts as a stress buffer, helping to counteract stress responses in the body.

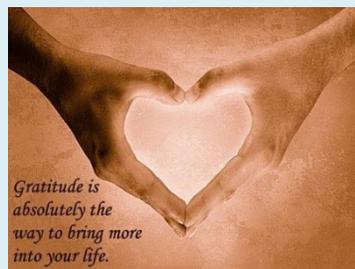
A study published in the journal *Personality and Individual Differences* found that grateful people experience fewer aches and pains and report feeling healthier than others. This may be due to the fact that gratitude promotes healthier behaviors, such as regular exercise, better diet choices, and adherence to health recommendations. People who embrace gratitude often find themselves more committed to their wellness goals, making gratitude a powerful tool.

A study from the University of Utah examined the link between gratitude and immune function, finding that those with a positive outlook produced more disease-fighting antibodies than those with negative mindsets. For patients with autoimmune disorders, chronic illnesses, or frequent colds, cultivating gratitude can support immune function, which is especially relevant during the colder months when seasonal illnesses are more common.

Moreover, gratitude has been shown to aid healing after surgery and illness. In a study conducted at the University of Massachusetts Medical School, patients who practiced gratitude through regular journaling experienced faster post-surgery recovery times than those who did not. This shows that gratitude can also enhance patients' physical resilience, accelerating recovery and promoting overall healing.

No wonder Scripture is filled with verses on thankfulness. Our good God always wants the very best for us and shows us in His Word how to live a life filled with the blessings of thankfulness.

Thanking God glorifies and magnifies Him, but it also benefits us. It refocuses our attention on God when we thank Him for His provision, guidance and faithfulness. Instead of focusing on problems and worries, we focus on the One who cares for us. When we bring our concerns to the Lord with thanksgiving, the burden shifts to Him and He fills us with His peace. Gratitude for what God has done and is doing in our lives refreshes our relationship with Him, placing the focus on Him instead of ourselves. Giving thanks to God, rejoices our spirit, bringing us a sense of joy. Gratitude combats discouragement. Scripture tells us to rejoice always, pray constantly and give thanks in all circumstances. This is God's will for us.



It's easy during the upcoming holiday season (or any time of the year) to be overwhelmed with all the tasks and activities of our days. We must not forget to stop and reflect on why we are celebrating and Who we should be thanking every day of our lives.

Philippians 1:3,4 I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you, ...

Caring for you and your health and always thanking God for you,

**Linda Convertine
Parish Nurse**



A Note from Our Moderator

Welcome to the Month of November!

During this month we have the opportunity to celebrate Veteran's Day, Thanksgiving and the beginning of our Advent season. Thus far this fall, tropical storms have not adversely affected our immediate church community and Daylight Saving time ends.

As the calendar year ends SCUCC will host the community Christmas Eve Beach Service which has not been held for a few years. It will be a wonderful way to fellowship with those we know and have yet to meet. Do not hesitate to offer your assistance to Dana Crater as she prepares to make this a memorable occasion to celebrate our Savior's birth.

Church boards, committees and other ministries are quietly but steadily working towards creating not only a more spiritually fulfilling experience at SCUCC, but a more aesthetically beautiful and safe environment, as well.

We now have an active historical committee continuing to gather pertinent information about our church as we approach the 40th year anniversary of the dedication of our edifice in April 2026. Therefore, be on alert for Ran and Marilyn Niehoff, Bob and Betsy Eidem or Judy and Frank Palaia to take you aside from time to time to inquire about things you may know about our past.

Let us remember to practice and encourage gratitude not only commemorating Thanksgiving, but ALL blessings, ALL the time.

“Give thanks in all circumstances, for this is the will of God in Christ Jesus for you. (1 Thessalonians 5:18). It is a command for believers to practice gratitude, not just during good times, but in every situation, viewing it as the will of God for their lives through Christ.

Have a happy, healthy and safe Thanksgiving,

Kathy



From the Deacons



A Welcome Back Luncheon will take place after Worship on
November 16th, during Fellowship Time.

A lunch will be served, including sandwiches and desserts.

Also, if you would like to help with our Fellowship Time,
but are unsure of what this entails, please join us on
Sunday, November 23rd at 9:00 am.

We are having a training session so that the kitchen
becomes easy to navigate.

So meet us in the kitchen and lose your inhibition!

So mark your calendars:

Nov 16th and Nov 23rd

Join Us!!!

Shirley Akins

Chair, Board of Deacons



2026 STEWARDSHIP

As we begin our 2026 Stewardship Campaign, we invite you to ask:

“What Shall We Bring?”

In the Book of Exodus, God invites the Israelites to bring gifts — gold, silver, fabric, wood, oil, and skill — to build a sanctuary where God might dwell among them (Exodus 25:1–8). Each offering, no matter its form, was considered a sacred act of devotion. Together, those gifts created not just a holy space, but made a sacred community possible as well.

The theme, ***What Shall We Bring?*** invites us to reflect on the many and varied contributions we might offer to help build up the body of Christ in this time and place. Whether through financial gifts, acts of service, or faithful presence, each offering helps shape a sanctuary of hope, justice, and love for us and others.

Your pledge supports the full breadth of our shared ministry, including:

- Worship that uplifts and inspires
- Music that stirs the soul
- Outreach that feeds, shelters, and heals
- Pastoral care that walks with us in joy and sorrow
- Fellowship and formation that deepen our shared faith

In the coming Sundays, you’ll hear reflections from fellow members, receive materials to guide your discernment, and be invited to make your financial commitment for the coming year. Our goal is not just to meet a budget, but to deepen our faith, strengthen our community, and live generously.

We hope you will prayerfully consider your pledge and return your commitment card to the church office. You may also pledge online at our website.

Every gift, no matter the size, is a faithful step toward sustaining the life we share as those God calls to help bring the world closer to the vision God has for it. Your generosity helps make our ministry possible — and your presence helps makes it meaningful.

With gratitude for your presence and your partnership and ministry,
The SCUCC Stewardship Committee



From the Green Team

Planet Friendly Skin Care

It can be hard to feel good about your skin care routine when so many products come in plastic and you're constantly pushed to try new and more things. The temptation is everywhere: ubiquitous and effective marketing, influencers promoting complex skin care routines, and living in a youth-fixated culture in general.

But planet-friendly skin care doesn't mean inferior skin care. It just requires a little thought. We asked dermatologists, chemists and beauty industry insiders where you can start.

First: downsize

The thing experts generally agree on is that we use far more products than we need or can benefit from. Identifying sustainable products and eco-friendly packaging is important, but reducing overall consumption is more so.

Besides, complicated routines don't generally improve skin. "Many of the products that people become convinced they need are probably doing more harm than good," said Dr. Molly Hales, a dermatologist and researcher at the University of Chicago. In one study, **she and her colleagues identified influencers** promoting skin care routines that involved up to 21 active ingredients. "As a dermatologist, that's way more active ingredients than I would ever recommend people be using on their skin," she said.



So ask yourself: Which categories of products do you really need? (More tips on that below.)

One or two is probably reasonable. “You’ve got to slough away the dirt and the environmental pollutants and the skin cells that are shedding,” Mia Davis, former head of environmental and social responsibility at Credo Beauty, said of washing your face. “But do you really need a scrub and a wash and an astringent? Probably not.”



‘Marketing usually outpaces good science’

Much of what the skin care industry is selling has little, if any, scientific evidence behind it. And buying products that do little or nothing for your skin is really the ultimate form of waste. So, focus on where the science is, what doctors recommend and what actually works for you.

Where dermatologists tend to agree:

- **Sunscreen** is by far the single most important product for anti-aging, and it’s frequently overlooked.
- **Retinol** has proven anti-aging effects.
- **Vitamin C** helps: Invest in a good one if possible.

The rest of the skin care section in the cosmetics aisle is a mixed bag. “Most compounds haven’t been tested head-to-head, so it’s hard to know which ingredients work better than others,” Dr. Shoshana Marmon, assistant professor and director of clinical research at the New York Medical College department of dermatology, said in an email. “Marketing usually outpaces good science.”

Where things are less clear:

- **Topical estrogen**, which is promoted to menopausal women for anti-aging. Safety data is lacking, and skin benefits are unproven, Dr. Marmon said.
- **Collagen**, which is not as proven as its pervasiveness in skin care and supplements would suggest. Some studies have found anti-aging benefits. But evidence is inconsistent, and **one recent paper** found that pharmaceutical companies paid for the only trials showing positive results from collagen supplementation. Its production has also been **linked to deforestation** in Brazil.

Those pesky plastics

We all know the **world is swimming in plastic** and that we should be cutting back significantly on how much we use.

When it comes to packaging for skin care products, more alternatives are available all the time. An increasing variety of products are sold in glass or aluminum. Solid shampoos, face cleansers and the like have come a long way in recent years. But the use of petroleum-based substances goes beyond packaging.

A number of synthetic polymers common in moisturizers, face washes and other daily-use products, used because of their cost-effective ability to improve texture and moisture, contain ingredients that some refer to informally as liquid plastics.

And when we wash those products off our bodies, we essentially send a form of pollution called nanoplastics down the drain, experts say. These particles are even smaller than the microplastics we've heard so much about and pose their own set of environmental and health risks.



“They will accumulate in food chains differently and be cleared and broken down differently,” said Martin Mulvihill, a chemist and co-founder of the Center for Green Chemistry at the University of California, Berkeley.

To avoid liquid plastics, check labels for ingredients such as nylon-12, nylon-66 and other nylons; acrylates copolymer, sodium polyacrylate and other acrylates; dimethicone, octamethylcyclotetrasiloxane and other silicones; and polyquaternium.

Other ingredients that pose risks to both human health and ecosystems include PFAS, the group of so-called forever chemicals (look for “perfluoro” in the name), and anything with glitter (more plastic).

Get rid of single-use everything

Disposable products, things you use for a few minutes and that then sit in a landfill forever, now seem a standard element of skin care. But few if any are necessary, and all are easily avoided or replaced.

Many are just for convenience. Makeup remover wipes? You can use cloth. Cotton balls? Same. Skip the disposable sheet masks and stick with old-fashioned cream-based products instead. Forgo individual sample packets and single-use sachets, and if you use those little plastic spatulas, get a reusable one.



“A big piece of sustainability is that in order to be able to use a plant from mother earth, we have to take care of mother earth,” said Kristian Edwards, founder of BLK + GRN, a retail store that sells beauty products from businesses owned by Black women. “We need to make sure that in our process of getting these products, we aren’t doing more damage than good.”

Adapted from an article in the NYT by Rachel Cernansky:

[What’s a Good Skin Care Routine for Me, and the Planet, Too? - The New York Times](#)

Linda Graf
Green Team Committee



Special Fellowship Time on Sunday, November 9

After Worship on Sunday, November 9, we will host a special Fellowship Time to honor our Veterans on this Veterans' Day weekend.



Fellowship Time Volunteers

Please consider volunteering your time to serve during our Fellowship Time after our Worship Celebration.

It's a wonderful way to contribute to our community, connect with others, and give back to our spiritual home.

Your time, treats, or donations will be deeply appreciated, making our gatherings warm and welcoming for everyone. Sign-up sheets can be found by the tech booth in Fellowship Hall.

Thank you for considering this opportunity to serve and strengthen our community!



Request from the Mission & Benevolence Committee

Just a reminder that donations of any non-perishable food items and bath and kitchen paper products can be dropped off at the Church or left in the Sanctuary entrance after Worship. Collected donations will benefit local neighbors in need through F.I.S.H. and the Gladiolus Food Pantry.

If you prefer making a monetary donation to the Food Pantry, please address your check to SCUCC and include Food Pantry on the memo line. It may be placed in with the collection during Worship, or dropped off in the office.



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.



Birthdays for the Month of November



November 1: Holly English, Jan Halliday

November 2: David Bugby

November 4: Shirley Akins

November 13: Joan Burns

November 17: Lamoyne Ebner

November 18: Richard Arnould, Mary Ellen Pfeifer

November 19: Jerome Ebner

November 21: James Winn

November 24: John McBroom

November 26: Judith Morrow

November 28: Kathy Carter, Shirley Masuka



Happy Birthday Everyone!

Participation at SCUCC

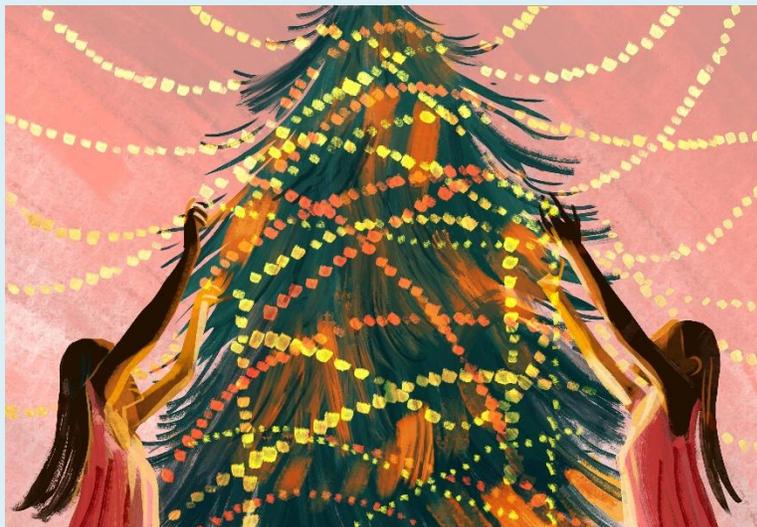
Trim The Holiday Tree

Although we are just heading into November, it is never too early to start thinking about the joyful season of Christmas.

We invite you to be a part of a cherished tradition in our church by donating an ornament to our annual Christmas tree. Each ornament is a symbol of our unity, creating a beautiful, shared display that reflects our diverse community.

Whether it's handmade, a family favorite, or something new, your contribution will help fill our tree with warmth and memories.

If you would like to contribute to the tree, please bring your ornament to the Church Office or drop it off in the Narthex after Worship. The requested deadline is Sunday, November 30th, the start of Advent. And to get you in the spirit, please join us after worship on the 30th to decorate our Christmas tree.



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 Flower Donation Form. These forms can be found in the Narthex and there will be a basket where requests can be placed. If you prefer, you may call, visit or email the office to make a request.

Please keep in mind, Christmas is right around the corner. Forms for Poinsettia dedications can be found in the Narthex, starting on Sunday, Nov 2nd.



Get Involved

Be An Artist

Please join Carol and friends in **Fellowship Hall** on **Tuesdays at 11:00 am** for painting, conversation and fun.

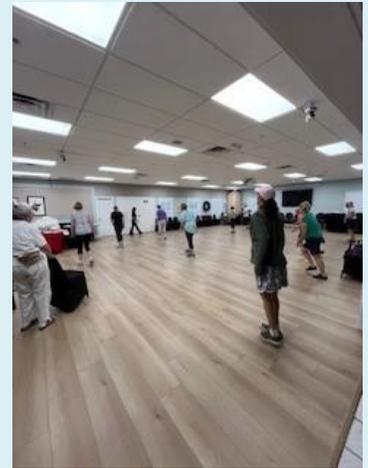


Get Healthy

Join Mahnaz Bassiri 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 - NOVEMBER

The Sanibel Congregational UCC Shell Point Men's Group will have its next monthly luncheon meeting on **Tuesday, November 11 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 - NOVEMBER

The Sanibel Congregational UCC Shell Point Women's Group will have its next monthly luncheon on **Friday, November 14 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", will be resuming in January. If you would like to participate, or find out more, please contact Shirley Akins at akinsteach@gmail.com.



Ushers Wanted

Please reach out to Inky Meng 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 inkymeng@hotmail.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 Sunday Worship. Send an email to skbhannon@aol.com and include any and all dates you are available to participate.

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.

DECEMBER 2025 SANIBEL LIGHT DEADLINE

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

Please send all submissions as a Word document to:

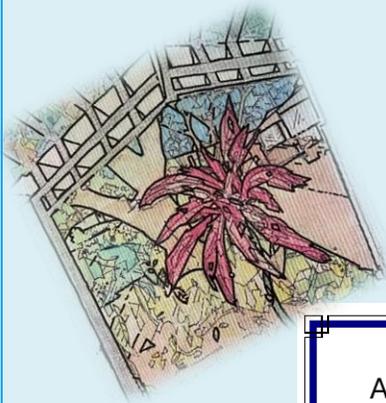
Tammy Flatley, Assistant Church Administrator at tammy@sanibelucc.org



Artist of the Month

Patrick Conolly

Patrick will have a whole new collection for November.



All my life I have dabbled with the Arts, and now the Arts seem to be dabbling with me.

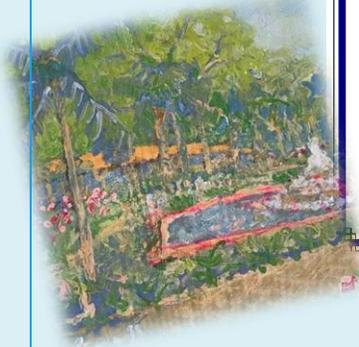
While much of my art work springs spontaneously from my imagination, lately I've been playing around with surfaces, both flat and shiny, as well as line work with minimal or very bright colors. My large works can be quite simple, while the smaller works can be filled with tiny details.

This exhibit presents some of my (SCAL) Sanibel Captiva Art League's plein air paintings. Enjoy this collection of colorful abstracts with hints of realism, incorporating a sense of place and an outdoor breath of location.

The SanCap Art League of Sanibel is a wonderful artist destination for anyone wishing to explore their artistic visions with others. All are invited to join in and contribute to the art scene here on Sanibel. Artists come together to share and learn from each other, and draw upon the wonders surrounding Sanibel.

I am very thankful to exhibit at the Sanibel Congregational, please enjoy the show.

Patrick Conolly



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>

November 2025

SU	MO	TU	WE	TH	FR	SA
						1
2 12:00 PM Love Sanibel Back Community Gathering	3 9:30 AM Cardio & Strength with Mahnaz 11:00 AM Potluck Lunch at SIP	4 10:00 AM Walking Group 1:00 PM Euchre	5 9:30 AM Cardio & Strength with Mahnaz 4:00 PM Social Hour at The American Legion	6 1:00 PM Social Mahjong 1:00 PM Social Bridge	7 9:30 AM Cardio & Strength with Mahnaz 2:00 PM Crafting with Meagan	8 12:00 PM Saturday Brunch @ The Lighthouse Cafe
9 4:00 PM Sip at SIP-Wine & Cheese Social	10 9:30 AM Cardio & Strength with Mahnaz 11:00 AM Brown Bag Lunch	11 10:00 AM Walking Group 1:00 PM Euchre 1:00 PM Page Turners Book Club	12 9:30 AM Cardio & Strength with Mahnaz 11:30 AM Quarterly Book Review & Sack Lunch 4:00 PM Social Hour at The American Legion	13 9:00 AM Breakfast Club 1:00 PM Social Mahjong 1:00 PM Social Bridge	14 9:30 AM Cardio & Strength with Mahnaz	15
16	17 9:30 AM Cardio & Strength with Mahnaz 11:00 AM Brown Bag Lunch and Bingo	18 10:00 AM Walking Group	19 9:30 AM Cardio & Strength with Mahnaz 12:00 PM Leisure Lunch at Island Pizza 1:00 PM Beginner Mahjong Class 4:00 PM Social Hour at The American Legion	20 9:00 AM Breakfast Club 1:00 PM Beginner Mahjong Class 1:00 PM Social Bridge 1:00 PM Social Mahjong	21 9:30 AM Cardio & Strength with Mahnaz 1:00 PM Beginner Mahjong Class	22
23	24 9:30 AM Cardio & Strength with Mahnaz 11:00 AM Brown Bag Lunch	25 10:00 AM Walking Group 1:00 PM Euchre	26 9:30 AM Cardio & Strength with Mahnaz 4:00 PM Social Hour at The American Legion	27 12:00 AM Happy Thanksgiving	28 9:30 AM Cardio & Strength with Mahnaz	29
30						



For any events hosted by SCCF, please go to their website:
<https://sccf.org>

The poster for the "CHR's Winter Wonderland Festival of Trees Benefit" features a background of evergreen branches and warm bokeh lights. The text is arranged as follows:

CHR's WINTER WONDERLAND
Festival of
TREES
benefit Saturday, November 22
5-7:30p donor preview begins at 4:30p
THE COMMUNITY HOUSE 2173 Periwinkle Way, Sanibel

Community Housing & Resources invites you to join us for a festive evening at our *premier annual fundraising event*. Experience a true winter wonderland of beautifully designed holiday trees, uniquely created by talented local artists, makers, groups, businesses and organizations who believe in our ongoing tradition of bringing affordable housing to life.

Walk, jingle & mingle through an incredible display of dazzling evergreens, sparkling ornaments, twinkling lights, magical snowflakes and holiday visions. **Then bid on these enchanting creations as they are auctioned off LIVE by Rachel Pierce** in support of CHR's essential island housing. Come celebrate – *and truly exemplify* – the season of giving at *CHR's Winter Wonderland Festival of Trees Benefit*.

Sparkling attire.

music | auctions | drinks | appetizers

For more information on The Community House benefit above, please visit their website:
[www//sanibelcommunityhouse.net](http://www/sanibelcommunityhouse.net) or click the link below.

[CHR's Winter Wonderland Festival of Trees Benefit - Sanibel Community Association – The Community House](#)



The Community House

SANIBEL COMMUNITY ASSOCIATION

HOLIDAY BONANZA

Arts and Crafts Fair

NOVEMBER 15TH & 16TH

SATURDAY 12 PM - 5 PM

SUNDAY 9 AM - 2 PM

WHAT TO EXPECT

- Artisan gifts & decor
- Festive holiday items
- Handmade treasures

Our community Holiday Bonanza Arts & Craft Fair is just around the corner, offering unique, handmade holiday gifts for all ages. Join us to celebrate the season, support local makers, and find that perfect holiday gift!

2173 PERIWINKLE WAY, SANIBEL

239-472-2155

SANIBELCOMMUNITYHOUSE.NET

The Sanibel Recreation Center in Partnership with
Sanibel's 50th Anniversary Workgroup
Present

A Very Sanibel

TREE LIGHTING

at Community Park

Celebration to immediately follow at the Sanibel Community House

Saturday, November 29th - 5:30pm

Bringing the Community Together to Celebrate the
Season in Sparkling Sanibel Style.

Santa Claus
& Friends

Crafts &
Activities

Live
Music &
Performers

BIG ARTS
Choir

Food &
Treats

Photo Booth



The Community House
SANIBEL COMMUNITY ASSOCIATION



Sanibel Captiva
COMMUNITY BANK



DECORATING DEN
INTERIORS



KeyWest
Express



Sanibel Dog Spa

BITS & BOBS

Giving is Easy:

1. PayPal link is available on the church's homepage: www.sanibelucc.org.
2. Automatic Payment Program (ACH) is available. To receive an authorization form, please send a request by email to office@sanibelucc.org.
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.

