The Sanibel Light

JULY/AUGUST 2025

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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

Just before this past Easter, Charles Courtney returned to God.

Courtney was a long-time Professor of Philosophy and Religion at Drew Theological School – the seminary I attended in Madison, New Jersey. In fact, I was a student in the last course which Courtney taught before his retirement.

When the time came for the final meeting of that final course in his decades long career – after asking well over a thousand students questions during that time - Courtney offered us the chance to ask *him* questions for the duration of that last class.

There were questions about his retirement plans; his journey to Drew; what he would miss most about his career. And then someone asked him this: *Is there a course you would have liked to have taught but didn't get the chance to?*

Courtney thought for a moment and then said, *Yes, there is. If I wasn't retiring I would propose to teach a class on "Enough".*

Courtney went on to explain that he wished he'd had a chance to teach a class on the idea of *Enough* from a philosophical and religious perspective – how and why individuals determine what is *enough* for them and others. In particular, Courtney's interest was in how individuals and societies determine what is enough *materially*.

In the years since, I have often thought about that last class of Charles Courtney's career and his answer to that question. Most recently, I did so again as our elected national leaders struggled to craft and vote on a national budget. That budget, according to most nonpartisan analysts, will, like a number of other budgets in our nation's history passed by administrations of all kinds, benefit those with the most while detracting from those with the least.

In other words, it will most benefit those who already have – by any reasonable and objective criteria – not just *enough,* but *more than enough*. And I include myself in that category…

I will never know what Charles Courtney would have offered to his students about all that from a philosophical perspective. But there doesn't seem to be any great mystery when it comes to what every major religious tradition - especially my own Christian one - has to say.

From start to finish in the Bible, it is clear from the calls of the Hebrew Prophets through the words of Jesus and the early Christian leaders that for God, the moral, ethical and spiritual health of the individual and the society is determined by, and reflected in, how they treat the most vulnerable in the community and nation. In how they treat those with the least; treat those who do not have *enough* – especially enough *materially*. And also from start to finish in the Bible, we are told that God has blessed us with more than enough for all to *have* enough. Yet we humans throughout our history have constantly struggled to believe that sufficiently to be willing to have a little less so that everyone can have enough.

Not the same. Just enough.

Why? Well, as is always the case with emotional and social phenomenon, there are multiple factors involved. But research regularly points to the belief that we have earned and deserve what we have, and therefore, if others have less it is because they have not earned or deserve more. That belief though, is refuted by major religious traditions including, once again, the Christian one.

Throughout the Bible, the clear pattern (and patterns matter, I believe, since you can find at least one thing in the Bible to support just about any position you hold on any issue) is that all we have comes from God – that we have not and never do earn or achieve anything solely on our own. Therefore, we have an obligation to look out for those who do not have enough rather than ignore their need because we have judged them to be undeserving. That, the Bible and our tradition tell us, is not for us to decide - reflected in the time-honored Christian phrase, *There but for the grace of God go I*.

So while I will never know what Charles Courtney might have taught us about the idea of *Enough* from a philosophical perspective, I think I at least have a pretty good idea what he would have offered from a religious and spiritual perspective - that we are called to help build the kind of morally, ethically and spiritually healthy lives, society and nation God calls us to be by ensuring that all God's people have *enough*.

So with that, enough said.

Blessings,
Mark
Rev. Dr. Mark Boyea
Senior Minister

WORSHIP NOTES

In **June**, **Rev. Dr. Sally Haynes** again served as guest Preacher on **Sunday, June 1** while Mark's recovery continued.

Then on **Sunday, June 8, Rev. Lee Collins**, retired UCC Minister and current member of Punta Gorda Congregational United Church of Christ, served us in that capacity. On that day, we were also blessed musically by **guest clarinetist Frank Sanders.**

On **Sunday, June 15**, Mark returned to lead our Worship. We also celebrated the Sacrament of Communion on this **Father's Day.**

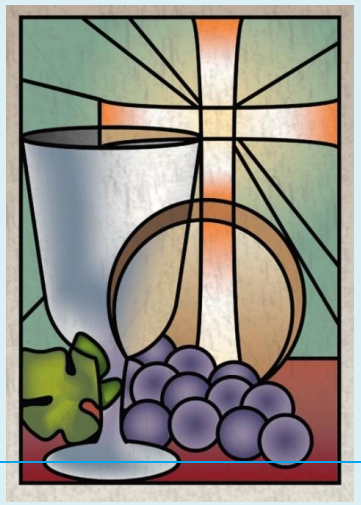
On **Sunday, June 22 and 29,** SCUCC member **Janice Van Buskirk** blessed us with her musical leadership while Mackenzie was away.

In July, **Sally Haynes** lead us in Worship on **Sunday, July 6** as Mark and Cindy were away on vacation.

On **Sunday, July 13,** we will participate in our latest ***Ask the Minister Sunday.*** Instead of offering a Message that morning, Mark will answer as many of your biblical, theological, spiritual and personal questions as time allows. In addition, we will also celebrate the **Sacrament of Communion** that morning. Finally, we will be blessed musically by the return of clarinetist **Frank Sanders**, who will join with Mackenzie to offer us the three pieces which make up ***Phantasiestucke fur Pianoforte and Clarinette (Fantasy Pieces for Piano and Clarinet)*** **by Robert Schumann.**

In August, we will celebrate the **Sacrament of Communion on Sunday, August 3.**

Then, on **Sunday, August 24 and 31, Sally Haynes** will lead us in Worship as Mark is on his annual end-of-summer break.



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.

SPIRITUAL GROWTH OPPORTUNITIES

BIBLE STUDY

Bible Study in July and August will take place on the following dates from **10:30-11:45am on Zoom**:

Thursday, July 17
Thursday, July 24
Thursday, July 31
Thursday, August 7
Thursday, August 14

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 RETURNS!

NEW UNIT BEGINS IN JULY!

OK, But What Are the Patterns???
Tuesdays: July 22 and 29; August 5 and 12
7:00-8:15pm on ZOOM

It is very likely possible to find at least one verse, story or quote in the Bible to support a particular position on any religious, social or political topic.

But in a book so vast and varied in its scope, history and genre, are there any patterns that consistently appear in the Bible when it comes to its presentation of who and what Gods is and how God calls us to live?

Yes, is the answer, and in this unit we will explore what are considered to be the four most prominent themes that run from the Bible's first to its last page. We will identify those themes, look at several examples of their presence in the Bible, and discuss how we are to live those out in our individually and as a society.

From the Mission & Benevolence Committee

School Is Out – Help Kids Stay Fed This Summer!

Now that summer break has begun, many kids will be home during the day —

and some will be fending for themselves at lunchtime.

Let's come together to support them!

We're encouraging donations of **easy-to-fix or ready-to-eat lunch items** that kids can prepare on their own. Great options include:

- Canned pasta (pop-top lids preferred)
- Microwavable mac & cheese or soup
- Peanut butter & jelly
- Crackers and cheese packs
- Granola bars or trail mix
- Shelf-stable fruit cups
- Juice boxes or milk boxes (non-refrigerated)

Let's make sure no child goes hungry while school's out.

Every little bit helps—thank you for your generosity!

HEALTHY HAPPENINGS

Seasonal Fruits and Vegetables

Fruits and vegetables are at their best when they are grown and harvested in their natural seasons and don't travel too far before they are eaten. They are at their freshest, most nutritious, and as an added bonus, least expensive. Try to utilize a Farmer's Market if you have one close by. Much of their produce has been picked the same day and been grown organically.

Summer Vegetables

Asparagus, Beets, Carrots, Corn, Cucumbers, Eggplant, Fresh Herbs, Lettuce, New Potatoes, Peas and Sugar Snap Peas Tomatoes, Zucchini and Yellow Squash

Asparagus begins to peak in late spring, but you can continue to find great asparagus through early summer. Shave asparagus into ribbons for an elegant salad or coat and roast spears for a tasty snack. Select bright green spears with tight heads that don't look limp or soggy. Asparagus size is a matter of preference: Choose thick spears for roasting and thinner spears for quick steaming. Check the tips and ends. Ultra- fresh asparagus tips will have a slightly purplish hue. Ends that look pale or woody will be fibrous and tough. Store spears like a bouquet of flowers. Trim asparagus ends, then place ends-down in a large jar of water in the fridge for up to three days.

Beets are one of the sweetest vegetables around, beets make excellent additions to salads and are especially delicious when roasted. Select small to medium beets. (Larger beets will be more fibrous and less sweet.) They should be plump and firm, with smooth, undamaged skin. Check any greens attached. They should look perky. Limp, wilted greens have already started tapping the attached beets for moisture. For storage, cut away greens and taproots, as these will pull away moisture. Store in the fridge crisper for up to two weeks.

Carrots can do almost anything: dips, cakes, soups, salads, and even hot dogs. There should be no signs of wrinkling or molding. Check any greens attached. They should look perky. Remove tops or leaves, and store in the fridge crisper up to two weeks.

Corn can be utilized in so many different ways. My favorite is fresh corn on the cob. Look for bright green, tight-fitting husks with brown, slightly sticky tassels at the end. Rather than peeling back the husk to see the kernels gently squeeze to feel the corn through the husk. Kernels should feel firm and plump, not dented or deflated. For storage leave one or two layers of husk on the corn and store in a loose-fitting plastic bag in the fridge for up to three days.

Cucumbers, though botanically a fruit, are treated as a vegetable in the culinary world. Slice and dice them up for refreshing salads, veggie sushi, or starchy bowls. Look for firm, bright cucumbers with wrinkle- free skin. Wrap cucumbers tightly to store. Extreme cold makes cucumbers mushy, so they should be kept in a warmer part of the fridge, such as the door.

Eggplant Enjoy eggplant in stews, baba ghanoush, and saucy Italian dishes. Eggplant is also great for making veggie "steaks" to grill. Select small- to medium-size eggplants with smooth, firm skin and no soft spots or tan patches. Large eggplants may be bitter. Check the stem, which should be green and supple. Look for a shine; eggplant skin turns dull over time.
Store at room temperature for up to three days. The humidity in the fridge isn't ideal for perishable eggplant.

Fresh Herbs are at their best in the summer, and they can bring out the best in myriad other produce on this list. When buying fresh herbs, select bright green bunches with thin, tender stems and no signs of yellowing or browning. Check the stem bottoms. They should be bright and firm, not brown and gooey. Store like a bouquet for five to seven days in a jar or vase filled with water on the counter or in the fridge (except basil, which gets brown in the fridge). Change the water regularly.

Lettuce is available all year round, but it peaks from late spring and early summer. Select greens that look crisp, dry, and ruffly with no browning, yellowing, or wilting leaves. Check for symmetrical heads that haven't had outer leaves trimmed away. The cut stem end should look dry with only a little browning. Store whole in a large mesh or paper bag in the crisper drawer for up to three days. Washed and dried leaves will keep for up to three days in the fridge. Remove any wilting or browning leaves. Remember, iceberg lettuce is among the least nutritious greens so try to use a variety of healthier greens.

New potatoes have waxier skin than fully grown potatoes, so they hold their shape better when cooked. Try them in potato salad. Select firm, smooth-skin potatoes that don't show signs of sprouting, cuts, or black spots. Store at room temperature in a cool, dark cupboard or drawer for up to three months. Refrigeration can affect potatoes 'color, flavor, and texture by causing their starches to convert to sugars.

Peas are a simple way to bring subtle sweetness to casseroles and pasta dishes, but did you know they can also be blended into delicious sandwich spreads and even hummus? Sugar snap peas add a bit of crunch to grain-and-veggie bowls or creamy pasta dishes. Select firm, full, small- to medium-size pods that are a uniform bright green. Check the tips. Just- picked pods will have ends that are green and look fresh, Store peas and sugar snap peas in a breathable (mesh or paper) bag in the fridge crisper drawer to allow humidity to circulate without trapping moisture. Shell or stem just before eating.

Tomatoes Look for plump, shiny, brightly colored tomatoes that show no signs of bruises, punctures, or cracks. A ripe, juicy tomato is fragrant and feels tender-firm and heavy for its size; a relatively lightweight tomato is still maturing. Tomatoes continue to ripen at room temperature, so if you're buying a bunch, select tomatoes at various ripeness stages so they will last several days. Store at room temperature. Avoid refrigeration if possible; temperatures colder than 55 ℉ will change tomatoes 'taste and texture.

Zucchini and Yellow Squash Make the most of summer bumper crops zucchini and yellow squash. Select squash with firm, smooth, shiny skin that are about 8 inches long. Larger specimens have more seeds and can be bitter or watery. Check for firmness by giving the squash a gentle squeeze. Soft squash may have a dry, cottony texture. Store unwashed in a breathable (mesh or paper) bag in the refrigerator for up to five days. Summer squash will also keep for one to two days in a cool place away from direct sunlight.

Summer Fruits

Berries, Muskmelons, Watermelon, Stone Fruits (Apricots, Peaches, Plums)

Fresh fruit will help keep you healthy, happy, and hydrated through the dog days of summer.

Berries are a healthy and delicious way to sweeten up a wide range of dishes, including salads, baked desserts, chilled desserts, and even savory entrees Select vibrant, evenly colored berries that show no signs of softening. A whitish bloom on blueberries or small hairs on strawberries, raspberries, and blackberries indicate extra freshness: Both get brushed away with long storage and repeated handling. Check bottoms of containers for "weeping" juice — a sign that some berries may be crushed or starting to mold. Store berries uncovered in the fridge for up to three days. Wash only when ready to eat. Water rinses away delicate berries 'protective coating, and moisture speeds molding. Try to purchase organic berries.

Muskmelons (Cantaloupe, Honeydew) Grill melons for a sweet summery side dish or puree for a delightful dessert soup. I like to cut them in cubes and eat them for snacks. Select muskmelons that feel heavy in your hand with skin that has yellowish (not green) undertones. Press the blossom end (opposite the stem end); it should give a little under gentle pressure and have a ripe fragrance. Check the stem end (the round indentation) for bits of stem or gashes, which are signs the fruit was cut off the vine too soon. Store muskmelons at room temperature for one to two days to develop flavors. Refrigerate for up to one week.

Watermelon Nothing says summer like a perfectly ripe watermelon. Watermelon is a delicious snack in its own right, but it's also phenomenal in gazpacho soup, chilled desserts, and fruit salads. Choose watermelon with a large, creamy yellow spot on its side, which means it fully ripened in the field. For cut watermelon, look for flesh that is firm, not grainy, with dark brown or black seeds (if any). Check the skin for cracks indicating over ripeness. Give the fruit a thump with your finger; it should sound hollow. Store watermelon in a cool, dry spot for up to two weeks before cutting it. Wrap watermelon slices in plastic wrap and place cubes in an airtight container, then refrigerate up to three days.




Stone Fruits (Apricots, Nectarines, Peaches, Plums) are highly seasonal, so be sure to load up on the summer varieties while you can. The decadently sweet fruits are great in cobblers and salads. Opt for pink- and golden-hued peaches and nectarines, golden-orange apricots, and deep-colored plums with smooth skin and no signs of green, browning, or bruising. Check the aroma, which should be sweet and fragrant. Stone fruits should not be rock-hard but give a little, though they will continue to ripen. Freckle-like "sugar spots" on peaches and nectarines indicate sweetness. Store stone fruits for up to three days at room temperature to ripen and improve flavor and texture, then refrigerate up to a week.

I'd like to add a note on the Clean Fifteen and the Dirty Dozen while we are looking at fruits and vegetables. The Clean Fifteen and Dirty Dozen are lists created by the Environmental Working Group (EWG) to help consumers make informed choices about pesticide exposure in fruits and vegetables. The Dirty Dozen includes produce with the highest pesticide residues, while the Clean Fifteen lists those with the least, guiding shoppers on when to buy organic versus conventional options.

The 2025 "dirty dozen" list includes spinach, strawberries, kale, grapes, peaches, cherries, nectarines, pears, apples, blackberries, blueberries, potatoes and additionally they have added bell and hot peppers, and green beans (making it the "dirty fourteen").

The 2025 "clean fifteen" list includes pineapple, sweet corn, avocado, papaya, onions, sweet peas, asparagus, cabbage, watermelon, cauliflower, bananas, mangoes, carrots, mushrooms, and kiwi.

The summer months are a great time to increase your consumption of fruits and vegetables, leading to a healthier lifestyle.

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

James 3:17 But the wisdom from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits without a trace of partiality or hypocrisy

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

Everything you need to know about microplastics and food!

It's a plastic world out there.

About 460 million metric tons of the material are made each year, according to the United Nations, and some scientists are growing increasingly worried that microplastics that find their way into our bodies could be harming our health.

Scientists know our bodies are full of microplastics. What are they doing to us?

One way they get in? Food. And not only through food itself but also in the sundry tools and other items we use to *prepare and store* what we eat on a daily basis.

Home cooks chop into plastic cutting boards, heat up plastic containers, sauté with plastic cooking utensils, encase ingredients in plastic wrap and toss plastic detergent pods in the dishwasher — all of which are possible vectors for microplastics exposure.

"One of the most important sources of microplastics is through the food that we eat," says Tracey Woodruff, a professor at the University of California, San Francisco who studies the impact of microplastics on human health. "And it's highly likely that a lot of that comes from food contact materials."

Here's what to know about microplastics and food preparation — and what you can do if you want to purge your kitchen of the material.

Are microplastics harming humans? The science is evolving.

There's still a lot we don't know about how microplastics affect humans.

The tiny particles — which range in size from roughly the width of a pencil eraser to thinner than the diameter of a strand of DNA — have been discovered in many parts of the human body, including the heart, lungs, testes, and placenta.

Susanne Brander, an ecotoxicologist at Oregon State University, told NPR that research showing negative health effects from microplastics exposure in animals could provide clues about what's happening to people.

"If that's happening in fish and in rodents in experiments that are being peer-reviewed and published, it's probably happening in us too," Brander said. "We just haven't demonstrated it yet."

Because research shows that humans are continuing to be exposed to microplastics, UCSF's Woodruff recommends that people should try to limit their contact with the material. "If we wait to try and put a finer point on the science, that means that we're also continually being exposed, and that could lead to more adverse health effects, some of them which we haven't even identified yet," she said.

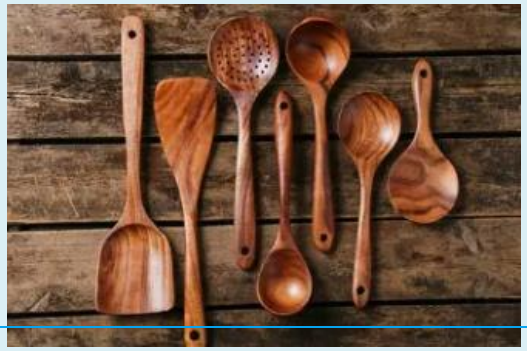
Want to ditch plastic kitchen tools? Here's what you can do:

If you decide you want to reduce your use of plastic in the kitchen, there's plenty you can do. But don't attempt to toss every one of your plastic items immediately, says Anne-Marie Bonneau, author of *The Zero-Waste Chef*.

"I wouldn't suggest just taking all of your stuff and pitching it. Maybe when it breaks, replace it," Bonneau says. "Don't try to do all of this at once."

Bonneau decided to "break up" with plastics in 2011 over concerns about pollution but also came to recognize the potential health benefits of avoiding the synthetic in the kitchen. Instead of using a plastic **cutting board**, she uses wooden ones. One recent study called plastic cutting boards a "potentially significant source of microplastics in human food" and found that a polyethylene chopping board could shed between 7.4 and 50.7 grams of microplastics per person per year.

Bonneau stores food in **glass or metal containers** and saves all her jars to reuse later. Heating plastic containers can cause millions of microplastics and billions of nano plastic particles to be released, one study found. (Microplastics have turned up in takeout food containers, plastic water bottles, paper coffee cups and more.)



Plastic wrap is nowhere to be found in Bonneau's kitchen, which has forced her to become resourceful. "A lot of recipes for bread tell you how to make the dough, and to proof it, they'll say cover the bowl with plastic wrap," she says. "Well, you can just put a plate on top of the bowl. Or the lid of a pot."

She has **cotton dish towels** and **reusable cloth produce bags** that she brings to farmers markets and grocery stores. Bonneau also uses **cellulose kitchen sponges** instead of the common plastic alternatives.

Home cooks can also use **stainless steel or cast-iron pots and pans** rather than nonstick cookware, which is often made with PFAS, a group of chemicals that have been linked to health problems in humans. **Reusable metal straws** can replace plastic ones. **Ceramic dishes** can be used to reheat food as well.

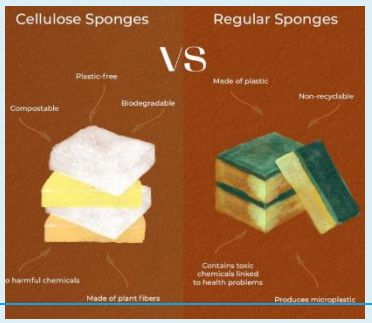
Making the switch in a restaurant

Chef Edward Lee ditched plastic at his nonprofit restaurant Shia in Washington, D.C., to test out more sustainable business practices that could be adopted by other eateries. That means using wooden cutting boards, swapping plastic deli containers for metal and glass substitutes and replacing plastic wrap with alternatives such as parchment paper, beeswax paper, muslin and cheesecloth. Paper straws can replace plastic ones. The restaurant uses paper takeout containers and doesn't give diners to-go utensils, since Lee says most of them are taking their food home anyway.

But not everything was so easily replaced, such as the iconic plastic restaurant squeeze bottles that Shia has sworn off. Staff members instead store sauces in separate containers and mix vinaigrettes as they're needed. "One of the by-products of getting rid of squeeze bottles is that all our vinaigrettes are fresher, because we have to make them to order," Lee said.

There are trade-offs to cutting out plastic, according to Lee. Some non-plastic alternatives are more expensive, and kitchen staff members have to be more careful when handling items like glass that could easily break if dropped.

But he said the elimination of plastics at Shia has led to a positive cultural shift among staff members, many of whom have also reduced their plastic use at home.



"Being surrounded by a lot of disposables … your attitude becomes more disposable," Lee said. "When we're surrounded by permanence, we're a little bit more focused — we're a little bit more careful."

He added: "Once you do this, you realize there's no going back."

Adapted from NPR Moring Editon by Joe Hernandez

https://www.npr.org/2025/05/12/nx-s1-5382300/should-you-toss-your-plastic-kitchen-tools-health-reasons?utm_id=11840170&orgid=309&uniquet=MHINhXMwIyWBBMJ6GTxhpQ&utm_att1=

Linda Graf

Green Team Committee

BIRTHDAYS FOR THE MONTH OF JULY

July 1: Jackson Sprecher

July 4: Sharon Hannon

July 10: Ed Wheeler

July 12: Bruce Cramer, Ley Smith

July 13: Mary Paige Abbott, Neal Halleran, Ron Periard

July 14: Steve Day, Judy McBroom

July 15: Luke Crater

July 17: Mollie Lassy, Richard Waterhouse

July 18: Linda Bradbury Danner

July 19: Gene Hardy

July 20: Linda Winn

July 22: John Danner, Suzanne Nelson

July 23: Henry Glissman, Pete Halliday

July 28: Joanne Newcomb

July 29: Sylvia Chamberlin

BIRTHDAYS FOR THE MONTH OF AUGUST

August 2: John Sprecher

August 6: Chester Pardee, Marcel Saghir

August 7: Jane Saghir

August 9: Mark Hanny

August 13: Lucille Peterson, Roger Thrifthauser

August 14: Gail Hanny, Gail Schongar

August 15: Elizabeth Eidem

August 17: Adrien Cater, Hazel Evans, Claudia Hennen,

Henry Humphrey, Barbara Weinberg

August 19: Edgar Burton, Madeleine Grabill

August 20: Nancy Ake, Nelson Bond

August 21: Mary Cavendish, Richard Konz

August 23: Peter Walcott, Lisa Whitman

August 24: Jill Bugby, Thomas Dunham

August 25: Pam Rothmann-Cokes

August 26: Joyce Rand

August 30: Jack Lee

HONORING ALL FATHERS

JUNE 15, 2025

On Father's Day, our congregation came together to honor and celebrate fathers and all those who serve as father figures.

We gathered for a special time of fellowship, generously hosted by our deacons and volunteers. Each guest received a thoughtful goodie bag, which included a unique and useful gift — a token of appreciation for the men who make a difference in the lives of their families and in our spiritual community.

Thank you for everything you do. Your presence, guidance, and mentorship are deeply valued and truly make a lasting impact.

MEMBERS and COMMUNITY SPOTLIGHT

Congratulations to Norm Boyd on your recent honor:

Big Brother of the year for Big Brothers Big Sisters America

CONGRATULATIONS

TO ALL OF THE RECENT GRADUATES

Congratulations to Luke Crater!

We celebrate and thank Luke Crater, who serves faithfully as a technology assistant during our worship services. Luke's family has been longtime members of our spiritual community, and we are grateful for their continued presence and support.

We wish you continued success, Luke — and send our very best wishes for all that lies ahead!

ARTIST OF THE MONTH

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.

NOW SHOWING

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.

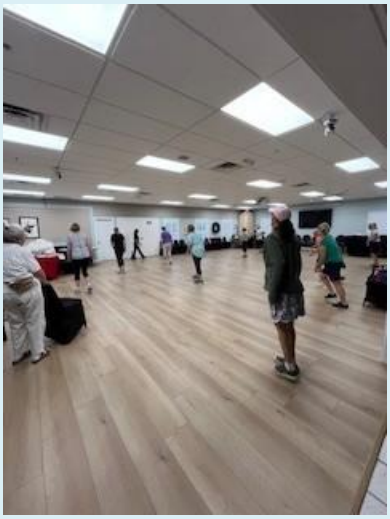
Get Healthy

Santiva Islanders with Mahnaz Bassir for cardio & strength on

Monday, Wednesday & Friday.

During the summer, there will be one class per day,

starting at 9:30 AM in Fellowship Hall.



NO Shell Point Men's Group Luncheon JULY or AUGUST

The Sanibel Congregational UCC Shell Point Men's Group will not meet this month or in August. It 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 July & August Luncheons

The Sanibel Congregational UCC Shell Point Women's Group will have its monthly luncheon meetings as follows: **Friday, July 11th at 11:30am and Friday August 8 at 11:30 am 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.**

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 help serve as an usher at Worship. He can be reached at **flpalaiajr@cs.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.

You're invited to join us for what we hope will become a popular new tradition at **SCUCC**!

Come enjoy a delicious dinner followed by a fun and meaningful movie experience with your SCUCC community. Our first gathering will begin with hors d'oeuvres, followed by a flavorful Italian meal and thoughtfully selected wine pairings.

Tentative Date: August 13th
Time: 4:30 PM
Location: Fellowship Hall

$25.00 per person

Please sign up in Fellowship Hall no later than August 3rd.

This event is brought to you by the Deacons/Hospitality.

BEAWARE

An Introduction to Situational Awareness

Paying attention, identifying potential threat situations, deciding on your options to reduce the danger, and taking action

COOPER'S COLORS – SITUATIONAL AWARENESS LEVELS

TUNED OUT
OBLIVIOUS, UNPREPARED, DISTRACTED.

PAYING ATTENTION
ALERT, AWARE, BUT RELAXED.

TUNED IN
READY TO ACT, HEIGHTENED STATE OF READINESS.

RED ALERT!
THREAT IDENTIFIED, IMMINENT DANGER, COMMITTING TO ACTION.

PARALYZED
FROZEN, IRRATIONAL BEHAVIOR, UNABLE TO PERFORM.

ALWAYS BeAWARE

- Awareness helps you recognize dangers.
- Awareness helps you plan and develop options as a situation evolves.
- Plans and options = faster reaction time.
- Faster reaction time = improved chances of survival

MAKING GOOD DECISIONS

- **Observe** – Descriptions and behaviors give us information.
- **Orient** – Put into context...is this unusual?
- **Decide** – Making plans and having options is good!
- **Act** – Take action! Then loop again.

PRACTICE SITUATIONAL AWARENESS

IS IT SUSPICIOUS ?

People

- Concealing identity
- Inappropriate clothing
- Loitering (locations/hours)
- Nervousness
- Probing security
- Surveillance activities
- Signs of intoxication
- Trying to blend in

Vehicles

- Multiple occupants
- No license plate
- Overloaded
- Parked in unusual places
- Repeated drive-bys
- Suspicious cargo
- Unlawfully parked
- Unoccupied but running

IF YOU SEE SOMETHING, SAY SOMETHING!

DutyDesk@SecureCommunityNetwork.org | 844.SCN.DESK | @Official_SCN | Secure Community Network | SECURECOMMUNITYNETWORK.ORG

SEPTEMBER 2025 SANIBEL LIGHT DEADLINE

Please note that the deadline for submissions to the September edition of the *Sanibel Light* is **Friday, August 22, 2025.**

Please send all submissions as a Word document to:

Jenny Chacon, Church Administrator at
jenny@sanibelucc.org

AND

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

YOU'VE GOT PLANS: SANIBEL & CAPTIVA

https://santivaislanders.org/activities-1

https://sccf.org/calendar/

Set a Reminder

DATE AND TIME

Saturday Aug 9, 2025
5:00 PM - 8:30 PM EDT

Saturday, Aug. 9.
Doors open at 5 p.m., game starts at 6:05 p.m.

LOCATION

Hammond Stadium

14100 6 Mile Cypress Pkwy
Fort Myers, FL 33912

$ FEES/ADMISSION

$17.82 per ticket, with $5 of each ticket benefitting SCCF.

WEBSITE

https://www.gofevo.com/event/SanibelCaptivaCF25

CONTACT INFORMATION

Mike Mills
Send Email

BITS & BOBS

Giving is Easy:

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

Scan QR Code to donate through PayPal.

Mark Boyea

mark@sanibelucc.org

239-312-8673

Jenny Chacon

jenny@sanibelucc.org

239-312-8670

Tammy Flatley

tammy@sanibelucc.org

239-472-0497

office@sanibelucc.org

OFFICE HOURS

Monday - Friday

9:00-3:00pm

SANIBEL CONGREGATIONAL UNITED CHURCH CHRIST