



Glad Tidings

Fort Myers Beach, Florida

April 2016

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Hello to the Chapel by the Sea community and grace and peace to you in the name of our Lord and Savior, Jesus Christ! As I write this, I am sitting at my desk at the church, and it is the middle of Holy Week. Maundy Thursday, Good Friday, and Easter Sunday are just around the corner. After Easter, Chapel goes back to one Sunday worship service, and many Seasonal Residents will have returned home, until we get to see them again next year.

This "Winter Season" has been one of the most challenging "seasons" of my life, both personally and professionally, but in the midst of the difficult challenges, God has placed many encouraging and supportive friends in my path. Thank you so much for your care and comfort. Also, during this Season, while many verses from Scripture have spoken to me, the one that has given me more hope than anything is the last part of Psalm 30:5, **"....weeping may endure for a night, but joy comes in the morning."**

The Good News is that the weeping ends and God's joy returns (although it never really left us)! After the dark of night, the sun's rise brings warmth and brightness back to the world. In a similar way, after enduring the sorrow of the Lord's crucifixion on Good Friday, the women who first came to the tomb that Easter morning discovered that Jesus had risen. Their weeping turned to joy. In the same way, we also rejoice at the Lord's resurrection because it is evidence that our "dark night of the soul" has come to an end and the joy of the Lord is once again fully realized and experienced.

Each year, we celebrate the Lord's resurrection on that beautiful Easter morning. But the Lord's rising is not only something that happened two thousand years ago. It is also something that can happen in each one of our own lives when we look to the Lord Jesus Christ as our God and Savior. Each time we turn to the Lord, He can rise in our hearts with joy and blessings. This is the message of Easter morning: the Lord is with us always and His joy can never allude us. I hope that your celebration of Easter was bright and joyous! May God richly bless you all!

In Christ's love,
Rev. Dr. Stephen D. Adkison
Pastor/Head of Staff Chapel by the Sea



Spiritual Commitment

I will support the church

- by attending faithfully
- by living a Christ-like life
- by giving regularly

I will share the responsibility of my church

- by praying for its growth
- by inviting the community to attend
- by warmly welcoming those who visit

I will protect the unity of my church

- by acting in love toward other members and all people
- by refusing to gossip
- by following the leaders

I will serve the church

- by discovering my gifts and talents and using them
- by developing a servant's heart
- by studying the Bible daily

happenings at CBTs



"Soup"-er Sunday

Thank you to everyone who helped with and enjoyed "Soup"-er Sunday last month!



SIS (Sister's In Spirit)

Last month SIS enjoyed a beautiful day at the Mound House on Fort Myers Beach, followed by lunch at The Island Pancake House. The April SIS meeting will be held on Tuesday, April 12th. Bring a sack lunch and drink and join for a time of fellowship at a cabana on the Gulf. The church bus will leave Chapel at 10:00 a.m.. Bring ideas for next season's programs and enjoy the beach and shade. Call Nancy Combs for more information at (239) 233-8630.



Citizen of the Year!

Congratulations to Chapel by the Sea member, Miffie Greer, for being named the Outstanding Citizen of the Year for 2016! The Island Sand Paper wrote a wonderful article on Miffie and all the contributions she has made to the community of Fort Myers Beach. Volunteering at Fort Myers Beach Elementary, where her grandsons' attend, volunteering at Chapel by the Sea, helping with God's Table, CERT, and at the Library are just a few of the volunteer activities Miffie is involved in. Be sure to read the article in the Island Sand Paper to learn more about Miffie and what an interesting life she has led. Chapel by the Sea is grateful to have Miffie as member and volunteer!



Gladiolus Learning and Development Center (G.L.A.D.)

The children at Gladiolus Learning and Development Center (G.L.A.D.) love to have visitors. There are many volunteer opportunities available. G.L.A.D. is located at 10320 Gladiolus Drive in Ft. Myers. Whether you enjoy rocking babies, reading to a child, helping with homework, teaching the ABC's, singing or dancing, you would be a welcome volunteer at G.L.A.D. At present, there is a need for someone who is knowledgeable about refacing or replacing cabinet doors in two of the classrooms. For more information or to arrange a tour, contact Tina Parsons at (239) 481-2100 or Sharon Trantina at (239) 989-1104.



Music

A big "thank you" to our supporters for an outstanding and successful concert season. The concert series committee has begun work on next years lineup of talent. Stay tuned!

Would you like to make beautiful music to worship and honor God? Feel free to join the Choir and/or the Handbells at Chapel by the Sea. Please call Lois Doggett at (239) 463-5583, Nancy Combs at (239) 233-8630 or the Church Office at (239) 463-3173 for more information.

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Study Groups and Classes

Solomon's Porch

Solomon's Porch is a theological book study group that meets at Chapel in Room 4 of Silver Hall at 3:00 p.m. To begin on April 5th. Books available in office for \$16.50, (checks made out to CBTs).

Sunday School Class

The last Sunday School of the season will be held on Sunday, April 3rd. The class will resume again on October 16th.

Our Stewardship

*Actual Income – March 2016
\$64,157.00

*YTD Actual Income thru –
March 31, 2016
\$159,761.06

*YTD Budgeted Income thru –
March 31, 2016
\$150,556.25

*Does Not Include Veranda
Contributions

Veranda Repairs Contributions
Actual Receipts thru –
March 31, 2016
\$136,127.59
Budgeted Needs
\$150,000.00

Living Gift Market

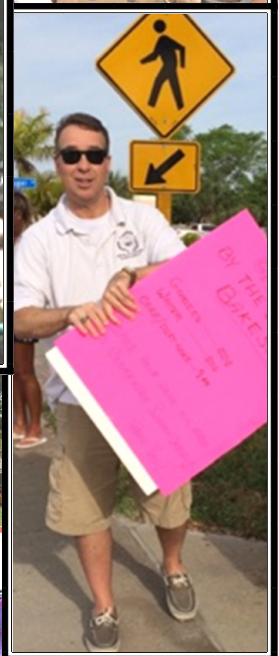
The Living Gift Market, which offers an alternative kind of gift for family and friends, is held at Chapel by the Sea each year at Christmas time. A sincere thank you for your generous participation in this self help program. Here is the amount received in 2015.... God's Table - \$895.00, Habitat for Humanity - \$861.00, Heifer International - \$943.00 and Medical Benevolence - \$802.00. Total - \$3,501.00.

Three Cents A Meal

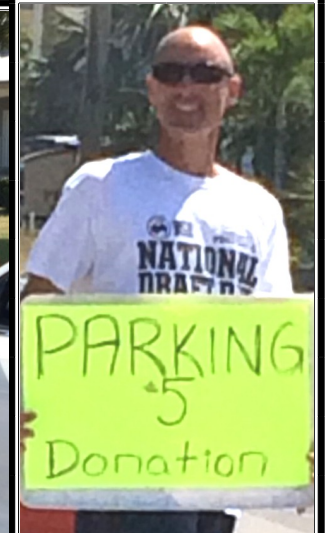
Three Cents A Meal is an ongoing offering sponsored by the Mission and Outreach Ministry. It is used to help fight hunger throughout the world and here at home by contributing a portion to God's Table. The collection box is located in the Narthex. The total collected for 2015 was \$988.00. Thank you for your continued support of Three Cents A Meal.

Shrimp Parade 2016

Chapel by the Sea held a bake sale fundraiser at the Shrimp Parade to raise money for the kid's summer camp.

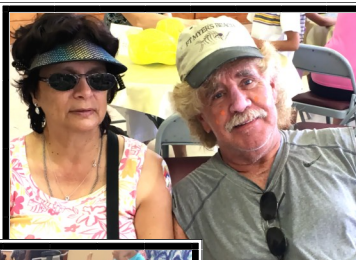


Chapel Parking
Attendants



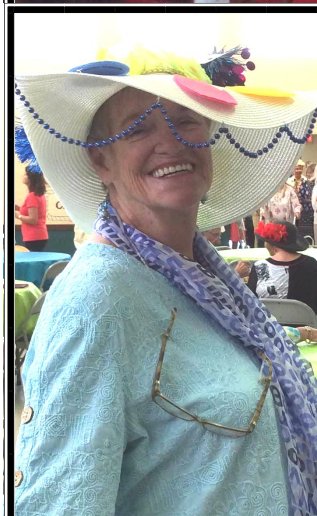
happenings at CBTs

Chapel's Easter Party 2016

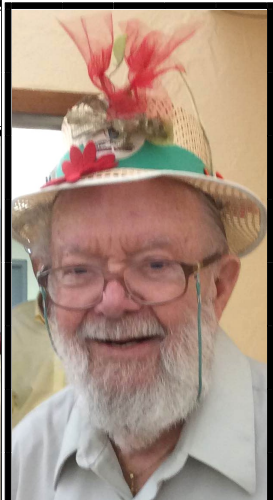


happenings at CBTs

Easter Sunday 2016



**Chapel's First
Annual Easter
Bonnet Parade.**



happenings at CBTs



Bob Keene

Chapel Volunteer!

Bob volunteers in many different ways at Chapel by the Sea. He helps with the cleaning of the Church, maintaining the grounds and building and taking out the trash amongst many other jobs. Bob also volunteers at the Immokalee Soup Kitchen and Habitat for Humanity. Originally from Ohio, Bob has lived on Fort Myers Beach for 20 years. Camping, walking and attending the library are a few hobbies he enjoys. We greatly appreciate all the hard work and help that Bob offers at Chapel. He is currently looking for a full time job, so put the word out.

April Birthdays

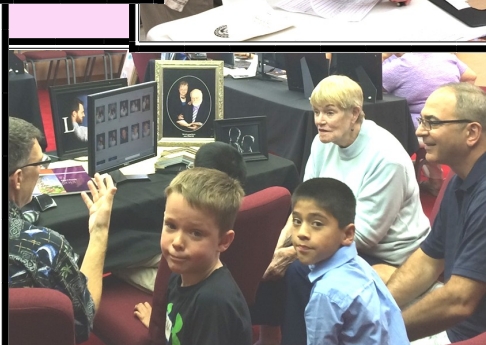
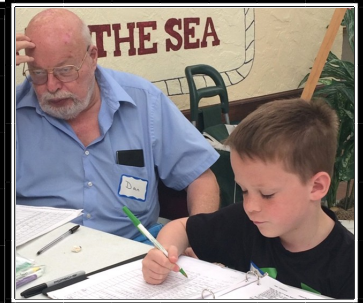
2	Eva New	16	Sharon Trantina
2	Grace Pope	19	Joe Bostater
4	Marja Cook	20	Sandy Branscom
5	Dee Sandquist	21	Harvey Hagman
7	Geri Craig	21	Heather Hicks
8	Laura Arnold	21	Judith McNeal
8	Patsy Cater	22	Don Coon
9	Stephen Joshua Adkison	25	Darrel Detzel
9	Marge Buss	25	Jack Doller
9	Louis Knipp	25	Peg Stanzel
10	Lynda Monaco	27	Marge Burrell
11	Carol Phillips	27	Sterling Green
12	Jaci Willow	28	Will Jacobs
13	Mary Gumm	28	Art Klumpp
13	Kenny Nienhaus	29	Larry Hickok
13	Patty Van Gorder	29	Charles McNear
15	Elise Missall	30	Jodie Guenther
16	Joyce Riggs		

April Anniversaries

Bill & Anita Turner	4/7
Tim & Beth Cherry	4/13
Lloyd & Lynda Hicks	4/16
Phil & Nadine Freeman	4/28
Walter & Ruth Zook	4/30

Directory Picture Fun!

Thank you to everyone who volunteered and helped with the Directory Pictures!



Did you miss out on having your picture in our new church directory? We have the opportunity for two makeup days if we have at least 8 appointments on Friday, April 8 and Thursday, April 14. Call Anita Turner (239) 357-9883 or anibilturmer@yahoo.com to schedule. Thank you!

happenings at CBTs



A Letter From Chapel's Parish Nurse... Watching Your Sugar Intake?

Watch Out for These 5 Foods! By Harley Pasternak

Not every "healthy" food deserves a halo. As it turns out, there are a number of seemingly "good for you" choices that just plain aren't. Here are five foods I've found that are surprisingly high in sugar.

Ann Fossum, RN, Parish Nurse

1. Oatmeal...Oatmeal can be a healthier alternative to sugary cereals, but be careful when choosing which type of oatmeal you're eating. Flavored instant oats can be packed with sugar, while plain oatmeal usually has none. If you opt for oatmeal, try adding berries, cinnamon, or nuts for flavoring instead for a more nutritious and delicious breakfast.
2. Protein bars...Protein bars can seem like a healthy boost when you're low on fuel, but some contain as much sugar as a candy bar! Some brands are worse than others though, so when buying a bar make sure you're choosing one with less than 10 grams of sugar, and ideally more than 10 grams of protein and 5 grams of fiber per serving.
3. Yogurt...Yogurt has grown in popularity as a health food, but most of the options you'll find in the refrigerator section are high in sugar. Opt for plain yogurt jazzed up with berries, nut butters, or seeds. And if you must grab something pre-flavored, try [Elli's Quark](#) or, my personal favorite, [Siggi's Skyr](#).
4. Salad dressing...When you're eating a salad, it's hard to consider that it may not be so healthy. But dressing can be full of extra calories—and added sugar. Read the labels before making your choice the next time you're at the grocery store. Or consider making your own dressing with olive oil, herbs, and citrus juice or vinegar.
5. Dried fruit...Fruit can be difficult to keep fresh, so it's tempting to keep dried fruit at home instead. It's the same thing, right? Actually, if you're eating dried fruit you're probably consuming a lot more sugar—and missing out on the filling fiber and water content you'd get from fresh. For example, a 1/4-cup serving of dried cranberries can have as much as 29 grams of sugar! Next time you need a fruit fix, grab something fresh or try freeze-dried berries instead.

Upcoming in May... Aging To Perfection class, strengthening Healthy Lifestyles program for older adults. Three 90-minute sessions will be offered on May 9, 16, 23.

Weight Watchers ...Weight Watcher meets at Chapel by the Sea in Silver Hall on Thursdays at 9:00 a.m. The last class for the season is April 15th.



Sew N Sews
From Ann Fossum, Chapel 's Parish Nurse... "While visiting Bea in a retirement home, I had the pleasure of giving her the gift of this handmade shawl. A big thanks to the Sew and Sews for providing this beautiful piece. When she saw it, Bea immediately asked me to put it on her lap and tuck her in! She is no longer able to attend church but will think about Chapels prayers for her each time she feels the soft knit prayer shawl. "

Calling All Knitters & Crocheters! The Sew N Sews have been asked to create Prayer Shawls for our new Parish Nurse Ann Fossum to share with our shut ins. Prayer Shawls are a great comfort to those who are not able to attend church for various reasons. All Knitters or Crocheters are welcome to join us in this ministry. We'd love to have you join us on Thursdays from 10:00 a.m. – 2:00 p.m. or you can make them at home and bring them to church if you wish. Prayers Shawls are a great project for learning or beginning knitters and crocheters. If you would like to learn to knit or crochet please let us know. Patterns and yarn are available and we greatly welcome

donations of yarn in any color for this very caring ministry. Call Nancy Bell at (845) 863-5222 or call the church office. The Sew N Sews meet every Thursday morning at 10:00 a.m. in Room 5.

The Sew N Sews are working on three donated handmade quilt tops. They plan to complete them to use as a mission/outreach fund raiser. More details to come.





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Permit No. 3116
Fort Myers, Florida

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website: www.Chapelbts.org

April Liturgists

10:00 a.m.

April 3 Diane Means
April 10 Diane Means
April 17 Laura Miller
April 24 Rexanne Hosafros

Operation Christmas Child

To seasonal participants of our congregation as well as year around members...Chapel by the Sea partners with Operation Christmas Child, a project of Samaritan's Purse, to provide shoeboxes filled with gifts for children throughout the world who have endured poverty, famine, disease, and war. The purpose of these gifts is an expression of Christmas joy, and are a tangible expression of God's Love. Although shoeboxes are not collected until the second week in November, we invite you to join with us in collecting individual items throughout the year that will be included in some of the shoeboxes. Any new items that you think would delight children between the ages of 2 and 14 - small toys, school supplies, and hygiene items, will be welcome. A box is available in the narthex to accept your gifts, and a list of suggestions is also available. This is in addition to our regular shoebox drive. Your gifts and prayers will be greatly appreciated!

Home-bound Members

Help us reach out and stay in touch with our home-bound members of the Chapel community throughout the year. Please let the office know of any home-bound members by calling or emailing the Office Administrator, Denise Armstrong at (239) 643-3173 ext. 20 or denise@chapelbts.org.

The Staff of Chapel by the Sea

The Rev. Dr. Stephen D. Adkison, Pastor/Head of Staff (email: skypilot_mddiv@hotmail.com)
Michael Melnikov, Director of Music/Organist
Ann Fossum, R.N., Parish Nurse
Denise Armstrong, Office Administrator
Holly Tribble, Administrative Assistant
John Rotach, Facilities Manager

Jose Ramos, Sexton
The Rev. Don Jafvert, Pastor Emeritus