



Glad Tidings

Fort Myers Beach, Florida

December 2014



The Advent Virus: Catch It!

Advent is a season of waiting, expecting, and hoping. Beginning four Sundays prior to Christmas and ending on Christmas Eve, Advent helps us prepare for the coming, or “advent” of the Christ child at Christmas. (The word “advent” comes from the Latin word that means “coming.”) For many centuries, Christians have used an Advent wreath to inspire their hopes for the coming of Christ. By lighting candles and reading Bible verses, we are reminded about the meaning of Christ’s birth and become more excited about his coming in the past, in the future, and in our own lives. There is no set meaning for the candles of the Advent wreath (except for the middle candle, which always signifies the birth of Jesus the Christ and is often called the Christ Candle), but for the most part, the candles point to the themes of peace, hope, joy, and love. In addition to this, Advent wreaths employ candles with a variety of colors. Traditionally, the wreath uses three purple or blue candles, one pink candle, and one white candle in the middle. The purple (or blue) candles remind us of how serious and solemn God’s people have been in waiting for the Messiah. The pink candle signifies the joy of our waiting. The white is triumphant and celebrative because Christ is born.

With this in mind, I recently came across an entertaining and informative piece about the meaning of Advent entitled, “**The Advent Virus.**” It goes like this: Warning! Be on the alert for The Advent Virus. Its symptoms include an abundance of inner **Hope, Peace, Joy and Love**. The hearts of a great many have already been exposed to this virus, and it is possible that people everywhere could come down with it in epidemic proportions. This could pose a serious threat to what has, up to now, been a fairly stable condition of conflict in the world.

Other signs and symptoms of “The Advent Virus” include the following:

- An unmistakable ability to enjoy each moment.
- A loss of interest in judging other people.
- A loss of interest in interpreting the actions of others.
- A loss of interest in conflict.
- A loss of the ability to worry. (This is a very serious symptom.)
- Frequent, overwhelming episodes of appreciation.
- Contented feelings of connectedness with others.
- Frequent attacks of smiling.
- An increasing tendency to let things happen rather than make them happen.
- An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it.

Dear friends, while I pray that we all have a safe and healthy holiday season, I hope we all get this “holy” illness called, “the Advent virus”!

In Christ’s love,
Dr. Steve Adkison

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happenings at CBTS

Christmas Toy Drive



Gladiolus Learning and Development Center (formerly Brightest Horizons) is sponsoring a toy drive for the Center's Family Christmas Party. Toys are needed for boys and girls aged 0-12 years and should not be wrapped. All of the toys will go to children in the Harlem Heights neighborhood. Donations of toys may be placed in the bin in the church office by December 10. For more information you may contact Sharon Trantina at (239) 989-1104.



The Living Gift Market

The Living Gift Market is a means which enables members and friends of Chapel by the Sea to honor a friend, a family member or loved one this Christmas season by giving an alternative Christmas gift, a gift of dignity, a gift that keeps on giving. A gift given in their name, helps empower people to become self reliant, alleviates hunger, helps supply medical care or helps provide a house for a needy family. A gift chosen from Heifer Project International, God's Table, Medical Benevolence or Habitat for Humanity of Lee County, is a gift to the world that symbolizes God's love for all people. A list of gifts is in the Living Gift

Sitting with Santa at the Gladiolus Learning & Development Center years past.

Market brochure. You receive a certificate to give to your loved one with the name and the item chosen. The Living Gift Market located in Silver Hall, will be open Sunday November 30, December 7 and December 10 from 9:15 a.m.-12:00 p.m.

Dinner & Movie

Save the night! Dinner and a movie to celebrate the Christmas Season on December 12! Come and enjoy "It's A Wonderful Life" in Silver hall at 5:30 p.m.

Orange Sunday

Orange Sunday is coming on December 14. Bring your oranges, orange juice, or orange treat after service. Let's celebrate our Florida Fruit!

Sew & Sews

The Sew & Sews are having fun preparing for Christmas. All are welcome to join and help make Christmas items every Thursday morning at 10:00 a.m. in Silver Hall, Room 5.

Toys for Immokalee

Collection of toys and gifts for children in Immokalee, ages birth through high school, started Sunday, November 23 and goes through Sunday, December 14. The community is mostly migrant worker families. Please be considerate of this when selecting toys, or games (with batteries provided). Coloring books and crayons, paints, puzzles and culturally sensitive dolls and books are a few suggestions. There is a need for nicer gifts (\$10-\$20) for older children. Wrapping paper, tape and cash are appreciated. Gifts should be new, unwrapped and non-violent. Please leave gifts in Silver Hall in the library.



SIS (Sisters in Spirit) will have the Annual Christmas Potluck Brunch on Tuesday, December 9 at 10:00 a.m. Everyone is encouraged to bring a dish to share and a bag of chocolates to bag for the God's Table Christmas dinner. We will enjoy Christmas music, good food and fellowship and an interesting program given by Eva New about "Christmas in Germany". Please call Nancy Combs at (239) 233-8630 if you have any questions. All are welcome.

happenings at CBTs

2014/2015 Chapel by the Sea Concert Series on Fort Myers Beach

Home For The Holiday

Voices of Naples with Dr. Douglas Renfroe, Artistic Director

Thursday, December 11, 2014

7:00 p.m., Free Will Offering

Join us in song for Home for the Holidays!

Chapel by the Sea is pleased to host the Voices of Naples under the direction of Dr. Douglas Renfroe on Thursday, December 11, 2014 at 7:00 p.m. This holiday feast of choral music is sure to enrich the advent season.

This talented chorus was formed in 2002 to provide an opportunity for singers in and around Naples to study and perform choral music. Beyond this mission, the organization provides scholarship opportunities for student vocalists.

Dr. Douglas Renfroe, Artistic Director, is a nationally acclaimed bass-baritone who has performed throughout the United States and Europe. Well known for his own musical performances, he also coaches singers to be part of this ensemble. (We are pleased to announce that Dr. Renfroe will also be presenting a concert for us in February).

Please join us! And bring your friends! Merry Christmas!

Future concerts:

December 11, 2015 Thursday, 7:00 p.m.—Voices of Naples

January 18, 2015 Sunday, 2:00 p.m. – Sassy Quartet, (barbershop harmony)

February 8, 2015 Sunday, 2:00 p.m. – Douglas Renfroe with Leslie Frost

February 23, 2015 Monday, 7:00 p.m. – Alma College Choir

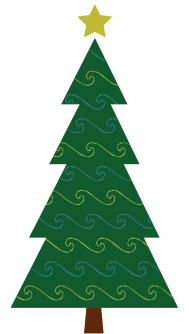
May 17, 2015 Sunday, 1:00 p.m. – All Children's Piano Recital

Hosting the Alma College Choir requires that we provide housing for approximately fifty-five young people. We ask that those of you residing in the area prayerfully consider housing one or more singers for the night of their concert.

We are continuing our **"Friends of Chapel" donor program** which has aided us in providing a high level of musical talent to the community. All contributions are welcome and are tax deductible. Donors will be listed in each concert program for the season. Make check payable to Chapel by the Sea and note Chapel Concert Series on the memo line. Mail to: Chapel by the Sea Presbyterian Church, PO Box 2997, Fort Myers Beach, FL 33932.

Fort Myers Beach Tree Lighting Ceremony

The Chancel Choir members, accompanied by our Chancel Chimers, will once again participate in the annual 'Fort Myers Beach Tree Lighting Ceremony'. This will be held in front of the Nervous Nellie's Restaurant on Saturday, December 6. We will be singing and "chiming" some favorite Christmas carols, starting around 6:00 p.m. and prior to the boat parade. If you love to sing, come join us for a festive evening of holiday music.



happenings at CBTs

Stewardship Update

Year-to-Date Budget Receipts
(as of 11/21/2014)
\$408,077.00

Capital Campaign Update As of November 21, 2014

Total Receipts-to-Date
\$142,620.00

Total Expenditures-to-Date
\$129,143.00

Current Balance
\$13,477.00

Additional Anticipated Pledges
\$26,569.00

Men's Ministry Group

The Men's Ministry Group will continue to meet every other Saturday...December 6 and December 20 of this month.
8:00 a.m. -9:30 a.m. in Silver Hall.

Discussion Group

Tuesdays, 3:00 p.m.
Room 4, Silver Hall

Youth Group

The youth meet at Chapel every Wednesday, 5:30 p.m. for activities, food, fellowship and more! For more information please email Katy Reinke at kreinke@fgcu.edu.

December Liturgist

December 7	Joyce Riggelman
December 14	Tree Andre
December 21	Miffie Greer
December 28	Chuck Golden

Debt Reduction Crisis Mode

Since Chapel has been without a permanent pastor in the last two(2) years our weekly giving receipts and pledges have been insufficient to pay the expenses and allowed us to meet our service obligations. Our entire Church Staff and all Lay Leaders have been very, very frugal in controlling all the expenditures for our Church; however a balanced budget has not been achieved.

We have an outstanding bank loan to pay in the amount of **\$70,000.00**.

Our goal is to get out debt during this winter season (Will you help?)

Chapel over the last year has asked you to contribute to multiple needs, the largest of which was our new roof and new air conditioners and for that we say **"Thank You"**. We need your prayerful help and financial responses so that we can start 2015 with a clean slate.

Please label your giving as "Debt Reduction"

"THANK YOU" for your help with this Debt Reduction

In Christ's Love, Dr. Steve Adkison, Pastor



Operation Christmas Child

Once again through the generosity of the members of Chapel By The Sea and friends in the community, over 173 shoebox gifts are being sent to

children around the world who would not otherwise receive a Christmas gift. Each box is sent with love and prayers for the child who will receive it, bringing hope, joy, and an understanding of the true meaning of Christmas. Thank you to all who gave or helped in this endeavor. May God bless you all!

Building & Grounds

Interior/Décor Sub-Committee of the Building & Grounds Committee needs members. Do you have a talent for interior decorating? Contact Arlene Fisher at (513) 505-7635.

Chapel Habitat Builders

The "habitat builders" volunteer every Thursday. The team's expertise includes siding (vinyl), painting (interior and exterior), demo, cleanup, accessorizing, and any number of other skills. No experience or special tools are required. "On the job training" will be provided. Both men and women are welcome. Please sign up on the "sign-up" sheet on the Silver Hall bulletin board, so we know how many are participating. We leave the rear of Chapel parking lot at 7:30 a.m. and return by 3:30 p.m. Bring your own lunch, snack, and water and soft drinks. For questions, please call Tom Kelly at (239) 765-1242.

Soup Kitchen

The second Wednesday and fourth Friday of each month, Chapel by the Sea volunteers at the Soup Kitchen in Immokalee. The Chapel bus leaves Chapel at 9:30 a.m. and will also pick up people off-island to go to Immokalee. To volunteer, sign up in the office or on the white Communication Cards. For more information call Bill Turner (239) 357-9883.

happenings at CBTs

Chapel Volunteer Appreciation Kim & Marianne Worden



Kim & Marianne Worden moved from Vermont to Fort Myers Beach and joined Chapel in 2000. They go back to Vermont between May and October. Married since August 24, 1963, they have 3 children and 7 grandchildren. Kim & Marianne were both educators. Kim was a research professor at the University of Vermont for 35 years, where he taught communication and did community health studies. Marianne was a middle school librarian for 15 years.

In Vermont they have many beautiful flower and vegetable gardens, which is how they got into helping with the landscaping here at Chapel. Kim & Marianne head up the landscaping for the Building & Grounds Committee, caring for the flowerboxes, the memorial garden, and sprucing up the front of the church are just some of the landscaping jobs that they do here at Chapel. They have been helping Chuck with the sprinkler system and hope to do some mulching soon.

Other volunteer activities that they have helped with in the past: Kim has worked in the sound booth and has appeared as Noah for the roof fundraising and air-conditioning as well as stewardship. Marianne also helped with the Stewardship Lunch and Parade.

December Birthdays



1 Nadine Hudson	11 Mel Sandquist	20 Ron Edman
1 Char Nyeholt	11 Al Lockwood	20 Kathie Smith
1 Holly Tribble	11 Paula Cammarata	23 Ed Fergus
2 Wanda Hart	14 Anthony Monaco	24 Gail DeBenedett
5 Nancy Blackman	15 Pastor Steve	26 Kathryn Brackett
5 John Peterson	16 Jean Hickok	26 Ross Pinkard
8 Nancy Kehm	16 Nancy Ziegler	28 Ed Bell
9 Jeff Spangler	17 Maxene Zammerilla	28 Alice Glawe
10 Doris Collins	18 John Leys	28 Diane Peterson
10 Phil Byers	18 Karen Swanbeck	29 Denise Monahan
10 Danielle Vandenbent	19 Chuck Golden	29 Eli Vertrees

December Anniversaries

Arnie & Jackie Vander Spoel	12/02 (over 50 yrs)
Ed & Charlotte Fergus	12/07 (over 50 yrs)
Preston & Elaine Brinkman	12/14 (over 50 yrs)
Harry & Suzanne Mitchell	12/18 (50 yrs.)
Gary & Jennifer Bagley	12/22
Ron & Mary Ann Krupa	12/26
Harold & Phyllis Yordy	12/26 (over 50 yrs.)
Ed & Shari Rolph	12/28(over 50 yrs.)
Jim & Rita Koprowski	12/30 (over 50 yrs.)
Albert & Maria Werner	12/30
John & Ruby Updegrove	12/31 (over 50 yrs.)



Free Computer Security Seminar

January 14, 2015 from 1:00 p.m. to 3:00 p.m. Pre-registration is required. See the flyers in the Narthex for more information, or call the Church Office.

A Note From Your Parish Nurse



Sheila Morales
Parish Nurse

Steps You Can Take to Lower Your Risk for Alzheimer's Disease

There are currently 5.4 million Americans living with Alzheimer's disease, a progressive [neurological](#) condition that affects memory, behavior and the ability to carry out everyday tasks. There are no known cures for the disease, and even slowing its progression has proven to be quite difficult.

For the most part, researchers believe that this form of [dementia](#) can be genetic or related to environmental or lifestyle factors. Genes and surroundings can be difficult to control, but your diet, as well as your physical and mental exercise, are pretty easy to modify and may make a difference in your risk of developing Alzheimer's disease.

Studies link poor health to Alzheimer's... Some research links an unhealthy diet and [sedentary](#) lifestyle to the onset of dementia. The following are just a few examples of such studies.

One piece of research conducted at Japan's Kyushu University and published last year in the journal *Neurology* indicated that high [cholesterol](#) levels may increase a person's risk of Alzheimer's disease. Authors of the study observed more than 2,500 subjects between the ages of 40 and 79 and followed them from 10 to 15 years. The scientists discovered that 86 percent of individuals with high cholesterol had brain plaques associated with Alzheimer's, compared to 62 percent of people with lower blood [lipid](#) levels. A laboratory trial conducted at the University of Medicine and Dentistry of New Jersey found that people with [diabetes](#) may be more likely than their non-diabetic counterparts to develop Alzheimer's. The study authors theorized that this may have something to do with [insulin](#)'s role in memory function. Another study reported this year by the Columbia University Medical Center revealed that consuming omega-3 fatty acids—found in fish, nuts and certain vegetable oils—may lower the risk of Alzheimer's disease. Researchers examined the health of more than 1,200 people older than 65 and found that a high intake of these healthy fats correlated with lower levels of beta-amyloid, a protein associated with Alzheimer's.

How do these findings translate into prevention?... High cholesterol and diabetes are largely preventable, and what you consume on a daily basis is, of course, up to you. Your first step may be to get a health assessment from your health care professional and ask for advice on how to improve problems like high cholesterol, blood sugar or [blood pressure](#). But even if all of your readings are normal, you should still keep in mind that 30 or more minutes of exercise each day and a diet rich in vegetables, fruit, whole grains, nuts and lean protein can go a long way in preserving not just physical health, but intellectual health as well. Avoiding drugs, alcohol and junk food won't hurt, either.

Finally, there has been research to suggest that engaging your brain regularly with puzzles and new technology may keep your mind sharp. As such, now may be a good time to pick up crossword puzzles or Sudoku or try some new technology, such as a new computer, mobile tablet or smart phone—not just to see what the kids are up to, but also to exercise your brain.



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Health Programs Offered this Season at Chapel by the Sea

Weight Watchers

Instructor: Wanda Anderson

Dates: Mondays, Starting December 1, 2015

Times: Weigh In 9:00 a.m.,
Meeting Starts: 9:30 a.m.

Location: Chapel By The Sea, 100 Chapel St, FMB, Silver Hall

Call: Sheila Morales at (239) 463-3173, Ext 13 for more information

Low Impact Aerobics Body in Motion

Instructor: Marcia Scheurer

Dates: Starts January 13, 2015

Tuesday and Thursday mornings

Time: 9:00 a.m.-10:00 a.m.

Location: Chapel By The Sea, 100 Chapel St, FMB, Silver Hall

Cost: \$5 per class

Call: Sheila Morales, RN, BS at (239) 463-3173, Ext 13, for more information.

RAD Systems for Women Self Defense Class

This 12 hour class is for women only and is the largest women's self defense training in the USA and Canada. It is offered by Salus Care locally and is available at no cost.

Instructor: Tracy Jones

Dates: Wednesdays, February 4-March 11, 2015

Time: 9:00 a.m.-11:00 a.m.

Location: Chapel By The Sea, 100 Chapel St, FMB, Silver Hall

A Note From Your Parish Nurse

FROM THE OFFICE
OF LEE COUNTY
SHERIFF MIKE **SCOTT**

Ho-Ho-Holiday Online Shopping

Black Friday and Cyber Monday are just around the corner and that means many of you will log on, log in and click your way through hundreds of cybermalls looking for massive holiday sales and huge deals. There's no doubt online shopping can help reduce stress caused by long lines, cranky shoppers and crowded stores; but if you choose to use your computer or mobile device to find the ideal gift for that special someone this holiday season, be advised there's a Grinch ready to steal your jingle and your joy.

Ho-ho-hold on before you click that link delivered to you in an email. Opening a contaminated link could lead you to a "phishing" website where shoppers who click through are redirected to a fraudulent site designed to steal your identity and your cash.

Examine the websites URL. Shoppers should always look in the address box for the "s" in https:// and in the lower-right corner for the "lock" symbol before paying. If there are any doubts about a site, right-click anywhere on the page and select "Properties." This will let you see the real URL (Web site address) and the dialog box will reveal if the site is not encrypted. Never enter your credit card number, user identification or password **with-**out the "s" and "lock" symbol.

Watch for "scammer grammar". Stay away from websites with frequent misspellings and grammatical errors.

Research the prices. Similar items typically fall into a general price range. If one being offered to you falls way below that range, you need to ask yourself why. The usual answer: Scammers use ridiculously low prices to lure consumers into a bogus bargain

Never use your debit card for online purchases. A debit card is just like cash and gives thieves access to your bank account. For better protection, use only credit cards when shopping online.

Home for the holidays. Safe online holiday shopping begins with a secure network connection - like that in most homes. Public Wi-Fi can be hacked by someone with the right tools, exposing your passwords, billing information and other sensitive data. Therefore, if you're using a public connection, it's best to limit yourself to window-shopping and price comparing, rather than buying.

Connection Protection. Your computer should always have the most recent updates installed for spam filters, anti-virus and anti-spyware software, and a secure firewall.

Happy Holidays. This important Fraud Alert is brought to you by the Lee County Sheriff's Office. Please contact the Fraud Hotline at (239) 258-3292 to report a fraud or scam.

Health Programs Offered this Season at Chapel by the Sea

Powerful Tools for Caregivers

Feeling stretched as a caregiver? Plan to attend this educational series that is designed to provide you with the tools you need to take care of yourself. It will help you reduce stress, improve self-confidence, communicate feelings better, balance your lives, increase your ability to make tough decisions and locate helpful resources. You will receive a book, The Caregiver Handbook, a donation of \$25 to help defray the cost of the book is suggested but not required to attend class. Class size is limited so call early!

Dates: Tuesdays, January 13, 20, 27, February 3, 10 and 17, 2015

Times: 9:00 a.m.-12:00 p.m.

Location: Chapel By The Sea, 100 Chapel St, FMB, Silver Hall, Library

Please Call: (239) 343-9224

Chronic Disease Management

Improve your quality of life and learn how to better manage your chronic health condition. Conditions may include but are not limited to: Arthritis, Asthma, Cancer, COPD, Diabetes, Epilepsy, Fibromyalgia, Heart Disease, High Blood Pressure, Kidney Disease, Lupus and Parkinson's Disease.

Dates: Wednesdays: February 11, 18, 25 and March 4, 11, 18, 2015

Time: 9:00 a.m. - 11:30 a.m.

Location: Chapel By The Sea, 100 Chapel St, FMB, Silver Hall, Library

Please Call: (239) 424-3122 for more information or to register. **FREE**



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website: www.Chapelbts.org



Christmas Poinsettias

Don't forget to order your Christmas Poinsettia. Order forms are located in the Narthex and in the Sunday bulletin, or call the Church office.
Wishing a very happy and healthy Holiday Season to all!



Broadway Palm Outing

On Tuesday, January 13, 2015 we will be going to see "Crazy for You" at the Broadway Palm Theater. The bus will leave Chapel at 4:45 p.m. to arrive for the 5:30 p.m. buffet. The cost is \$53.00 per person which includes meal, show, tax and gratuity. There are a limited number of tickets available. Call Anita Turner for reservations (239) 357-9883.
Upcoming Shows: West Side Story on Tuesday, March 3, 2015 and
Seven Brides for Seven Brothers on Tuesday, April 14, 2015. ...Come join the fun!

There are three kinds of giving: grudge giving, duty giving, and thanksgiving. Grudge giving says, "I hate to," duty giving says, "I ought to," thanksgiving says "I want to." The first comes from constraint, the second from a sense of obligation, the third from a full heart. Nothing much is conveyed in grudge giving, since "the gift without the giver is bare." Something more happens in duty giving but there is no song in it. Thanksgiving is an open gate into the love of God. — Robert N. Rodenmayer

The Staff of Chapel by the Sea

The Rev. Dr. Stephen D. Adkison, Pastor/Head
of Staff (email: skypilot_mdv@hotmail.com)
Michael Melnikov, Director of Music/Organist
Tamara McPheron, Administrator

Sheila Morales, Parish Nurse
Holly Tribble, Administrative Assistant
Chuck Elston, Sexton
Katy Reinke, Youth Ministry Intern