



Glad Tidings

Fort Myers Beach, Florida

February 2015

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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! Well, February is finally upon us, and we now find ourselves in the "high season" and Ft. Myers Beach is bustling with excitement and activity. Indeed, this is an exciting time for our community! For example, I



was officially installed as the Pastor of Chapel by the Sea on January 25th, and what a moving and inspiring worship service it was. A heartfelt "thank you" to all of the Ruling and Teaching Elders who participated on the Installation Commission, as well as a special thank you to the Choir and musicians, the Audio/Visual Team, the Greeters/Ushers, to Arlene Fisher and crew for wonderful reception, and to the whole Chapel by the Sea family who made it a very memorable day.

Furthermore, February is the time where we find ourselves at the beginning of our Stewardship Campaign. It is particularly during this time of year where we reflect upon our commitment of time, talent, and treasures to God and to His church, the Body of Christ. Our theme this year comes from Psalm 23, which is, "My Cup Runneth Over." That is an interesting image—of a cup running over. Spiritually speaking, consider the "cup" to be a metaphor for our "soul," and so I ask: How full is your "cup/soul"? Is it full to the brim? Is it half full? Is it completely empty? Whatever your level, there is something about giving of our gifts to God's work that is so very powerful and fulfilling. When we freely and joyfully share of our God-given time, talents, and treasures, somehow and in His time, God finds a way to "fill our cup," even to the point of overflowing. Make no mistake—I'm not saying that giving to God will make you "financially rich beyond your wildest dreams." Instead, I'm saying that giving to God is one of the greatest privileges that our gracious Father in heaven has bestowed upon us, and when we give, God gives back to us. Maybe it's an overflowing of peace, joy, and contentment? Maybe God will bless us financially? Either way, as Rick Warren of the Saddleback Community Church once said, "You can't out-give God." At any rate, your gracious contribution is needed and would be greatly appreciated. From God's Table, to the Immokalee Soup Kitchen, to Habitat for Humanity, to worship on Sunday mornings, lives are being changed and transformed, needs are being met, and God is being honored and glorified! With that in mind, on Sunday, February 22nd, we will have our Stewardship Dedication Sunday. As you give, may God give freely back to you and may your "cup runneth over"!

In Christ's love,
Pastor Steve

happenings at CBTS

My Cup Runneth Over, Psalm 23:5 Stewardship 2015



2015 Stewardship Team

The Stewardship Committee – Steve Raps, Jack Garner, Lois Doggett, Joyce Riggelman, Kim Worden and Elise Missall, with leadership from Pastor Steve, will give us an opportunity to reflect on our faith and show our support for the many and various ministries carried by the people of Chapel by the Sea. Our theme this year is “My Cup Runneth Over”, a verse from Psalm 23, which will be emphasized through the Sundays of February 8, 15, and 22. Mark your calendars for Sunday, February 22 as Stewardship Dedication Sunday. Immediately following the 10:00 a.m. service, there will be in Silver Hall a complimentary light lunch, a “tour” of activities at our Time & Talent Fair, and an opportunity to volunteer your talents and time at Chapel. Thank you for your prayerful and gracious support!

Various Ministries at Chapel by the Sea

Soup Kitchen



ECHO (Educational Concerns for Hunger Organization)



Gladiolus Learning & Development Center



Habitat for Humanity



God's Table and Mision Peniel are some of the other ministries here at Chapel. Thank you to all of our wonderful volunteers who make these ministries possible.

Operation Christmas Child



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Chapel Habitat Builders Habitat for Humanity

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 experi-



ence or special tools are required. "On the job training" provided. Both men and women are welcome. Sign up on the "sign-up" sheet on Silver Hall bulletin board, We leave the Chapel parking lot at 7:30 a.m. and return to the Church by 3:30 p.m.. Please bring your own lunch, snack, and water and soft drinks. If you have any questions, please call Tom Kelly at (239) 765-1242. We look forward to seeing you on Thursday.

Gladiolus Learning & Development Center

Thank you to all who donated to Chapel by the Sea's toy drive. Two carloads of toys were delivered to Gladiolus Learning & Development Center and toys were also delivered. Your generosity is greatly appreciated by many children and their families.



Immokalee 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 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 info call Bill Turner (239) 357-9883.



SIS (Sisters in Spirit)

Last month SIS took a tour of the ECHO "farm" in North Fort Myers. At Echo, growing conditions from around the world are replicated. They experiment to find the best ways of producing food in third world countries under various conditions. The February SIS (Sisters in Spirit) program will be a tour of the Coast Guard Station on Tuesday, February 10. We will leave Chapel at 10:00 a.m. and eat lunch at Doc Fords after. All women welcome!



Stewardship Update

Year-to-Date (as of 1/27/2015)

Budget Receipts \$40,298

Expenses \$30,285

Surplus \$10,013

Outstanding Borrowed Monies \$8,928

Capital Campaign Update as of January 27, 2014

Total Receipts-to-Date \$145,696

Total Expenditures-to-Date \$129,343

Balance \$16,353

Additional Anticipated Pledges \$23,579

Debt Reduction Update... We have come a long way since last month's Tidings Report. The balance owed to the bank is down to \$10,000 less \$500 held in the "Debt Reduction Fund". We still need \$9500 to be debt free. We are getting close to the "Goal Line" but we must not let up! *Special Thanks again to everyone who has so generously given and to those who will give in the very near future!* In Christ's Love, Bob Nunn, Chair of Administration & Finance Committee

Solomon's Porch Theological Reading Group...Tuesday afternoons at 3:00 p.m.

Adult Sunday School... Laura Miller's Sunday School Class will be held Sunday mornings at 9:00 a.m. in Chapel's library. The book under discussion is "And God Said What?" by Margaret Nutting Ralph. The subtitle is "An Introduction to Biblical Literary Forms for Bible Lovers." Ralph gives new insights into the Bible, and her style is fresh and entertaining. Call Laura at (239) 292- 5102, email her at mil-lerelh@gmail.com. Or just stop by the class.

Youth Group... Sunday's 5:00 p.m. to 7:00 p.m.

February Liturgists

8:00 a.m.

10:00 a.m.

February 1 Joan Cady

Joyce Riggelman

February 8 Don Cady

Neil Callahan

February 15 Dean Southworth

Mike Ziegler

February 22 Dean Southworth

Maryanne Worden

happenings at CBTS



Join us for our 3rd concert this year.

Douglas Renfroe, bass baritone, Lesley Frost, soprano and Susie Kelly, cellist Sunday, February 8, 2015 at 2:00 p.m., Free will offering

Come and enjoy an afternoon of operetta and Broadway favorites featuring internationally acclaimed bass baritone, Douglas Renfroe. Joining Doug is soprano Lesley Frost, cellist Susie Kelly from the SW Florida Symphony, and pianist Abigail Allison. The highlight of the performance will be selections from "Fiddler on the Roof", which Doug toured as Tevye in Austria, Bulgaria and Israel. Dr. Renfroe has begun his fifth season as Artistic Director of the Voices of Naples and has served as Cantor and Music Director of Temple Bat Yam on Sanibel Island since 2001. Join us for this wonderful concert!



Alma College Choir

Alma College Choir, Michigan's Presbyterian College Monday, February 23, 2015 at 7:00 p.m., Free will offering

The Alma College Choir, from Michigan's Presbyterian college, tours across the United States each February singing concerts, visiting public schools, and participating in worship services. The Choir's extensive touring is one of the primary ways the College builds and maintains close ties with the Church community. The singers are all undergraduate students between the ages of 19 and 22. This concert will have a mix of sacred songs (anthems, hymn tunes, spirituals) and songs from around the world including some of the Scottish folk songs for which the choir is well-known.

Attention: Local Church Members...If you are willing and able to house one or more Alma College students on the night of their concert, or can supply an air mattress for use in Silver Hall housing, please contact Lois Doggett at loisdoggett@live.com or (239) 463-5583. Thank you for your support.

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

The Sassy Quartet's wonderful performance here at Chapel last month.



40 Days For Life

The 40 days of prayer campaign that corresponds to Lent, runs February 18 to March 29. The first campaigns started in 2007 and since then, blessings have been: 3,336 total campaigns in 559 cities, 27 countries, 650,000 individual participants, 17,500 churches, saving 9,699 lives! Christ told us some demons can only be driven out by prayer and fasting. Prayer keeps us rooted in the fact that it is our desire to carry out God's will. Tell your family and friends around the country and the world to pray at home and/or with others at one of the many locations shown at www.40daysforlife.com/location For more information contact Mike Ziegler (239) 233-8103, cell/text (610)504-5370, mikez@zieglersrv.com or go to www.40daysforlife.com

happenings at CBTS



Chapel Volunteer Appreciation

Rex LeCocq has been attending and volunteering here at Chapel by the Sea since 2002, when he moved to Fort Myers Beach. Born in Des Moines, Iowa and raised in Beaverville, Iowa with his two older sisters. Rex has had many interesting adventures up to this point in his life. Rex graduated from Des Moines Technical School going on

to attend Grandview Junior College, receiving his Associate Degree. He then went onto Simpson College and graduated with a degree in Bachelor of Arts in Business Administration.

Rex served in the U.S. Military for six years during his college career. Also during his college years he completed a scuba diving class and has dived in the Caribbean, Bahamas and Mexico. Another hobby that Rex enjoys is snow skiing. A strong intermediate snow skier, he has skied all over the world...Germany, Italy, France, Austria, British Columbia and many areas of the U.S.A. An Air Craft enthusiast, Rex flew Ultra Lights from 1975 to 1996. A master mason, a 32nd Scottish Rite, a Shriner, and a motorcyclist are some of the other titles Rex holds. Boating has always been a passion of Rex's. He became a boater right after college and has owned a boat since 2005. He has his Captain's License (Maritime 100 Rating). He now helps the captain on the Fort Myers Beach Pirate Ship.

From the time Rex became an Associate Member he has been volunteering his time and talent in the Maintenance Department here at Chapel by the Sea. Also a Sound Engineer, he helps to run the video and audio systems on Sunday mornings. Some of the other areas his time is spent volunteering are...assisting the Sexton, repairing the organ, helping with the newsletter, volunteering at the Immokalee Soup Kitchen and God's Table, helping to serve Thanksgiving and Christmas Dinners, decorating the Church, and Ushering. A special thanks to Rex for all his contributions here at Chapel by the Sea. We appreciate all of our wonderful volunteers who give their time and love to help Chapel by the Sea and others.

February Birthdays

4 Ron Krupa	18 Julie Palmer
4 Anita Turner	18 Harry Mitchell
7 Nuel Smock	18 Carolyn Ann Morrisette
8 Elaine Beebe	19 Marge Golden
9 Bob Allegier	20 Cynthia Harris Ross
9 Lee West	20 Bill Boyer
9 Barry Ahlemeier	20 Ed Collins
9 Lauren Frazier	21 Don Ivester
10 Janet DeBenedett	22 Bill Johnson
11 Dick Wonkka	22 Hilda Seybert
13 Bob Young	25 Steve Gumm
13 Vicki Dutcher	26 James Smith
14 Jim Cook	28 Bill Pearson
14 Valentine Smith	28 Karen Haengel
15 Marianne Worden	

February Anniversaries

Dan & Barbara Wickell	2/1 (over 50 yrs.)
Ed & Ethelyn Bell	2/3 (over 50 yrs.)
Steve & Arlene Fisher	2/3
Jack & Gail Garner	2/3 (over 50 yrs.)
Ray & Bernice Tegner	2/13
Carmine Pacchino & Rexann Hosafros	2/14
Albert & Patricia Myers	2/14
Tom & Karen Swanbeck	2/16



Flowers

Flowers are a beautiful way to honor a loved one and God. Please sign up in the church office.

happenings at CBTS

Chapel Outings



Hockey...Chapel is scheduled to attend the Everblades Ice Hockey game on Friday February 20. The Chapel bus will leave at 6:00 p.m. for the 7:30 p.m. game. The cost is \$18.00 per person, which includes reserved seats and a T-shirt. Call Anita Turner at (239) 357-9883, with questions.

Broadway Palm... West Side Story on Tuesday, March 3. Come join the fun! The bus will leave Chapel at 4:45 p.m. to arrive for the 5:30 p.m. buffet. Cost is \$53.00 per person which includes meal, show, tax and gratuity. Limited number of tickets available. Call Anita Turner for reservations at (239) 357-9883.



Last month Chapel by the Sea enjoyed the show "Crazy for You" at Broadway Palm.



Orange Sunday...February 1, after the 10:00 a.m. Service.
Bring your favorite orange treat, and/or some of our wonderful Florida oranges (or juice) to share with our fellow Church Family, and God's Table.



Share Your Love...Valentine Leftover Sunday, February 15.

Movie & Lunch...February 15, after the 10:00 a.m. Service.

**Mark Your Calendars for Our Fourth Annual Dog Walk to Fight Cancer!
Saturday, February 14, 2015.**

Register for Team Chapel's Relay for Life Valentine's Dog Walk at 8:30 a.m. in the courtyard of Chapel's Silver Hall. \$10.00 for your first & \$5.00 for each additional furry friend.

We head to the beach with leash in hand at 9:00 a.m.

Annual Book Sale to Fight Cancer

Team Chapel needs hard bound and paperback books in good condition for our 2015 Relay for Life Book Sale. Please place your donations in the Team Chapel bin in Silver Hall. Thank You!

For questions or to become a member of Team Chapel, please contact Mariann Griffin at (239) 233-8275, or Kim Southworth at (239) 765-4254.....A WORLD WITH LESS CANCER IS A WORLD WITH MORE BIRTHDAYS!



Weight Watchers

Instructor: Wanda Anderson **Date:** Mondays **Times:** Weigh In: 9:00 a.m., Meeting: 9:30 a.m. **Location:** Chapel by the Sea **Call:** Sheila Morales (239) 463-3173, Ext 13

Low Impact Aerobics Body in Motion

Dates: Tues. & Thurs. **Time:** 9:00 a.m.-10:00 a.m. **Location:** Chapel by the Sea **Cost:** \$5 per class **Call:** Sheila Morales, RN, BS (239) 463-3173, Ext. 13 **Instructor:** Marcia Scheurer

A Note From Your Parish Nurse



Sheila Morales

Help the Men in Your Life Stay Healthy from HealthyWomen.org's Men's Health Center
It's well-known that men have a shorter life expectancy than women, perhaps due to higher rates of alcohol and tobacco use, fewer trips to the doctor or stress at work. As such, there are detailed guidelines for preventive efforts against prostate cancer, colon cancer and heart disease, which are the most common life-threatening conditions that men develop. June is Men's Health Awareness Month, a time during which you may want to drop hints about screenings and healthy living to the important guys in your life. **Screenings and tests may save a life...** We all know that prevention is the best medicine, but perhaps your spouse, partner, brother or dad needs the occasional reminder. Consider posting the following facts and guidelines on the fridge or in another location where the men in your life will notice it. Cholesterol levels should be checked about every year after age 35. A reading for elevated cholesterol indicates a higher risk of cardiovascular disease, but the good news is that it's relatively easy to lower levels of blood lipids through diet and exercise. Blood pressure is another important yet modifiable risk factor for poor heart health. A high blood pressure reading may reveal an increased chance of developing cardiovascular problems, kidney disease or stroke. But much like cholesterol levels, blood pressure can often be brought down by changing certain lifestyle habits. Colorectal cancer screenings should be performed regularly on men who are 50 and older. While unpleasant, colonoscopies and other testing methods have been shown to save numerous lives from cancer. Prostate cancer screening has come under scrutiny lately, with opponents of regular testing asserting that it can lead to false positive results or unnecessary and detrimental treatment. But prostate cancer remains a major concern among men, so it's important for older males to talk to their doctor about their risk factors for the carcinoma to determine an appropriate screening schedule. To find out more about preventive screenings and immunizations, read our Recommended Health Screenings for Men: http://www.healthywomen.org/content/article/recommended-health-screenings-men?context=ages-and-stages/10593&context_title=&context_description **Don't forget about diet and exercise...** Eating regular, balanced meals and getting exercise every day can go a long way toward disease prevention. Moreover, men who are near or in their golden years have different needs than their younger counterparts. It's important for men in their 40s, 50s and beyond to consume a diet that is rich in calcium and vitamin D to promote strong bones. A high intake of fiber has been shown to keep the digestive system operating smoothly, which may keep the risk of colorectal conditions low. Men with blood pressure issues need to limit how much sodium they consume and should consider taking a potassium supplement, because the mineral is key to regulating blood pressure. Additionally, an extra serving of fish, nuts and olive oil each week may help men keep their body weight normal. Healthy fats are known to nourish the body without accumulating in the arteries. If your partner, brother or father has trouble getting adequate physical activity, consider making the simple effort to go on a walk with him at the end of the day. You may find that the time spent together benefits both of you. For more information on the health topics mentioned in this article visit the HealthyWomen.org areas below. Men's Health Center: www.healthywomen.org/healthcenter/mens-health Family Health & Wellness Guide: Men's Health: www.healthywomen.org/ages-and-stages/family-health-and-wellness-guide/mens-health



Programs Offered at Chapel by the Sea

God's love and peace, Sheila Morales

RAD Systems for Women Self Defense Class

12 hour class is for women only. The largest women's self defense training in the USA & Canada. Offered by Salus Care. FREE. Instructor: Tracy Jones Dates: Wednesdays, Feb. 4-March 11, 2015 Time: 9:00 a.m.-11:00 a.m. Location: Chapel by the Sea, 100 Chapel St, FMB Call: Sheila at (239) 463-3173, Ext 13

Community Donation Drive and Document Destruction Event

Chapel by the Sea and Goodwill Industries of Southwest Florida are asking the public to clean out their closets and offices for a community donation drive and document destruction event. The event will be held on March 10 from 10:00 a.m. to 2:00 p.m. at Chapel by the Sea (100 Chapel Street, FMB).

AARP Smart Driver Course

Friday, Feb. 27, 2015 9:00 a.m.-3:30 p.m. Session room, Silver Hall (arrive at 8:45am, ½ hour lunch) . You will learn: defensive driver techniques, proven safety strategies, new traffic laws and rules of the road. Call Sheila to register (239) 463-03173, ext 13. Cost is \$15.00 for AARP members & \$20.00 for non-members. Checks accepted. Bring drivers license and AARP ID number.

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: Feb. 11, 18, 25 and March 4, 11, 18, 2015 Time: 9:00 a.m. -11:30 a.m. Location: Chapel By The Sea, Call: (239) 424-3122 to register. FREE.



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The Staff of Chapel by the Sea

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of Staff (email: skypilot_mddiv@hotmail.com)
Michael Melnikov, Director of Music/Organist
Tamara McPheron, Administrator
Sheila Morales, Parish Nurse

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The Rev. Don Jafvert, Pastor Emeritus