

# We're All on Board!



*Chapel by the Sea*

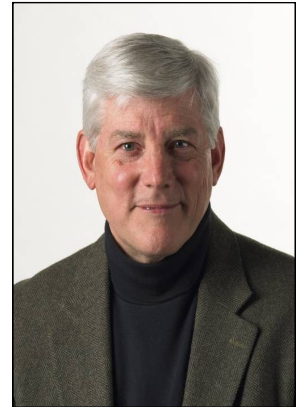
PRESBYTERIAN CHURCH, USA

“Glad Tidings” 2014

April, 2014

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**Inspirational...**my adjective to describe the ongoing response to the Capital Campaign for the Roof. After the first Sunday's reception of pledges and non-pledged gifts, our total response has been \$145,000 with approximately \$100,000 in cash. Work will begin as soon as the construction crews and materials can be organized. Analysis of the flat-roof needs and related heating/air-conditioning units had been carefully completed prior to the campaign's beginning to allow for accurate financial needs. From this point on, additional pledges and gifts will go toward replacing of aging heating/air-conditioning units—most of them between 17 and 30 years old.



The Rev. Dr. Gary Bagley

Many gifts from our “seasonal members” make up this great effort. Ideally, replacing all of the old units will save money on re-installation of the old units with short life-spans plus lowering energy consumption with much more efficient units. Thanks to all of you who are making this happen. Quite a few of our capital campaign donors have made first-time additional pledges to Chapel's annual budget.

**Speaking of our Annual Budget commitment process...**I have continued concerns that we meet the Administration & Finance Committee's anticipated pledge needs to insure a balanced budget for 2014. We still need about \$30,000 in commitments to reach a conservative budget's anticipated expenses. The last thing we want Chapel's new pastor and committees to worry about in 2014 are finances. This year needs to be a celebration of a great new chapter and Chapel's embracing the new pastor and his or her family, and the two of you becoming part of each other's dreams. If you haven't pledged yet this year's annual budget or would like to increase your commitment, please consider doing so.

**At the March 25 Stated Session Meeting,** your elders and I talked about the timing of my coming exit as your interim pastor. My extended contract goes through the month of April. With the PNC's (Pastor Nominating Committee's) focus now on the interviewing process, as Chair Laura Miller reported on Sunday, March 23, Session and I decided to extend my interim time through May, if needed by the PNC, with accrued vacation days extending into the first two weeks of June. We will have plenty of time to say our good-byes and two more important months to tie up loose ends.

**The Fourth Sunday of Lent** is this Sunday. The lectionary gospel reading is about Jesus healing blind Bartimaeus. Another blind person, Helen Keller, once said, “My darkness has been filled with the light of intelligence, and behold, the outer day-lit world was stumbling and groping in social blindness.” I plan to talk about both kinds of blindness Sunday. See you then...

—Gary

# *happenings at CBTS*

## **Holy Week Services**

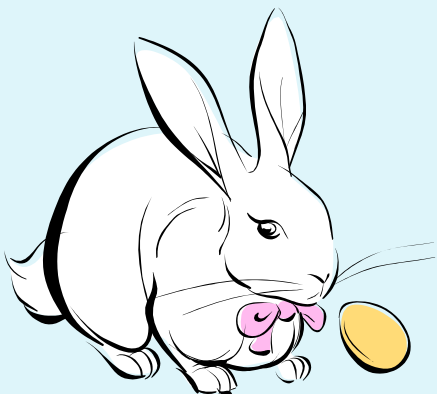
Palm Sunday Services	April 13, 8:00 a.m. & 10:00 a.m.
Maundy Thursday Service	April 17, 11:00 a.m.
Good Friday Service (Beach United Methodist)	April 18, 12:00 noon
Easter Sunrise Service (Lynn Hall Park)	April 20, 6:30 a.m. (Dr. Bagley preaching)
Chapel's Easter Services	April 20, 8:00 a.m. & 10:00 a.m.

### **Easter Party**

The Easter Party will be held Saturday, April 19 at 10:00 a.m. Please let us know if you are available to help with any of the following... preparing for the party, face painting, stuffing eggs, dying eggs, leading games, and cleaning up.

### **Easter Brunch**

The Easter Brunch will be held Sunday, April 20 from 9:00 a.m.—12:00 p.m. Sausage, gravy, biscuits and bacon will be provided. Casserole pans will be available for those interested in making a breakfast casserole.



### **Easter Lilies**

It's time to order Easter Lilies!  
Look for order forms in your upcoming bulletins. Please have all orders in by April 10.

# happenings at CBTs

## Classes and Study Groups

### Men's Ministry Group

The Men's Ministry Group will continue meeting every other Saturday morning from 8:00 a.m. to 9:30 a.m. in Room 4, Silver Hall. The dates are: March 29, April 12, and 26 and May 10 and 24. We discuss topics brought to the group by participants. Our discussions focus on our relationship with God and how we can help each other become more Godly husbands, fathers, grandfathers, and leaders in our family, church and community. The facilitator is Ron Buss and you can reach him at (239) 267-8337 or at [rwbmab11@comcast.net](mailto:rwbmab11@comcast.net) with questions.

#### "Solomon's Porch Discussion Group"

Tuesdays, 3:00 p.m.  
Group Leader: Gary Bagley  
Room 4, Silver Hall

#### "Adult Sunday School"

Sundays, 9:00 a.m.  
Teacher: Laura Miller  
Library, Silver Hall

#### "Men's Group and Bible Study"

Saturdays: April 12 and 26, 8:00 a.m.  
Group Leader: Ron Buss  
Room 4, Silver Hall

## Stewardship Update (Thru March 30)

2014 Annual Budget	\$481,200
Pledges Required	\$329,000
Pledges to Date	\$296,604
Pledges Needed	\$32,396

## Capital Campaign for the Roof (Thru March 30)

Goal	\$150,000+
Cash on Hand	\$90,152
Pledges to Come in	\$66,710
Total Gifts & Pledges	\$156,862

## News from the Discipleship and Fellowship Committee ...

### We Need Members!

If you would like to know more about this committee, contact Miffie Greer (239) 765-6560 or [miffieg@gmail.com](mailto:miffieg@gmail.com).

### Broadway Palm Evening

Join us for Music Man at Broadway Palm on Tuesday, April 29. Chapel bus will leave Chapel at 4:45 p.m. The cost is \$51.00 per person and includes meal, play and gratuity. Sign up in Silver Hall today or call Anita Turner at (239) 357- 9883. Limited number available.

### Vacation Bible School

Vacation Bible School will be held June 23 - June 27, 9:00 a.m.- 12 :00 p.m. Volunteers are needed, Please contact Miffie Greer (239) 765-6560 or [miffieg@gmail.com](mailto:miffieg@gmail.com).

# happenings at CBTs



Sisters In Spirit

(Sisters in Spirit)  
Last month SIS wrapped shoeboxes, enjoyed a wonderful presentation on Operation Christmas Child, followed by lunch at Lin's Garden. Thank you for blessing children through Operation Christmas Child.

SIS (Sisters in Spirit) will meet on April 8, at 10:00 a.m. in the Session Room off Silver Hall. All women are invited. The program will be a speaker from ECHO Global farm and we will also have a "Kitchen Shower" for the Chapel kitchen. New or gently used kitchen towels and dishcloths are suggested. Optional luncheon at Island Pancake House afterwards for those interested.



## MUSIC notes

### April Rehearsal Times at Chapel by the Sea

Soloist Rehearsals, Sundays,  
9:00 a.m. — 9:15 a.m., Choir Loft

Chancel Choir Rehearsals, Sundays,  
9:15 a.m. — 9:45 a.m., Music Room

Choir Practice, Wednesdays,  
10:00 a.m. — 11:00 a.m., Music Room

Handbell Practice, Wednesdays,  
11:00 a.m. — 12:30 p.m., Choir Loft

## YOUTH news

Our Youth Group, under the direction of Katy Reinke, is raising money to attend the Montreat Conference in June. They provided parking during the Shrimp Festival, and plan another "after church lunch" later this year. They will also be selling food at the Easter party on April 19.

### Wednesday Night Youth Alive! 6:00 p.m.

Join Katy Reinke (Youth Ministries Intern) and other youth at 6:00 p.m. for ...

Fun and Fellowship, Youth Dinner,  
Group Study and more.



# happenings at CBTs

## Team Chapel Dog Walk on March 1, 2014

We raised just over \$300.00 for Relay For Life!  
Thank you to all who participated!



**Team Chapel Relay for Life** — Relay for Life will take place on April 12 & 13. For questions or to become a member of Team Chapel, please contact Mary Cartwright at (239) 463-1094, Mariann Griffin at (239) 233-8275, or Kim Southworth at (239) 765-4254. Proceeds of all fundraisers benefit the Fort Myers Beach Relay for Life/American Cancer Society.

**Annual Book Sale to Fight Cancer** — Team Chapel needs hard bound and paperback books in good condition for our 2014 Relay for Life Book Sale. Please place your donations in the Team Chapel bin in Silver Hall. Thank You!

## Mission and Outreach

Chapel's Habitat Team in Action



## April Birthdays



2 Grace Pope	16 Joyce Riggs
2 Eva New	16 Sharon Trantina
3 Rosejane Smith	19 Grace Phipps
4 Marja Cook	20 Sandy Branscom
5 Dee Sandquist	21 Heather Hicks
7 Geri Craig	22 Don Coon
8 Patsy Cater	25 Peg Stanzel
9 Marge Buss	25 Darrell Detzel
10 Lynda Monaco	27 Sterling Green
11 Carol Phillips	28 Art Klumpp
12 Jaci Willow	28 Will Jacobs
13 Mary Gumm	29 Larry Hickok
15 Elise Missall	29 Charles McNear

## April Anniversaries



Alex & Blanche Eilert-Brown	4/4
Bill & Anita Turner	4/7
Tim & Beth Cherry	4/13
Lloyd & Lynda Hicks	4/16
Phil & Nadine Freeman	4/28

## God's Table

New volunteers are needed since many are leaving for the summer. Please contact Arlene Fisher at (513) 505-7635 if you are available to help, starting April 1. We are also in need of men's pants (size small).

# Health News & Safety Tips

## A Note from Your Parish Nurse



**Sheila Morales**  
Parish Nurse

### NSAIDs Basics

from HealthyWomen.org's Pain Health Center

#### What are NSAIDs?

Most likely, you've taken a nonsteroidal anti-inflammatory drug (NSAID) sometime in your life. NSAIDs are a group of drugs that are used to relieve pain, reduce fevers and provide anti-inflammatory effects for swelling and redness.

The most well-known, over-the-counter NSAIDs are aspirin, ibuprofen (Advil or Motrin) and naproxen sodium (Aleve). Most people use ibuprofen or naproxen to treat headaches, muscle aches, cramps, joint pain or aches from a cold. NSAIDs also come in prescription forms for higher doses. For example, your dentist may prescribe ibuprofen for pain relief after a procedure.

Aspirin works differently from other NSAIDs and is primarily used for cardiovascular and neurovascular protection. It should never be given to kids with a fever because of the risk of Reye's syndrome.

There is another type of NSAID that differs from ibuprofen, naproxen and aspirin, called COX-2 inhibitors. These medications, including celecoxib (Celebrex), were developed to reduce pain and inflammation without the gastrointestinal side effects. Only celecoxib is currently available because researchers are evaluating the potential cardiovascular effects from these drugs.

One potential problem with over-the-counter NSAIDs is that because of their easy availability, they aren't considered a serious medication like their prescription counterparts. After all, who hasn't popped an aspirin for a headache without a second thought?

However, despite their over-the-counter availability, these NSAIDs are still medications that need to be discussed with your health care provider. If you don't mention them, you could run the risk of an overdose if your health care provider prescribes another medication that also contains an NSAID.

**Are there side effects?** As with any medication, some people experience side effects from taking NSAIDs. The most common complaints involve gastrointestinal symptoms like stomach pain or discomfort, nausea and/or heartburn. In extreme cases, NSAIDs can cause kidney damage, or even kidney failure, and they pose the risk of stomach bleeding or ulcers because they can cause an increase in stomach acid while also affecting the stomach's protective lining.

Taking NSAIDs may increase your risk of **heart attack** or stroke. A study found that taking high doses of NSAIDs daily can raise your cardiovascular risk by as much as a third.

**Can side effects be avoided?** To avoid the risks of overdose or an increase in side effects, use these tips when taking NSAIDs:

- **Take the lowest dose for the shortest amount of time.** The U.S. Food and Drug Administration (FDA) advises you talk to your health care provider before using over-the-counter NSAIDs for more than 10 days for pain. As a rule, you also shouldn't use them for more than three days for a fever.

### Health Events

**The final class of Low Impact Aerobics and Strength Training was March 31.**

- **Read labels carefully.** Make sure you know what dose you are taking. According to the FDA, the recommended doses for over-the-counter NSAIDs are: aspirin, up to 4,000 mg a day; ibuprofen, up to 1,200 mg a day; and naproxen sodium, up to 660 mg a day.

# Health News & Safety Tips

## A Note from Your Parish Nurse ( continued)

If the label-recommended dose doesn't improve your symptoms, your health care provider may recommend gradually increasing the dose or switching to a different NSAID, but you should not increase the dosage on your own or combine one type of NSAID with another. Be sure you know if any other medications you are taking contain an NSAID.

- **Always talk to your health care provider.**

Consult with your health care provider before you try to treat a problem on your own for a long time. If you experience daily pain, you and your health care provider should figure out a treatment plan together.

- **Know the symptoms of common side effects.**

Experiencing some of the typical side effects, like stomach pain, is a sign that you need to stop taking the medication and see your health care provider. NSAIDs can be taken safely and effectively, but you need to be aware of any possible complications.

- **Know yourself.** If you have a chronic condition, especially one related to the gastrointestinal tract, kidney or heart, or you regularly take other medications, it is important to talk to your health care provider or pharmacist before taking an over-the-counter NSAID. *This article was created with support from the Alliance for Rational Use of NSAIDs (nsaidalliance.com).* For more information on the health topics mentioned in this article visit the [HealthyWomen.org](http://HealthyWomen.org) areas below.

Pain Health Center:

[www.healthywomen.org/healthcenter/pain](http://www.healthywomen.org/healthcenter/pain)

Pain Management Guide:

[www.healthywomen.org/condition/pain-management](http://www.healthywomen.org/condition/pain-management)

Medication Safety Guide:

[www.healthywomen.org/condition/medication-safety](http://www.healthywomen.org/condition/medication-safety)

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### Phoney Phone Call Reeks ofVishing

A reminder from the Lee County Sheriff's Office: Never give out your personal information such as your social security or bank account numbers to anyone you do not know, no matter who they say they are!

Fortunately, one lucky resident followed this advice recently when she received a phone call at her place of employment from someone claiming to be a representative of JP Morgan Chase Bank with a warning that her social security number was linked to the opening of a fraudulent bank account. The caller wanted the victim to verify her personal information so he could "take care of the matter"; otherwise he would be forced to finalize opening the account. The victim recognized she was being targeted for identity theft and refused to cooperate with the caller.

When the ID thief could not get the information he wanted from the victim, he waited a few minutes before calling back, this time speaking to the victim's boss and once again asking for verification of her social security number and other personal information. The supervisor did not comply and disconnected the call. A check of the phone number from which the scammer called is not connected to JP Morgan Chase Bank or any other banking institution, which confirms this phone call did not come from Chase, but rather from a fraudulent individual posing as the banking giant.

If you receive a phone call such as this, hang up the phone immediately. If you are concerned your personal information may have been compromised and used to conduct fraudulent transactions, contact your financial institution, credit card companies, phone companies, and any accounts you suspect may have been opened or tampered with.

Remember this, a legitimate company will never ask you to provide your social security number, PIN or password over the phone



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website: [www.ChapelBTS.org](http://www.ChapelBTS.org)

### Laity Assistant Schedule

*If you are unable to be at church on a Sunday you're scheduled to serve, please arrange for a substitute,  
and if time allows, contact the church office.*

	April 6	April 13	April 20	April 27
Minute for Missions	(Communion)	Chuck Golden	Easter Sunday	(TBA)
Liturgist	Dean Southworth Joyce Riggleman	Neil Callahan	Chuck Golden	Mike Ziegler

### The Staff of Chapel by the Sea

The Rev. Dr. Gary L. Bagley, Interim Pastor  
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  
The Rev. Don Jafvert, Pastor Emeritus