



# Glad Tidings

Fort Myers Beach, Florida

December 2017

## “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”!

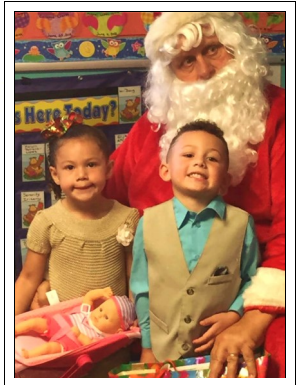
In Christ’s love,  
Dr. Steve Adkison

# happenings at CBTs



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

It is that time of year when we are thinking about helping the children at Gladiolus Learning and Development Center have a Happy Christmas. Each year Chapel's toy drive helps to make that happen. Santa will arrive at the Center on December 18 to personally deliver a toy to each child. This year we have been asked to provide toys for the 3 and 4 year old classes. There are 36 children in this age group in 3 classes. Sixteen are girls and 20 are boys. This year the teachers sat down with each child and compiled the following wish list:



- |                                      |                                    |                            |
|--------------------------------------|------------------------------------|----------------------------|
| • Tonka Dump Truck                   | • Legos                            | • Shark Ship Boat          |
| • Barbie Rainbow Light Mermaid       | • Barbie                           | • Trolls                   |
| • Hot Wheels Race Track Set          | • Sky Paw Patrol                   | • Dinosaurs                |
| • Ariel Toddler Doll                 | • Tool Set                         | • Shimmer and Shine Float. |
| • Shimmer and Shine Magic Dress Doll | • Barbie Dancing Fun Horse         | • Remote Control Batmobile |
| • Darth Vader and Storm Troopers     | • Skate board age 5-7 (Playwheels) | • Shopkins                 |
| • Spiderman Toys                     | • Paw Patrol Race Track            | • Frozen Barbie            |
| • Mickey and the Roadsters Racers    | • Baby Alive                       | • Remote Control Car       |

Toys should be unwrapped and may be placed on the table by the wall in the library in Silver Hall by December 16. For more information, please contact Sharon Trantina at (239) 989-1104.

## Operation Christmas Child – Beyond The Box

### What happens when the children have received their shoebox gifts?

After the children receive their shoebox gifts, many are invited back to participate in a discipleship program – ‘The Greatest Journey.’ It is a 12-lesson course where children come to know Christ, grow in faith, and learn how to share the Gospel with others.



After completing the course, the children attend a graduation celebration and receive a certificate. Most importantly, they are given a Bible that includes the New Testament and selected Old Testament stories – written in the child's native language. Since 2010, more than 11 million children have enrolled in The Greatest Journey course. Nearly 8 million have graduated and 5 million of them have made decisions for Christ.

It all starts with a shoebox. If you have tracked the journey of your shoebox, you can expect to hear its destination in January or February of next year. Please share that news with someone in the church office.





# happenings at CBTs

## Update on Damage to Chapel By Hurricane Irma

For some at Chapel by the Sea, memories of the devastation from hurricane Charlie are still fresh, but we raise our voices to God and thank Him for the grace He has shown us today. The Finance/Stewardship Committee wanted to take a moment to update the congregation as to the status of the repairs and associated costs from Irma. As of this writing, all the damages caused by hurricane Irma have been repaired. As reported previously, the deductible for our wind insurance policy is \$28,500. Our total cost was \$33,000 and, therefore, it was not prudent to process a claim. We also did not qualify for disaster assistance from the Peace River Presbytery. However, God has and will continue to provide. Through the generous donations of our members, friends and visitors, we were able to cover our hurricane related expenses. Contributions ranged from \$25 up to \$19,500. Thank you, Chapel community!

## Saving Taxes with Qualified Charitable Distributions (QCDs)

Are you at least age 70½, have an IRA and take the standard deduction on your tax return (i.e., you do not itemize)? If so, the following tax-savings idea should be of interest to you.

Each year required minimum distributions (RMDs) must be made to persons age 70½ and older from non-Roth IRAs. When these distributions are made to you directly they must be reported as taxable income on line 15b of Form 1040. If you take the standard deduction and do not itemize, then contributing some or all of these RMDs to a qualified charity cannot be used to offset your RMD income.

However, you can avoid taxation on up to \$100,000 of RMD income each year with the use of a Qualified Charitable Distribution (QCD). This is done by instructing your IRA custodian to make a direct transfer of funds to a qualified charity (e.g., Chapel by the Sea). You will pay no taxes on this distribution because it is excluded from your taxable income (although reported on line 15a of Form 1040 as an IRA distribution, a QCD is not reported as taxable income on line 15b).

Using a QCD will also lower your Adjusted Gross Income (AGI). This can help you avoid the Medicare high-income surcharge, which boosts your Part B and Part D premiums if your modified AGI is more than specified amounts. Keeping the money out of your AGI might also reduce the amount of your taxable Social Security benefits.

To take advantage of a Qualified Charitable Distribution (QCD) the funds must be transferred by your custodian directly to the qualified charity, you cannot accept payment. And this must be done before the end of the tax year. If this tax-savings idea is of interest to you, *don't delay*, contact your tax advisor or custodian today.

Don Cady, JD

## Christmas Poinsettias

Its once again time to order Christmas Poinsettias. The deadline to order is December 12. Order forms are located in the Narthex and in the Sunday bulletin, or call the Church office at (239) 463-3173.



## Christmas Open House

Mark your calendars! Sunday, December 3, from 3 p.m. – 4:30 p.m. for a Christmas Open House. Enjoy Christmas caroling at 3:00 p.m. and a tour of the beautifully decorated Sanctuary. Then join us in Silver Hall for refreshments, holiday fun, kids' crafts and games. Come enjoy the Season's Spirit! Bring your friends and family!



## "A Christmas Carol" Production

Chapel by the Sea will perform A Christmas Carol on Friday, December 1 at 7:00 p.m. in Silver Hall and on Saturday December 2 at 7:00 p.m. in Silver Hall. Hope to see you there!



## Christmas Eve Candlelight Services

Candlelight Services will be held on Christmas Eve at 7:00 p.m. and 9:00 p.m. at Chapel by the Sea.



# happenings at CBTs

## Chapel Concert Series

### December Birthdays

1 Char Nyeholt	12 Jack Burrell	19 Chuck Golden
1 Holly Tribble	14 Anthony Monaco	20 Ron Edman
2 Wanda Hart	15 Pastor Steve	20 Kathie Smith
5 Nancy Blackman	15 Rita Koprowski	22 Sharon Kelly
8 Nancy Kehm	16 Nancy Ziegler	24 Tom Kelly
9 Jeff Spangler	17 Maxene Zammerilla	26 Kathryn Brackett
10 Phil Byers	18 John Leys	26 Maryann Kunze
10 Doris Collins	18 Karen Swanbeck	26 Ross Pinkard
11 Mel Sandquist		28 Alice Glawe

### December Anniversaries

14 Preston & Elaine Brinkman
26 Ron & Mary Ann Krupa
28 Ed & Shari Rolph
30 Albert & Maria Werner
31 John & Ruby Updegrave

### Flowers

To have flowers displayed at the Sunday Worship Service and noted in the weekly bulletin, fill out a card in the Church Office and the chart on the bulletin board.

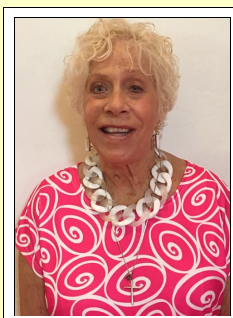
### New Members of 2016 & 2017



Rya Snipes



Stephen Light



Jean Wahl



Jody Haerr



Marjorie Bejune



Kathy McFalls



Thursday, December 7, 7:00 p.m., Sanctuary. Chapel by the Sea is honored to once again host *Voices of Naples*, under the direction of Dr. Douglas Renfroe, as they present an evening of Christmas and Holiday favorites. The talented, vocal ensemble will be accompanied by pianist, LaVon Mattson, and members of the Southwest Florida Symphony. *Voices of Naples* was formed in 2002 to provide an opportunity for singers in and around Naples to study and perform choral music. Members are selected by referral and short audition, and study an eclectic repertoire ranging from classical to pop. *Voices of Naples* is a Florida not-for-profit corporation, which provides scholarships to outstanding students in our area.

### Chapel Chimers Holiday Music

The Chapel Chimers will be performing a wonderful array of Christmas music at the Fort Myers Beach Library on December 6 at 10:30 a.m. All are welcome to attend and enjoy music to get you in the Christmas Spirit! Hope to see you there!



### Broadway Palm A Christmas Story

On December 13 we will go to Broadway Palm to watch the performance of "A Christmas Story." The \$65.00 ticket includes the meal, the show and tax. The church bus leaves Chapel at 4:30 p.m. and also picks up off island people on Pine Ridge. Please call Anita Turner at (239) 357-9883 for reservations. There is a limited number of tickets available for each show, so please be sure to let us know if you would like to attend.



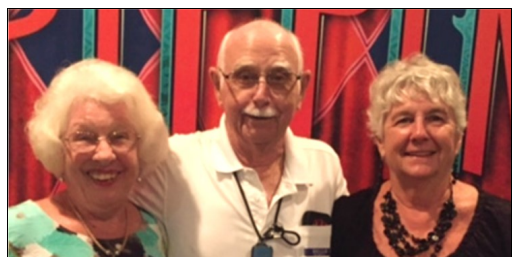
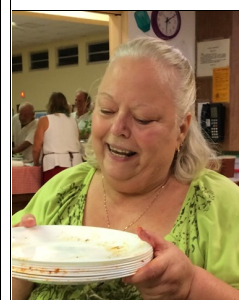
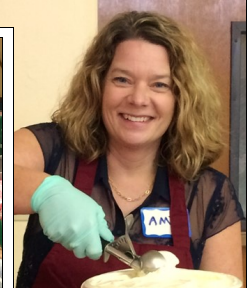


# *happenings at CBTs*

## **Chapel by the Sea Spaghetti Dinner**

**Saturday, December 9, 5 – 7 p.m. Silver Hall**

**\$10 Adult / \$5 Public Safety Personnel / Kids 10 and under – FREE (Net proceeds go the Kitchen Renovation Fund) *Menu:* Spaghetti, Meatballs, Spicy Sausage w/Peppers & Onions, Salad, Garlic Bread, Brownie Sundae Dessert, Cold Drinks & Coffee**



"Pippin" at Broadway Palm



The Cub Scouts did a wonderful job helping with the Veterans' Day Celebrations at Chapel!



Loading the OCC boxes



Play practice for "A Christmas Carol"



Thank you to all the volunteers who helped make salads, donated cookies and served lunch at Echo.



### **A Letter From Our Parish Nurse....**



Ann Fossum,  
RN, BSN, FCN  
Chapel by The Sea  
Presbyterian Church  
P.O. Box 2997  
Fort Myers Beach,  
Florida 33931  
(239) 463-3173  
ext. 13  
(239) 463-0256 fax

Greetings! Keeping healthy eating in check during the holidays can pose a challenge. Many people cope with feeling lonely, sad or anxious and turn to food for comfort, which may lead to overeating. Also, social and family gatherings usually center on food during the holidays and we can find ourselves eating and drinking more and exercising less. Take charge of your holiday food choices by bringing a fruit or vegetable dish to share at a party. This way you can be sure that you will have a healthy option to nibble on. Add good nutrition to your holiday spread by using cranberries, broccoli, grapes and strawberries – colorful and healthy! Try to keep portion size in mind and instead of depriving yourself of holiday goodies, just have 3 bites to savor...everything in moderation. Lastly, think about making a sug-

gestion of a way to move more like taking the dog for a walk around the block or the kids outside to play for a few minutes. Everyone will feel better after some activity – and then we can all enjoy more healthy holiday foods.

Wishing you and your families a Merry Christmas, Ann

### **Childproofing Your Life Again...For Your Grandkids**

**December 6 from 10:00 a.m. – 11:00 a.m. in Silver Hall**

Revisit how to create a safe and fun space for your grandchildren. We will discuss a variety of topics to achieve this goal, led by Jamie Hoover, Child Advocacy Program Coordinator for Lee Health. Some of the topics that will be discussed are car seat safety, medicine safety, bike and helmet safety, sleeping safety and home safety. Together we can make our grandchildren's visits both **fun & SAFE**. Program is free and open to the entire community. RSVP to [chapel@chapelbts.org](mailto:chapel@chapelbts.org) or call (239) 463-3173. For questions? Call Parish Nurse, Ann Fossum, RN (239) 463-3173 ext. 13 or [ann@chapelbts.org](mailto:ann@chapelbts.org).

### **How to Handle The Holidays When Caring for Someone With Dementia**



**Tuesday, December 12 at 9:30 a.m., Session Room**

Alzheimer's disease and related dementias impact over 5 million people in the United States. Here in Lee county, it's estimated that over 20,000 people have Alzheimer's or another dementia. The holidays are a time when family and friends often come together. But for families living with Alzheimer's and other dementias, the holidays can be challenging. Take a deep breath. With some planning and adjusted expectations, your celebrations can still be happy, memorable occasions. Learning to adjust expectations, planning ahead, identifying adaptations and approaches to make things easier and less stressful can help. Being flexible with holiday plans and open to a different, yet still meaningful holiday is important. Getting the support of friends and family can help too.

### **Reminder: No Yoga in December, Resumes January 10**

We will be taking a break from Yoga Class here at Chapel until January 10. We will meet on Wednesdays at 2:00 p.m. in the Session Room of Silver Hall. The instructor will have some yoga mats on hand, but if you have your own, bring it with you. \$10.00 for Chapel members and \$12.00 for non-members.

# happenings at CBTs



## Chapel Habitat Builders

Our team assists with any number of different tasks as Habitat deems necessary each week. The

team's expertise includes siding (vinyl), painting (interior and exterior), demo, cleanup, accessorizing, and any number of other skills. Both men and women are welcome. No experience or special tools are required. "On the job training" is provided. We work every Thursday and leave the rear of Chapel parking lot at 7:30 a.m. and return to the Chapel by 3:30 p.m. You'll need to bring your own lunch, snack, and water and soft drinks. If you plan on participating or even just considering it, please call Tom Kelly at (612) 325-0450. The team will not be meeting on December 21 or December 28.

## Sew N Sews

Help Sew N Sews continue their efforts to reach out and make a difference through the art of sewing. Please consider dropping by any Thursday from 10 a.m. – 2 p.m. Bring



your own lunch; the group breaks around 12 noon for nourishment and lots of laughter. The festive Christmas stockings (pictured above) were made by the women of Sew N Sews and will be delivered to the children of G.L.A.D. for their Christmas celebration. Also, those Chapel members who are unable to join us for Advent and Christmas services and other activities held at Chapel will be visited by our Parish Nurse and members of our Board of Deacons and will also receive a stocking filled with goodies.



## Immokalee Soup Kitchen

Chapel volunteers will not be serving lunch in December at the Soup Kitchen. Volunteers will resume serving on Friday, January 26, 2018. A special thanks to all of our wonderful volunteers!



## Sisters In Spirit (SIS)

Sisters in Spirit is a group of women at the Chapel by the Sea who meet once a month.



All women are invited to join. This month on December 12 at 11:00 a.m. we will once again host a Naughty Santa gift exchange and luncheon in the Session Room. Everyone is asked to bring a small, "fun" \$5.00 wrapped gift. Don't forget so you can be part of the fun exchange. Also please bring a dish to share for our luncheon. Cold drinks, coffee and pastries will be provided. Be sure to mark this on your calendar so you can be part of the festivities. For more information please call Nancy Combs at (239) 233-8630.

## Living Gift Market Update

The Missions and Outreach Committee at their November meeting voted not to participate in the program this year. Due to the overwhelming and generous response to the needs of those affected by the September hurricanes, the committee felt it was appropriate to postpone our participation until next year. If you want to participate on an individual basis, you may contact the Presbyterian Mission Agency directly ([presbyteriangifts.org](http://presbyteriangifts.org) or 800-872-3283) or stop by the Chapel office to pick up an order form.

## December Liturgists

December 3 — Laura Miller  
December 10 — Jennifer Pinkard  
December 17 — Beth Cherry  
December 24 — Pastor Steve  
December 31 — Rexann Hosafros



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Non-profit org.  
U.S. POSTAGE PAID  
Permit No. 3116  
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Phone: (239) 463-3173 • Email: [holly@chapelbts.org](mailto:holly@chapelbts.org)  
website: [www.Chapelbts.org](http://www.Chapelbts.org)



*May the miracle  
in Bethlehem fill  
your heart with  
peace and joy this  
Christmas!*

### The Staff of Chapel by the Sea

The Rev. Dr. Stephen D. Adkison, Pastor/Head  
of Staff (email: [skypilot\\_mdiv@hotmail.com](mailto:skypilot_mdiv@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. Mr. Don Jafvert, Pastor Emeritus