



Glad Tidings

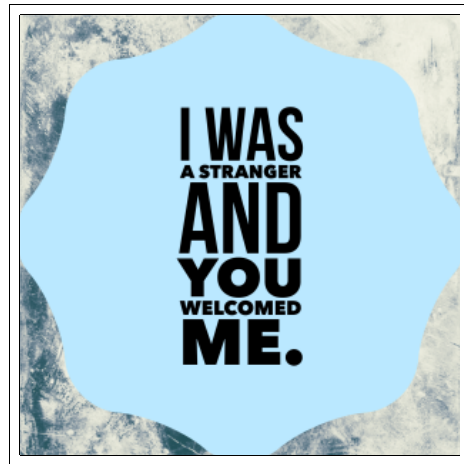
Fort Myers Beach, Florida

June/July 2018

The Welcoming Congregation

"I was a stranger and you welcomed me." ~Matthew 25:35

Grace and peace to you, the Chapel by the Sea family, in the name of our Lord and Savior Jesus Christ! On many occasions, I have heard from guests and visitors who worshipped with us that Chapel is a very welcoming and hospitable congregation. Be that as it may, there is always room to grow. With that said, I recently attended a Stated Meeting of the Peace River Presbytery in North Port, and while I was there, I had the privilege of hearing the Rev. Henry Brinton, Senior Pastor of Fairfax Presbyterian Church in Fairfax, Virginia, speak about what it means to become a more welcoming congregation. His insights were excellent and spot on, and so much so that I bought his book, *The Welcoming Congregation: Roots and Fruits of Christian Hospitality*. And so, in this month's edition of The Glad Tidings, I now share some of these valuable insights with you.



Many churches are in decline, but not all of them. One reason why some churches are thriving is because of intentional hospitality or actively welcoming others in the same way that Jesus Christ has welcomed us. The Rev. Dr. Will Willimon, Bishop of the North Alabama Conference of the United Methodist Church, in his introduction to Brinton's book, writes, "...the main difference between a congregation in decline and one with a future is the difference between practicing the faith for the exclusive benefit of 'insiders' (the members of that congregation) or passionate concern for the 'outsiders' (those who have yet to hear and to respond to the gospel)." And so, hospitality is essential for a healthy and vital congregation.

Brinton talks about the "roots" and the "fruits" of hospitality. The four roots of hospitality are the following: **Root #1.) Welcoming Sites**—Is Chapel a welcoming site? Specifically, are guests warmly greeted and received? Are our building/sanctuary/parking lot/church webpage inviting places? Is our church sign effective or does it need updating? **Root #2.) Worship**—Is our worship service uplifting, encouraging, and "user-friendly" and if not, what reasonable changes need to be made? **Root #3.) Meals**—God's people need to be nourished around tables with fellowship and food. Are visitors embraced and connected with at our monthly communion lunches? At coffee-hour after worship? Other events? **Root #4.) Small Groups**—While we don't want to overwhelm newcomers but help them build personal relationships, the question is: Are visitors and guests offered opportunities to connect with the various small groups within the congregation?

And now, Brinton says that once the initial seeds of hospitality have been sown, congregations will grow and bear fruit. He says this growth may result in a larger church membership, but usually the signs of fruitfulness are more subtle. In welcoming congregations, members discover new vitality in their practice of faith and find themselves able to act in ways that are expressions of the gospel. The more subtle fruits are the following: **Fruit #1.) Reconciliation** (i.e., a church that has cultivated connections where they may have been broken); **Fruit #2.) Passionate Outreach to the Community** (i.e., programs designed to reach and serve the world around us), and **Fruit #3.) Perceptions** (i.e., a new perception of God's inclusive love, gained through the discovery that barriers can be overcome and strangers can become friends).

In closing, hospitality is the key to church growth! Indeed, out of the roots come the fruits! May Chapel by the Sea continue to grow in radical hospitality, and may we continue to welcome the stranger, just as Jesus has welcomed you and me.

In Christ's love,
The Rev. Dr. Stephen D. Adkison

happenings at CBTs

Sew n Sews

Sew n Sews has been making reusable, washable menstrual pads for school-aged girls for the past two years. A few months ago, Rexann Hosafros and Nancy Bell learned about Days for Girls, an organization committed to supporting a girl throughout her entire lifecycle. This group provides kits and teaches health education and training so when these young girls grow up they can teach and support hygiene needs



in their community. They also met with volunteers from GRACE, affiliated with the Unitarian Church. GRACE stands for Guatemala Rural Adult and Children Education.

Sew n Sews is now coordinating with other local churches to supply items for these kits, not just the pads. Kits include a drawstring bag, liners, size 14 briefs, a gallon-size ziplock freezer bag, washcloths, soap and a fertility bracelet.

In light of this important work, SIS at their May 8 meeting, made 72 fertility bracelets to include in the kits. Looking for a mission project or an opportunity to volunteer, making these bracelets would be a

great place to start. Chapel would provide all the supplies. Not only would you be helping young women but yourself as well. Counting and stringing beads can help maintain your dexterity and mental acuity. For more information, contact Nancy Bell at (845) 863-5222, Rexann Hosafros (239) 463-7227 or stop by the Chapel office.

Sisters In Spirit (SIS)



On Tuesday, June 12 at 11:30 a.m. SIS will enjoy lunch at Doc Fords. For the July meeting SIS will have lunch at Charro Brothers on July 10 at 11:30 a.m. Both men and women are invited. Please call Nancy Combs for more information at (239) 233-8630.

Below are pictures from the May 8 SIS meeting. The monthly meeting began with a mission-oriented activity, (see above), followed by a discussion led by Parish Nurse Ann Fossum, RN., called "How to Enhance Your Brain Health" through food choices and activities that exercise brain muscle. Lunch was an omega-enriched meal and dessert made by Denise Armstrong.



happenings at CBTs

Children's Church/
Children's Sunday School

We are excited about our growing Children's Church under the leadership of Debbie Dunlap, our permanent Sunday School teacher. She is creative, energetic and enthusiastic about teaching our children the lessons of the Jesus and the Bible. Children's Church is every Sunday during the 10:00 a.m. Worship Service.



Chapel Is Getting a Makeover!

The Buildings & Grounds Committee has been hard at work. Renovations to the bathroom in the Church Office have been completed. An important change was the toilet. It is now ADA height, along with a grab bar. We installed a new vanity and tile flooring, as well as a fresh coat of paint. In the interest of the church budget, we have added a meter, which will accept \$5 bills and up so the women in the office, and others, can pay as they go! (lol)

As of this writing, we have begun work on the men and women's restrooms in Silver Hall.

Again, we will install ADA height toilets, new vanities and update the paint color. Not to be outdone, in the interest of the "Kitchen Fund,"

we will add a meter,

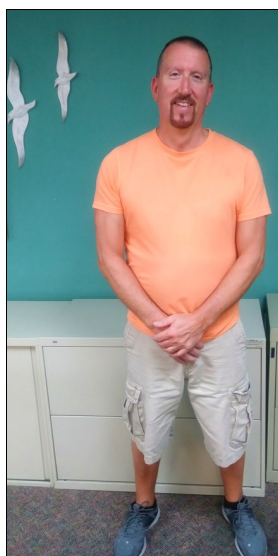
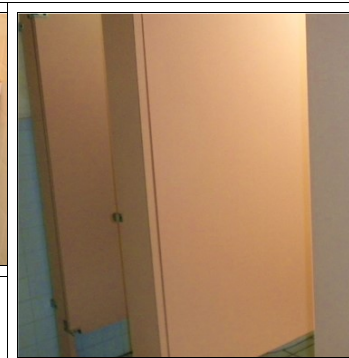
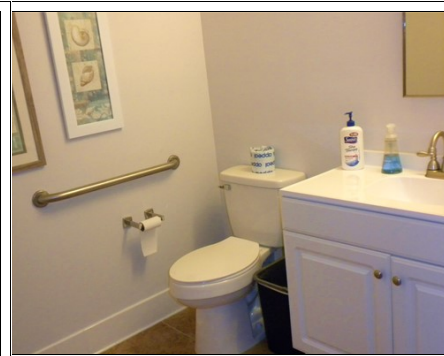
which will accept \$10 bills and up so everyone

can pay as they go and....for an extra \$5 they can get a glass of wine to take with them. (lol)

The committee will continue to provide updates on the Chapel renovations throughout the summer. Any questions, please reach out to Facilities Manager, John Rotach at (239) 463-3173 ext. 26 or john@chapelbts.org.

Respectfully,

John Rotach, Facilities Manager



Darren Harkulich,
Chapel Sexton

Chapel by the Sea's New Sexton!

Darren Harkulich, our new Sexton at Chapel by the Sea, started in April. Born and raised in Pennsylvania, he began working as a bagger in a grocery store and worked his way up to store manager. After that, he started his own cleaning business. Married, with 2 grown boys, he and his family moved to FL in 2015. Some of Darren's hobbies include sports, music and being active. We are happy to have Darren here at Chapel. Be sure to give him a warm welcome!



Our Parish Nurse is available for health counseling, health education and emotional/spiritual support. Call the church office and Ann will return your call. Office hours for the Parish Nurse are Tuesday & Wednesday from 9:00 a.m. to 4:00 p.m.

Ann Fossum, RN, BSN, FCN
(239) 463-3173 ext. 13
(239) 463-0256 fax
ann@chapelbts.org

A Letter From Our Parish Nurse

Hurricane Season and Preparedness...

It's that time of year again when we will be watching for tropical storms and hearing about the name of the first hurricane of the season. Let's not have "hurricane amnesia" and forget to make preparations for the summer of 2018. Be sure to remember to make a plan for your health needs while you review your preparedness for hurricane damage. Lee county has an excellent program to help those residents with special physical needs in an emergency situation. However, you must be registered for the special needs program. Then they can offer you transportation, a special shelter and extra care – do not hesitate to register because you can't do it at the last minute. We have these applications along with a packet of preparation information in our church office. Please take some time to consider your needs and get prepared NOW!

Peace and Happy Summer, Ann



Hurricane Season is Upon Us

Now is the time to inventory your hurricane supplies, locate your 2018-19 re-entry passes and update your **CodeRed Notification** registration. The town uses this system to notify those registered of important information during emergencies and precautionary boil water alerts. To update your information, go to the town's website under the "For Islanders" section of the home page. If you are new to the beach community, you will need to stop by Town Hall, Monday through Friday from 8:30 a.m. – 4:30 p.m. to fill out a re-entry pass application or submit online at www.fortmyersbeachfl.gov and email to pass@fortmyersbeach.gov with supporting documents. To expedite the process, photo I.D. and proof of residency are required. There are many resources available to assist you and your family during a hurricane.

Alzheimer's Research Update

As some of you know, Chapel members Cassie and Chuck Conrad facilitate a monthly Caregivers Support Group through the Alzheimer's Association FLGC Chapter. The group meets in the Silver Hall Library on the 2nd Friday of each month from 1:00 p.m. – 2:30 p.m.

The Conrads are heading to Washington, D.C. this June to speak about funding legislation for Alzheimer's research. On Friday, July 13, Cassie and Chuck will share their experiences and give an update on the legislation. They will also discuss the basics of Alzheimer's disease, safety tips and provide resources for family members. Please join us at 11:30 a.m. for this enlightening and educational program. Lunch will be provided. We encourage those attending to stay for the support group following the discussion.

A Service of Healing



A Service of Healing follows the 10:00 a.m. service at the front of the Sanctuary the 3rd Sunday of each month. This service of prayers for healing reflects our belief that God's purpose for us all is a life of wholeness for our mind, body, and spirit. The ministry of healing is an integral part of our Christian witness. So, too, our prayers are complementary to the work of medicine and other forms of healing, which are also channels of God's loving and transforming purpose. All are welcome to share in this ministry to pray for themselves or for another person or situation. There will be an opportunity for those who wish to come forward to share in the laying-on of hands,

anointing with oil, and a brief moment to share concerns privately with the Pastor. Our hope is that as a Christian community all who attend will feel God's acceptance and love, and this will sustain us in our process of healing.

Should You Stop Wearing Sunscreen To Get More Vitamin D? Here's What a Doctor Says....

Last year, a study published in *The Journal of the American Osteopathic Association* made headlines when it asserted that sunscreen use is partially to blame for widespread vitamin D deficiency worldwide.

The research raised questions, given that consistently wearing sunscreen is one of the most common pieces of advice from physicians. Should the risk of vitamin D deficiency — which can lead to brittle bones and has been associated with insulin resistance, high blood pressure and decreased immune function, among other issues — overshadow years of that advice?

Not according to Dr. Victoria Werth, a professor of dermatology and medicine at the University of Pennsylvania who is certified in both dermatology and internal medicine. “I think we are too worried about vitamin D,” Werth says. “The risk of skin cancer is so much greater than low vitamin D.” Skin cancer is the most common form of cancer in the United States, according to the Centers for Disease Control and Prevention (CDC). In 2014, the most recent year with conclusive data, more than 76,000 people were diagnosed with melanoma, the most deadly form of skin cancer. (The CDC does not track other types of skin cancer, such as basal and squamous cell carcinomas.)

Given how common it is, Werth says that preventing skin cancer should take priority over protecting against vitamin D deficiency, especially since it's possible to get some vitamin D from food (such as fish, egg yolks, mushrooms and fortified foods) and supplements. Plus, she says it's a myth that wearing sunscreen totally stops the absorption of vitamin D from sunlight.

“On the order of 2% to 7% of light gets through, depending on the SPF of the sunscreen,” Werth says. “If people use an SPF 15 sunscreen, then only 93% of the rays are blocked, and enough sun can get through to provide enough vitamin D.”

MORE: What You Need To Know About Vitamin D And Cancer

Spending about an hour per day in the midday sun while wearing SPF 15 would likely be enough to get vitamin D levels to a healthy range, she says. If you're going sunscreen-free, it only takes about 10 minutes — give or take a bit, depending on how dark your skin is — to get enough.

The effects of vitamin D deficiency — which, by some estimates, affects around 40% of the U.S. population at varying degrees of severity — shouldn't be downplayed, especially for children. But on the whole, Werth says it pales in comparison to the significance of preventing skin cancer.

“It's really important to put everything that's said about the sun in perspective to the fact that we are seeing a lot of skin cancers that are really terrible,” she says.

For more information visit [TIME Health](#)



Broadway Palm

We are looking forward to another fun-filled season at Broadway Palm. The dates of the shows are not confirmed yet, but here is a list of shows for this upcoming season.

September — Let's Go To the Movies
November — 42nd Street
December — Elf
January — Saturday Night Fever
February — Guys and Dolls
April — Second Chances



The cost is still \$65.00 per person for show, meal, gratuity and taxes. More details to come.

happenings at CBTs



Communion Luncheon



The first Sunday of each month we have a Communion Luncheon. On June 3 all are welcome to enjoy lunch and fellowship after the 10:00 a.m. Worship Service! Bring your friends and family!

Flowers

The flower chart has been moved from the office to Silver Hall. If you would like to honor a life-cycle event, mark a special anniversary and remember a loved one, please consider ordering floral arrangements for a Sunday Worship Service. Select and sign the date that you want the arrangements displayed in the Sanctuary. Each arrangement is \$25.00. Stop by the office (or email) to let us know how you would like the acknowledgement worded.

A Special Thank You



Chapel by the Sea would again like to send a special “thank you” to Laz Hernandez-Rico, our volunteer audio engineer. May 27 was his last Sunday volunteering at Chapel. Laz is graduating high school as Valedictorian along with an Associate Degree. He is heading to the University of South Florida in Tampa.

Choir/Handbells

Worship and honor God by joining the Choir and/or the Handbells at Chapel. Please call Lois Doggett at (239) 463-5583, for more information.

Immokalee Soup Kitchen



On June 22 & July 27 at 9:30 a.m. Chapel volunteers head to the Immokalee Soup Kitchen to serve lunch to the migrant community. The bus returns at approximately 2:45 p.m. Off-island pick up is available on Pine Ridge Road. Signup sheet is posted in Silver Hall. We go to Immokalee on the fourth Friday of every month. Many of our regular volunteers have headed north for the summer. Please consider joining Chapel for this important outreach.

On-Going Activities at Chapel by the Sea

Children’s Church/Nursery — Sunday mornings at the 10:00 a.m. Worship Service.

Solomon’s Porch Reading Group, Adult Study — The book is called *The Return of The Prodigal Son: A Story of Homecoming* by Henri J.M. Nouwen. The group meets Tuesday afternoons at 3:00 p.m. in the Session Room.

YOGA — Wednesdays from 10:30 a.m. – 11:30 a.m., Silver Hall. Goes until June 6.

Cub Scouts — Wednesday evenings at 6:30 p.m. in Silver Hall

Sew N Sews — Thursdays from 10:00 a.m. – 2:00 p.m. Please bring your own lunch.

Soup Kitchen — Chapel volunteers in Immokalee on Friday, May 25.

Alzheimer’s Association Caregiver Support Group — Meets the 2nd Friday of each month from 1:00 p.m. – 2:30 p.m. in the Session Room. Contact: Parish Nurse, Ann Fossum (239) 463-3173 ext. 13.

Healing Service — The Healing Service is held the 3rd Sunday of each month after the Worship Service.

happenings at CBTs

HAPPY
FOURTH OF JULY

Home Communion

For those in our Chapel Family who are unable to join us for Worship Services and wish to receive Communion at home, hospital or health facility, contact the Chapel Office at (239) 463-3173 or chap-el@chapelbts.org. Pastor Steve Adkison, Parish Nurse Ann Fossum, RN and our Board of Deacons will coordinate a time to visit with you. If you have a special birthday, anniversary or other life-cycle event that you would like to recognize by receiving Communion with family and friends, contact the office.



Clif & Wanda Hart celebrated their 62nd Wedding Anniversary on May 20.



Huggy & Mary Lou Ellyatt celebrated their 70th Wedding Anniversary on May 1.

In Memorium

Please pray for the family of Kelly Leary who passed away on April 30, 2018 and for Tanya Podley Milder on the loss of her beloved mother Lorraine Kemp who passed away on May 9, 2018.

June Birthdays

- 1 Earle Queen
- 3 Karyl Miller
- 4 Lloyd Hicks
- 9 Shirley Rouse
- 9 Robert Swanbeck
- 9 Ruth Zook
- 12 Jody Haerr
- 13 Miffie Greer
- 15 Louis Monaco
- 18 June Bidgood
- 19 Carol Bryant
- 20 Mary Lou Ellyatt
- 25 Hannah Adkison
- 26 Dan Wickell
- 28 Denise Armstrong
- 29 Rudy Stanzel
- 30 Ray Tegner



June Anniversaries

- 9 Dean & Kim Southworth
- 10 Landon & Lois Doggett
- 11 Phil & Joan Byers
- 11 Gerry & Sharon Trantina
- 13 George & Sandy Cox
- 16 Jan & Patty Van Gorder
- 17 Don & Joan Cady
- 18 Don & Doretta Coon
- 20 Hal & Karyl Miller
- 25 John & Beth Leys
- 25 Tom & Diane Means
- 25 Will & Grace VandenBerg
- 28 Will & Mary Jo Jacobs

July Birthdays

- 2 Andrew Hicks
- 4 Dean Southworth
- 4 Ginny Young
- 6 Joyce Nunn
- 7 Reba Read
- 9 Harry Hunter
- 9 Beth Leys
- 9 Nancy Remington
- 12 Sarah Swanbeck
- 13 John Updegrove
- 13 Nancy Walker
- 14 Jon Hazelbaker
- 15 Verilea Meyers
- 18 Wanda Prater
- 19 Gordon Langereis
- 23 Mary Ann Krupa
- 24 Cindy Hickox
- 24 Will VandenBerg
- 24 Barbara Welton
- 25 Rexann Hosafros
- 27 Patricia Myers
- 28 Charlotte Fergus
- 30 Jan Van Gorder
- 31 David Collins



July Anniversaries

- 3 Bill & Eileen Pearson
- 16 Emory & Beverly Brown
- 19 Randy & Bev Belger
- 23 Roger & Barbara Welton
- 24 Bob & Joyce Nunn



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June Liturgists

June 3 10:00 a.m. Laura Miller
June 10 10:00 a.m. Janna Holmes
June 17 10:00 a.m. Lloyd Hicks
June 24 10:00 a.m. Jacob Greer

With E-Giving, you can support the great ministry work we are doing together.

What is E-Giving?

It's a way for you to give faithfully through our website www.chapelbts.org.

July Liturgists

July 1 10:00 a.m. Miffie Greer
July 8 10:00 a.m. Katelyn Cherry
July 15 10:00 a.m. Dobbin Greer
July 22 10:00 a.m. Jacob Greer
July 29 10:00 a.m. Marylu Marshall

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
Darren Harkulich, Sexton
Stephen Joshua Adkison
The Rev. Mr. Don Jafvert, Pastor Emeritus