



# Glad Tidings

Fort Myers Beach, Florida

December 2016

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Grace and peace to you in the name of Jesus Christ, our Lord and Savior! We have now entered the season of Advent, but what is it exactly? Well, 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 hundreds of years, 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). I have been in churches where the candles point to peace, hope, joy, and love. In other settings, they are identified with key figures in the stories of the birth of Jesus, such as the shepherds, the angels, Joseph, and Mary. I have used the main theme of waiting to give structure and meaning to the Advent candles, with each candle focused on different aspects of our waiting.

Advent wreaths employ candles with a variety of colors. Some wreaths use all white candles; others use three purple or blue candles, one pink candle, and one white candle in the middle. I share an understanding of the Advent wreath with many Christians for whom the purple candles remind us of how serious and solemn God's people have been in waiting for the Messiah. The pink signifies the joy of our waiting. The white is triumphant and celebrative because Christ is born.

At any rate, that is the basic meaning of Advent in a "nutshell." May we all have a richly blessed and deeply meaningful Advent season!



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

# happenings at CBTS



## Christmas Eve Candlelight Services

A Candlelight Service will be held on Christmas Eve at 7:00 p.m. and 9:00 p.m. at Chapel by the Sea. All are welcome! We hope to see you there!

## 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 at (239) 463-3173. Wishing a very happy and healthy Holiday Season to all!



## Gladiolus Learning and Development Center

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 19 to personally deliver a toy to each child. There are 142 children enrolled in the center from infancy to age eleven. The 4 and 5 year-olds are the largest group. Requested toys are:

- Puzzles from simple to complex up to age 10
- Dolls (multi-cultural)
- Pre-school learning toys—stacking, counting, matching, etc.
- Action figures for boys and girls
- Ride-on toys
- Disney items
- Board games
- Tea sets
- Art Sets
- Gift Cards
- Scooters
- Bikes
- Building Blocks
- Play Dough

Books and toys should be unwrapped and placed on the table by the wall in the church library in Silver Hall by December 15. For more info, please contact Sharon Trantina at (239) 989-1104.



## Sisters In Spirit (SIS)

Sisters in Spirit is a group of woman at the Chapel by the Sea who meet once a month. All women are invited to join. This month on December 13 at 11:30 a.m. we will once again host a Naughty Santa gift exchange and luncheon. 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. Be sure to mark this on you calendar so you can be part of the festivities. For more information please call Nancy Combs at (239) 233-8630.

## Adult Sunday School

We meet every Sunday from 9:00 a.m. to 10:00 a.m. in the Chapel Library before Worship Service.

**Solomon's Porch Theological Reading Group** *The Cost of Discipleship* By Dietrich Bonhoeffer  
Tuesday, 3:00 p.m.  
Session Room in Silver Hall

## December Reminder

Remember, please, that for Chapel contributions to qualify for as tax exemption, they must be into the CBTS office before December 31, 2016. You might also want to consider a direct contribution from your IRA to Chapel, which qualifies as a tax free contribution as long as it goes directly from your IRA to Chapel. This also can be used as part or whole of your RMD if you have that requirement. Thank you!

## Treasurer's Report

### Year-to-date Receipts (as of 10/31/16)

- Contributions/Pledges **\$353,102**
  - Expenses **\$358,368**

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- Net :( **\$5,266**

\*\* Does not include contributions or expenses related to restricted and capital funds.

Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consume or thieves steal. For where your treasure is, there will your heart be also.

Matthew 6:19-21

# happenings at CBTS



## Operation Christmas Child Thank you Chapel Members and Friends 206 Boxes have been sent to Operation Christmas Child... A Shoebox – Just the Beginning

The simple gift of a shoebox can be the beginning of a life-changing experience. Just days after shoeboxes are distributed,

the children are invited to enroll in the discipleship program “The Greatest Journey” – 12 lessons based on the New Testament and written in the child’s native language.



This program is transforming the lives of children and their families around the world with the knowledge of the Good News of God’s Greatest Gift, Jesus Christ.

“Through Operation Christmas Child and the Greatest Journey, we are working with unreached people groups on five continents, including nomads in Namibia, ISIS refugees in Iraq, and one tiny tribe in South Sudan where only five thousand people speak the local language. One out of every ten boxes we collect in the U.S. this year will go to children living in predominantly Muslim countries across northern Africa, the Middle East, and southern Asia. As God provides, this year we are hoping to send Operation Christmas Child shoebox Gifts to 12 million children.” Franklin Graham, President of Samaritan’s Purse. Thus every shoebox is an opportunity to show the love of God with a child in need. More than 7.4 million children have participated in this program since its beginning. **What goes into the box is fun....What comes out is eternal!**

## Living Gift Market

The Living Gift Market will be held at Chapel by the Sea in Silver Hall again this year. The dates will be on Sunday, December 4 and Sunday, December 11. We will be featuring gifts benefiting God’s Table, Habitat for Humanity, Presbyterian Medical Benevolences and a wide range of Presbyterian Mission gifts. Hope to see you there!

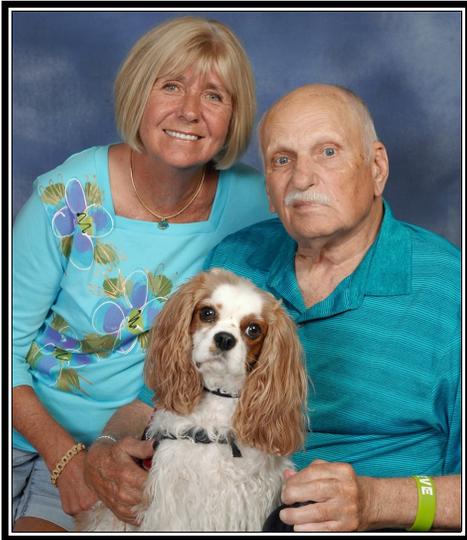
## God’s Table & Community Cooperative

In support of the holiday food drive for the needy, we have placed boxes in the Narthex and Silver Hall for your donations of non-perishable food. We greatly appreciate any donations!

## The Immokalee Soup Kitchen

Chapel will not be volunteering at the Immokalee Soup Kitchen on December 23, due to Christmas activities. We volunteer again on January 27. Have fun making new friends, helping others and getting closer to God. The Chapel bus leaves at 9:30 a.m., returns about 2:45 p.m. Sign-up sheets are in Silver Hall, or call the church office at (239) 463-3173.

# happenings at CBTS



Sue & Bob Homing

## One Solitary Chair... One Simple Act of Kindness

The essay below is a reminder that one simple action can have a profound and lasting effect on those around us, even if we are not aware of that impact. In the September issue of Glad Tidings, Pastor Steve intro-

duced the "G.I.F.T." program (Greet, Introduce, Follow-up and Thank someone). Just think, if everyone did just one of these simple actions, the ripple effect we could have in our community and the lives we could change.

When we were growing up, many of us played a game called Musical Chairs. The object of the game was to find a vacant chair when the music stopped, keeping in mind there was always one more person and one less chair. If you did not find a chair to sit in, you had to leave the game, often carrying a chair with you. The game continued until there was only one chair and two players. The music would stop, and the winner would scramble to sit in the last remaining chair. Fast forward to our teenage and young adult years. We still played the game. It was a simple game that everyone could play. It often was an "ice breaker" when played by both boys and girls.

We attended Chapel by the Sea only two or three times before we saw the empty space where a chair once stood. No longer was the empty space a sign someone was going to lose. It was now a simple act of kindness that boldly said WELCOME. We are glad you are here. It is a space reserved for someone who is confined to a wheelchair. We happen to be the current recipients of the space, but it is always there for anyone who needs it.

A simple act of kindness does not have to be complicated. It can be as simple as removing a chair to make someone feel comfortable, accepted, and welcome.

Bob and Sue Horning

## "White Christmas" at Broadway Palm

On December 14, Chapel will head to Broadway Palm to watch "White Christmas".

## December Birthdays

1 Char Nyeholt	16 Jean Hickok
1 Holly Tribble	16 Nancy Ziegler
2 Wanda Hart	17 Maxene Zammerilla
5 Nancy Blackman	18 John Leys
5 John Peterson	18 Karen Swanbeck
8 Nancy Kehm	19 Chuck Golden
9 Jeff Spangler	20 Ron Edman
10 Phil Byers	20 Kathie Smith
10 Doris Collins	22 Sharon Kelly
10 Danielle Vandebent	24 Tom Kelly
11 Paula Cammarata	26 Kathryn Brackett
11 Mel Sandquist	26 Maryann Kunze
12 Jack Burrell	26 Ross Pinkard
14 Anthony Monaco	28 Alice Glawe
15 Steve Adkison	28 Diane Peterson
15 Rita Koprowski	29 Denise Monahan
	29 Eli Vertrees

## December Anniversaries

14 Preston & Elaine Brinkman
18 Harry & Suzanne Mitchell
26 Ron & Mary Ann Krupa
28 Ed & Shari Rolph
30 Jim & Rita Koprowski
30 Albert & Maria Werner
31 John & Ruby Updegrave

## Flowers

Flowers are a beautiful way to honor loved ones and God. To sign up for flowers fill out a card and the chart in the Church Office or call at (239) 463-3173. The flowers will be displayed at the Worship Service and noted in the bulletin and newsletter.

## December Liturgists 10:00 a.m.

December 4	Laura Miller
December 11	Janna Holmes
December 18	Beth Cherry
December 25	Pastor Steve Adkison

# happenings at CBTs

## The Sew N Sews



Sew N Sews is working on a new project for the coming season. Families from the G.L.A.D program (Gladiolus Learning

and Development Center) will receive Christmas stockings, hand-made by our members and filled with goodies, at the annual G.L.A.D. Christmas party. In addition, our Parish Nurse, Ann Fossum, will deliver stockings to those who are in the hospital, rehab or nursing facilities.

Sew N Sews is open to all women from Chapel members to the community at large. We meet every Thursday, from 10:00 a.m. – 2:00 p.m. If you can use a pair of scissors, you have a seat at the table. If you have a special talent not mentioned above, reach out to Nancy Bell (845) 863-5222 and she will find a way to use that talent.

## Chapel Habitat Builders

The Habitat Builders will not be meeting on December 22 or December 29. We will resume in January.

Habitat will be building 55 new homes this season. Our team will be assisting 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" will be 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. 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.

## ECHO

Thank you to everyone who provided food for the ECHO Conference. The donations and help were much appreciated!



Anita Turner at ECHO



## Home for the Holidays presented by Voices of Naples

Thursday, December 8, 2016,  
7:00 p.m., Sanctuary at  
Chapel by the Sea

Be joyful this advent season and come to Home for the Holidays! On December 8, (Thursday at 7:00 p.m.), Dr. Douglas Renfroe and the Voice of Naples will once again delight us with holiday music that will enrich our hearts. If you were here last year you know what a wonderful experience this will be.

In January be sure to put Thursday, January 26 on your calendar to experience the delightful duo of Svetlana Strezeva, a prominent Russian-American soprano, and her daughter, Milana, an accomplished pianist.

## The Chapel Cats

The Chapel Cats perform the first Sunday of each month (Communion Sunday). They practice on the Wednesday before Communion Sunday at 11:00 a.m. The Chapel Cats are looking for additional singers to join this group. If you enjoy singing "Praise and Worship" songs, give our Music Director, Michael Melnikov a call at (239) 331-5301. We are also looking to expand the number of instruments played in this group.

## Music

Would you like to make beautiful music to worship and honor God? Join the Choir and/or the Handbells at Chapel. Please call Lois Doggett at (239) 463-5583, Nancy Combs at (239) 233-8630 or the Church Office at (239) 463-3173 for more information.

# happenings at CBTS

December Health & Safety Message from Chapel's Parish Nurse



Ann Fossum, RN,  
Parish Nurse

**The Role Of The Parish Nurse....** Often times when I introduce myself as the Parish Nurse at Chapel By The Sea, people will say, "Wow, I didn't know that a church could have a nurse on staff!" Then they usually ask, "What does a parish nurse do?" I try to keep my answer short by saying that I help members and their families with their physical and spiritual health. Often times that is done by offering programs in health education, being an advocate and resource person, distributing prayer shawls and food, making home and hospital visits, and discussing transitions in care when there is a new diagnosis or pending surgery. Parish Nursing is a certified specialty recognized by the American Nurses Association and there are over 30 Parish Nurses working in Lee County in different congregations. It is an honor to serve as your Parish Nurse and to combine Nursing and Faith to promote a healthy mind, body and spirit. Wishing you happy and healthy holidays. Merry Christmas, Ann.

Ann Fossum, RN, BSN, FCN

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## Holidays with a Big Meal

- Eat breakfast or snacks earlier in the day and avoid the idea of saving carbs for the big feast oater on. If you have diabetes do not skip meals, it may be harder to manage your blood sugar.
- Limit the number of servings of starchy foods on your plate. It might be tempting to have some mashed potatoes, sweet potatoes casserole and rolls, however, try to choose just one of these items. Or just take a few spoonful's or bites of each.
- Choose fruits and vegetables served raw, grilled or steamed. Avoid vegetables in creams, gravies and butter.
- Stick to calorie-free drinks such as water, tea, seltzer, or diet sodas instead of punch or mixed drinks.
- If you choose to drink alcohol, limit the amount and have it with food. Talk with your healthcare team about whether alcohol is safe for you. Women should drink no more than one alcoholic beverage a day and men should drink no more than two.
- Enjoy your favorite holiday treats, but take small portions, eat slowly, and savor the taste and texture.
- After your meal, take a walk with family and friends. Exercise will also get you moving, keep you focused on your goals, and give you a welcome break from being surrounded by treats. Exercise is also a great way to lower blood sugar levels.
- If you over indulge, don't beat yourself up. If you eat more carbs or food than you planned for, don't think you have failed, just make a plan to get back on track.

### A Drink Is:

- ◆ 12 fl ounces of beer
- ◆ 5 fl ounces of wine
- ◆ 1 and 1/2 oz of 80-proof distilled spirits
- ◆ 1 fl oz of 100-proof distilled spirits

## Zumba Gold Class, Every Tuesday!

Join us at Chapel from 1:30 p.m. – 2:15 p.m. in Silver Hall for 45-minutes of low impact dance aerobics. This class has been modified and is perfect for active older adults. For the first 20 minutes, dance moves can be done while seated in a chair or standing, followed by 25 minutes of full-body movement. Cost is \$5 per class with punch-card or \$6 for walk-ins. Bring your sneakers, water and towel and get ready socialize, learn new things and improve your brain power.

## Understanding and Coping With the Christmas Blues

The stress of the holidays triggers sadness and **depression** for many people. This time of year is especially difficult because there's an expectation of feeling merry and generous. People compare their emotions to what they assume others are experiencing or what they're supposed to feel. Then they think that they alone fall short. They judge themselves and feel like an outsider. There're a host of things that add to stress and difficult emotions during the holidays.

- **Finances.** Not enough money or the fear of not having enough to buy gifts leads to sadness and guilt. The stress of financial hardship during this economic downturn is often compounded by shame. When you can't afford to celebrate, it can feel devastating.

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# happenings at CBTS

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- **Stress.** For example, there is the stress of shopping and planning family dinners when you're already overworked and tired.
- **Loneliness.** A whopping 43 percent of Americans are single, and 27 percent of Americans live alone. When others are with their families, it can be very painful for those who are alone. Seventeen percent of singles are over 65, when health, age, and mobility can make it more difficult to enjoy yourself.
- **Grief.** Missing a deceased loved one. Seniors have more reasons to grieve.
- **Estrangement.** When you're not speaking to a relative, family get-togethers can usher in feelings of sadness, guilt, resentment, or inner conflict about whether to communicate.
- **Divorce.** If you're newly divorced, the holidays may remind you of happier times and accentuate your grief. It's especially difficult for adult children of divorce who have to balance seeing two sets of parents. The stress is multiplied for married children who have three or even four sets of parents to visit.
- **Pleasing.** Trying to please all of your relatives – deciding what to get, whom to see, and what to do – can make you feel guilty, which leads to depression.

**SAD.** Many people experience the blues during gloomy weather due to decreased sunlight, called **Seasonal Affective Disorder (SAD)**.

Much of the planning, shopping, and cooking is done by **women**, so they carry the greater burden in preparing for family gatherings. Women are at greater risk for depression than men. They're twice as likely to experience depression. After heart disease, depression is the most debilitating illness for women, while it's tenth for men.

Some measures you can take to cope with the holiday blues include:

- **Make plans in advance**, so you know how and with whom your holidays will be spent. Uncertainty and putting off decision-making add enormous stress.
- **Shop early** and allow time to wrap and mail packages to avoid the shopping crunch.
- **Ask for help** from your family and children. Women tend to think they have to do everything, when a team effort can be more fun.
- **Don't buy things you can't afford.** Shame prevents people from being open about gift-giving when they can't afford it. Instead of struggling to buy a gift, let your loved ones know how much you care and would like to, but can't afford it. That intimate moment will relieve your stress and nourish you both.
- **Don't allow perfectionism to wear you down.** Remember it's being together and goodwill that matters.
- **Make time to rest and rejuvenate** even amidst the pressure of getting things done. This will give you more energy.
- **Spend time alone to reflect and grieve, if necessary.** Pushing down feelings leads to depression. Let yourself feel. Then do something nice for yourself and socialize.
- **Don't isolate.** Reach out to others who also may be lonely. If you don't have someone to be with, volunteer to help those in need. It can be very uplifting and gratifying.

The signs of depression are feelings of sadness, worthlessness or guilt, crying, loss of interest in usual activities, fatigue, difficulty concentrating, irritability, social withdrawal, and changes in **sleep**, weight, or appetite. If these symptoms are severe or continue for a few weeks, more than the holidays may be the cause. Seek professional help.



## Thank You!

Thank you to everyone who helped make our Veteran's Day Celebration at Chapel so special!



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The Staff of Chapel by the Sea

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