



# Glad Tidings

Fort Myers Beach, Florida

March 2015

## *“What is Lent, Anyway?...”*



Pastor's Letter	1
Stewardship Update, Study Groups, March Liturgists, Book Sale	2
Easter Events, G.L.A.D., O.C.C.	3
Music	4
Chapel Volunteers, Birthdays, Anniversaries, Broadway Palm, Sew & Sews	5
SIS, Men's Group, Habitat Builders, Soup Kitchen, Hockey	6
Health News & Events	7
40 Days For Life, Chapel Staff	8

Hello to the Chapel by the Sea community, and grace and peace to you in the name of our Lord and Savior, Jesus Christ! As I write this article, we are now in the season of Lent. Maybe you have asked, “What is Lent, anyway?...”

First, Lent is the period of 40 days prior to Easter, the celebration of the Resurrection of Jesus Christ from the grave. It actually begins on Ash Wednesday, which is the Wednesday before the first Sunday in Lent. Chapel by the Sea held an Ash Wednesday worship service, at which time, those who attended came forward to receive the sign of the Cross with ashes smudged on their forehead or on the top of their hands. Traditionally, the ashes are made from the blessed palms used in the Palm Sunday celebration from the year prior. The ashes are a symbol of penance and contrition, which is why believers are told as they receive the ashes, “Remember, you are dust, and unto dust you shall return.”

Second, the word “lent” comes from the Latin word for “lengthen,” because the days of Lent traditionally occur during the late winter and early springtime of the year, when the daylight hours increase. As mentioned earlier, the period of Lent consists of the 40 days prior to Easter. Why is this significant? Well, the number 40 has special biblical significance. For example, Moses and the people of Israel were in the wilderness for 40 years, and Jesus was tempted by Satan in the desert for 40 days.

Furthermore, since the days of the early church, and in the decades and centuries after the death and Resurrection of Christ, Christians have regarded the period of Lent as a time for repentance and reflection. It is invariably marked by fasting (going without food and/or water for a period of time), by giving up something during Lent, and even more so, by taking on such habits that will increase one's devotion to Christ.

Finally, it's interesting to note, however, that the Sundays during the Season of Lent are not a part of Lent. In fact, each Sunday is considered a “miniature Easter,” and each Sunday worship service is actually a joyful foreshadowing of the coming of Easter Sunday. So, in a nutshell, that is the meaning of Lent. May you have a meaningful, fulfilling, and spiritually transforming Lenten season!

On a side note and in closing, a special “thank you” to each and every one of you who graciously, joyfully, and freely made a commitment of sharing your time, talents, and treasures with Chapel by the Sea on Stewardship Dedication Sunday! If you have not made your pledge yet, you still may do so! We hope you do for your support is needed! May God richly and abundantly bless you!

In Christ's love,  
Dr. Steve Adkison

# happenings at CBTs

## Stewardship Sunday-Talent Search Fair



### Big Thank You

A BIG "Thank You" to all the people that have pledged so far. You have reached 64 per cent of our financial goal for doing God's Work through Chapel by the Sea. We also want to thank the people who provided the Minutes for Stewardship both live and on screen; all of the Committee people that set up their displays for the Time and Talent Fair Sunday in Silver Hall and the people that have signed up to work on the committee projects. Special thanks to the people that set up and served our lunch and extra special thanks for the cake and ice cream.

Stewardship Committee,  
Pastor Steve,  
Steve Raps—Chairman



### Financial Update

#### Year-to-date Receipts

- Actual Budget Receipts **\$90,610**
- Budgeted Needs to Date **\$88,468**

#### Outstanding Prior Year Debt

Paid Off-Thank you! **\$ 0**

#### Silver Hall Roof Campaign

- Additional Committed Pledges **\$15,262**

#### 2015 Stewardship Status

- Pledges to Date **\$287,920**
- Annual Budget Needs **\$447,700**

### Study Groups

**Solomon's Porch Reading Group...** Tuesdays 3:00 p.m.

**Adult Sunday School...** Sunday mornings at 9:00 a.m. in Chapel's library. Email or call Laura at (239) 292- 5102, [millerelh@gmail.com](mailto:millerelh@gmail.com) Or just stop by .

### March Liturgists

**8:00 a.m.**

**10:00 a.m.**

March 1	Joan Cady	Rexann Hosafros
March 8	Don Cady	Neil Callahan
March 15	Dean Southworth	Jennifer Pinkard
March 22	Dean Southworth	Mike Ziegler
March 29	Doug Bidgood	Marianne Worden

Liturgists volunteers are needed (especially for the 8:00 a.m. service). Call Lynda Monaco at (239) 463-5664 if you are available .

### Youth Group

Sunday's 5:00 p.m. - 7:00 p.m.

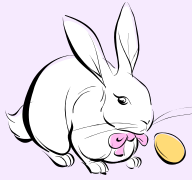
### Annual Book Sale to Fight Cancer

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!

# happenings at CBTs



## Easter Party

Chapel will host the annual Children's Easter Party on Saturday morning, April 4th. Volunteers are needed for party preparation, registration, face painting, dying eggs, hiding eggs, games and cleanup. Plastic eggs will be available to fill for the egg hunt. Please, no chocolate candy for filling eggs....It melts.



## Easter Brunch

Easter Brunch will be held on Sunday, April 5th from 9:00 a.m.-12:00 p.m. Donations of orange juice and breakfast casseroles are needed. Recipes and casserole pans will be available for those interested in helping.

## Easter Lilies

Its time to order Easter Lilies! Look for order forms in your upcoming bulletins. Please have orders in by March 29.

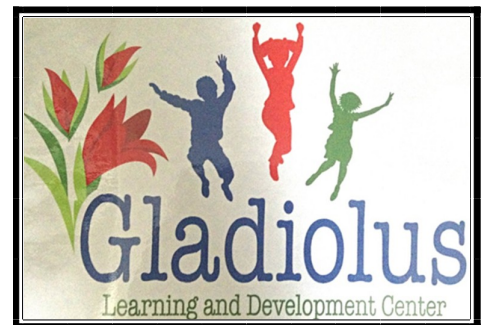
## Holy Week Services

Palm Sunday Services	March 29, 8:00 a.m. & 10:00 a.m.
Maundy Thursday Service	April 2, 11:00 a.m.
Good Friday Service (St. Peter Evangelical Lutheran Church )	April 3, 12:00 p.m.
Easter Sunrise Service (Beach Methodist at Lyn Hall Park, by the Pier)	April 5, 6:30 a.m.
Chapel's Easter Services	April 5, 8:00 a.m. & 10:00 a.m.

## Gladiolus Learning and Development Center

Volunteering is a joy! Whether you enjoy rocking babies, filing, assisting with mailings, reading to a child, mentoring, helping with homework, planning and executing events, outdoor play, teaching the ABC's, singing, dancing, etc., you would be a welcome volunteer at Gladiolus Learning and Development Center. You may volunteer for one hour or for several hours. For more information, contact the Center at (239) 481-2100 or Sharon Trantina at (239) 989-1104.

The Center also has a wish list of frequently used items. Donated items may be placed in the box labeled GLAD in the hallway leading to Silver Hall. Items needed are poster board, non-toxic paint, contact paper, laminating sheets, dry erase markers, binders, bulletin board borders, play dough, colored tissue paper, and wiggly eyes. 163 children are served by the Center. Your donation of time or treasures makes a huge impact.



## Operation Christmas Child Shoebox Gifts

OCC is an opportunity for us to be used by our Lord to touch the lives of children thousands of miles away. Through SHOEBOX GIFTS children in more than 150 countries have experienced the Joy of Christmas and heard the Good News of Jesus Christ. Last year members and friends of Chapel contributed 173 shoebox gifts.

It is not too early to begin preparing for this year's collection, which will be Nov. 16-23. If you are a Snowbird or are here for just a few weeks, you can help by bringing your empty shoeboxes to the church. Help with wrapping the boxes with colorful paper is also needed.





# *happenings at CBTs*

## Chapel Concert Series

A sincere 'Thank You' to all who attended our two February concerts. What a wonderful ending to a successful 2014-2015 concert season! The Chapel Concert Series Committee sends a special word of thanks to those families who hosted the Alma College Choir students, as well as all of you who worked in the background to feed the choir and make them feel welcome here at Chapel. Upcoming Concert—All Children's Piano Recital May 17 at 1:00 p.m.



**Doug Renfro** (acclaimed bass baritone), **Lesley Frost** (soprano), **Susie Kelly** (cellist from the SW Florida Symphony), and pianist **Abigail Allison** performed operetta and Broadway favorites here at Chapel on February 8.

**The Alma College Choir, Michigan's Presbyterian College performed on February 23.**



# happenings at CBTs

## Let's Get to Know our Volunteers a Little Better!

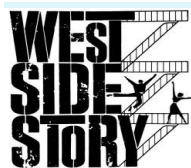


**Helen LeCount**

Helen LeCount has been attending Chapel by the Sea with her family since 1960. Born and raised in Winona Lake, Indiana, Helen would visit her parents who moved to Fort Myers and attended Chapel by the Sea. Helen met her husband in their home town at a ball game. They both attended Manchester College in Indiana and were married a few

years later when he was released from the service. Married on November 15, 1945, they enjoyed 49 years of married life together before he passed away. Helen and her husband raised four boys in their home in Indiana that Helen still lives in 50 years later. After teaching Special Ed, Helen retired in 1980 when she and her husband moved to Fort Myers Beach for the winter season. Attending Chapel since 1960, Helen has volunteered in many ways. Answering the phones, counting money, doing office work, volunteering at the Soup Kitchen in Immokalee and helping to keep our church clean are just a some of the ways that Helen helps at Chapel. She volunteers at the hospital in Noblesville, Indiana, where she lives.

Some of Helen's hobbies included reading, shuffle board, swimming every day, euchre, and bingo. There are so many ways that Helen contributes to Chapel, always with a warm smile and loving hug. Her presence brings warmth to all around her. We greatly appreciate the time and love that Helen shares with Chapel by the Sea!



**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. Upcoming Shows: West Side Story on Tuesday, March 3, 2015 and Seven Brides for Seven Brothers on Tuesday, April 14, 2015. 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.

## March Birthdays



2 Jean Clark	16 Clifton Hart
4 Lynda Hicks	18 Matthew Thomas Detzel
7 Michael Melnikov	20 Nancy Henneberger
7 Jack Underhill	21 Jennifer Bagley
9 Eileen Pearson	22 John Slavens
9 Cindy Collins	25 Margaret Ann Spangler
12 Don Batton	25 Jennifer Pinkard
12 Carol Underhill	25 James Ahlemeier
12 Bert Warrick	29 Ruth Dumbaugh
13 Marchyne Clement	29 Tracy Lynn Detzel
13 Pat Able	30 Maria Werner
14 Randy Belger	

## March Anniversaries

Steve & Mary Gumm	3/3
Tom & Sharon Kelly	3/17
Nuel & Laurie Smock	3/21
Kirk & Gayla Charles	3/22
Daniel & Lisa Swanson	3/23
Al & Madeline Lockwood	3/27

## Sew and Sews

Sew and Sews have resumed their normal meeting time of 10:00 a.m. on Thursday morning in Room 5. Anyone who can cut, sew, knit, crochet, stuff or talk is welcome! The ladies wish Patty Krulik a speedy recovery, and hope to see her back soon!





# happenings at CBTs



Last month SIS (Sisters in Spirit) took a tour of the Coast Guard station on Fort Myers

Beach. Afterwards they ate at Doc Fords overlooking Matanzas Bay. On March 10th, SIS will meet at the Beach Library for a program on Ukrainian eggs. Lunch afterwards will be at the Bookmark Café at the library. All women are welcome. Call Nancy Combs (239) 233-8630 for more information.



## Men's Group Tours the Sanctuary

Chapel's Men's Group meets every other Saturday at 8:00 a.m. in Silver Hall. All men are welcome to join.



## Chapel Habitat Builders

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 experience or special tools are required. "On the job training" will be provided. Both men and women are welcome. Please sign up on the "sign-up" sheet on Silver Hall bulletin board, so we know how many are participating. We leave the 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. Questions, please call Tom Kelly at (239) 765-1242. We look forward to seeing you on Thursday.

## Chapel attended the Everblades Ice Hockey game on February 20.



## 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.

# A Note From Your Parish Nurse



**Sheila Morales**

## **Which Weight-Loss Program Works?** from [HealthyWomen.org](http://HealthyWomen.org)'s Midlife Matters blog

There are Weight Watchers, Atkins, South Beach and Paleo. There's Jenny Craig, Nutrisystem, the Grapefruit Diet, Skinny Bitch Diet and more. Hundreds of thousands more. In fact, there are so many that Americans spend an estimated \$42 billion each year on weight-loss foods, products and services.

With so many diets out there, and so many people wanting to lose weight, how do you know which diet is right for you? So many people are tempted to go on fad diets that promise quick weight loss—those 20 pounds you gained over a year, gone in just two weeks!—but there are some things that are important to know. First things first. You need to slow down and realize that there are a few components to a healthy weight-loss program (note the word "healthy").

### **To succeed at losing weight, you need these four things:**

1. A reasonable and realistic weight loss goal. It's best to aim for losing one to two pounds a week, says the Mayo Clinic.
2. A reduced-calorie, nutritionally balanced eating plan.
3. Regular physical activity. Government recommendations for adults are two hours and 30 minutes (150 minutes) each week of moderate-intensity aerobic activity (like brisk walking), plus two or more days of muscle-strengthening exercises.
4. A behavior change plan so you can stay on track with your goals.

### **This is not breaking news, but many people ignore these facts:**

- Calories count; so do portions.
- Nutrition counts, too.
- Just a small amount of weight loss yields big health benefits, like lowering your risk of heart disease, for example.
- Your goal should be to develop good habits that will carry you through your lifetime. A short-term "diet" means you're either "on" it or "off" it. Think instead of changing your way of life and becoming a "healthier" person.
- Have a discussion with your health care professional before you begin. Keep in mind that studies show it's easier to stick with a weight-loss plan when you have some form of social support, whether it is a diet/workout buddy or a structured group, like Weight Watchers.

### **Think about people you know who have managed to lose and keep (that's the harder part) the weight off. "Successful losers":**

- Get regular physical activity.
- Reduce their calorie and fat intake.
- Eat regular meals, including breakfast.

Don't let small slip-ups turn into giving up and a large weight gain.

In short, the reality of it is that virtually any healthy diet will work—if you stick to it. So, pick the one that will be easiest and least challenging to stick to, say researchers of a study that found just that. But it's important that the diet, whatever it is, meets all of your nutritional needs.

Trishna Joshi, lead nutritionist for The Fresh Diet ([www.thefreshdiet.com](http://www.thefreshdiet.com)), a hand-delivered meal delivery service whose meals are based on a ratio of 40 percent carbohydrate, 30 percent protein and 30 percent fat says, "Science has proven time and time again that portion control, calorie restriction and healthy ingredients offer the most success when it comes to weight loss and maintaining a healthy lifestyle."

For more information on the health topics mentioned in this article visit the [HealthyWomen.org](http://HealthyWomen.org) areas below.

Healthy Living: [www.healthywomen.org/ages-and-stages/healthy-living](http://www.healthywomen.org/ages-and-stages/healthy-living)

## **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).

## **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

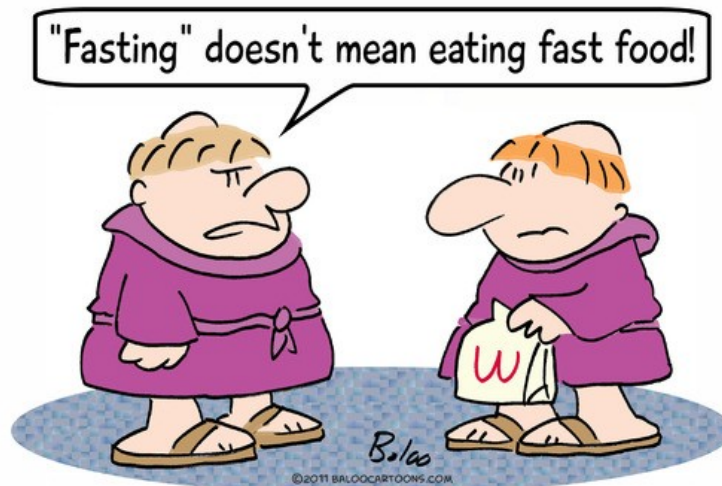




Chapel by the Sea United  
Presbyterian Church  
P.O. Box 2997  
Fort Myers Beach, FL 33932

Non-profit org.  
U.S. POSTAGE PAID  
Permit No. 3116  
Fort Myers, Florida

phone: (239) 463-3173 • email: [Holly@ChapelBTS.org](mailto:Holly@ChapelBTS.org)  
website: [www.Chapelbts.org](http://www.Chapelbts.org)



## The Staff of Chapel by the Sea

The Rev. Dr. Stephen D. Adkison, Pastor/Head  
of Staff (email: [skypilot\\_mddiv@hotmail.com](mailto:skypilot_mddiv@hotmail.com))  
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