



# Glad Tidings

Fort Myers Beach, Florida

July 2015

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Greetings to the Chapel by the Sea community and grace and peace to you! Well, June has been an eventful month to say the least! I completed my first year with you as your Pastor as of June 15<sup>th</sup>, and on behalf of my family, let me say a resounding and heartfelt “thank you” for the one-year anniversary dinner and reception after worship on June 7th. The Adkison family was honored by your hospitality. Everything was absolutely perfect, and we are very grateful, not only for the party, but even more so, for the opportunity to share in your lives and ministry here in southwest Florida. May this next year be even better than the year before! I think it will be...

At any rate, on the very next day, I began a two-week vacation, and my son and I loaded up our suitcases, said goodbye to Pam and Hannah and the cats, and then embarked on our nearly 1200 mile “road trip” to my home state of Arkansas. Along the way, Stephen Joshua and I had some wonderful experiences. In fact, on the first night of our voyage, we stayed in downtown Montgomery, Alabama, where we had the opportunity to visit the grave-site and the museum of a country music legend and one of my favorite musical influences—Hank Williams, Sr.

However, Hank’s influence pales in comparison to the influence that the pastor, theologian, and civil rights pioneer, the Rev. Dr. Martin Luther King, Jr., has had in my life. As it so happened, Dr. King’s church, The Dexter Avenue King Memorial Baptist Church, was not far from our hotel. Dr. King served from 1954 to 1960 at Dexter Avenue, and it would be his only pastorate. I had the chance to meet with one of the members, a lovely woman named Wanda, who took me and my son on a tour of the church. One moment I’m knocking on the church door, and then the next, I stood in Dr. King’s office and sat at his desk, down in the church’s basement. It was there where the civil rights movement was born. I then went into the sanctuary where my son and I were allowed to have our picture taken behind Dr. King’s pulpit (see above picture). Normally, this is off limits to tourists, but since I was a pastor, Wanda allowed us to do it. She then prayed for us as we stood in front of the pulpit. What a powerful experience that was for me, so much so, that I could barely hold back the tears. Needless to say, it was deeply moving, and I will never forget it.

The next morning, we drove from Montgomery through Birmingham and into Mississippi, staying the night in Tupelo, where we visited the birthplace and childhood home of Elvis Presley, another musical influence in my life. We also visited Elvis’ home church—a tiny, white building where Elvis not only learned how to sing but also where he fervently worshipped God and learned about the love of Jesus Christ. The next day, we said farewell to Tupelo and drove to Oxford, Mississippi where we briefly visited the home of American author, William Faulkner—yet another influence in my life. From Oxford, we drove to Clarksdale, Mississippi, the birthplace of the Delta Blues and enjoyed a quick visit to the Delta Blues Museum, before leaving and arriving to our final destination in Russellville, Arkansas.

Over those next few days, we had a great time visiting with my parents, Bobby and Anita Adkison, as well as my younger brothers, Richie and Mark. During our time there, we celebrated my mother and my father’s birthdays, which are only one week apart in June, and I got to spend a part of Father’s Day with my Dad, before leaving on the long drive back to our “new home” in Florida.

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# *happenings at CBTs*

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Yes, it was good to get away, and yet, it was good to come back. Nevertheless, being away for a while helped me process my first year of ministry here at Chapel, and it also gave me an opportunity to do some in-depth theological reading. Of course, I purchased more books at my favorite, local used bookstore, and therefore, increased my reading list by about twenty books. Also, I started brainstorming future sermon ideas, as well as hammered out an agenda and a vision for our first Evangelism/Stewardship Committee meeting. And as I rested in my childhood bedroom, I frequently caught myself praying for Chapel, knowing that the people of Chapel were praying for me, and had been ever since I arrived at Fort Myers Beach. So, even though I was on vacation, I still found myself thinking about Chapel and her future...and feeling...hopeful. I'm thankful for you all—for your passion, for your faithfulness, and for your Christ-like love. May God richly bless you, as you are a blessing to me!

In Christ's love,

Dr. Steve Adkison, Pastor/Head of Staff  
Chapel by the Sea Presbyterian Church

## **Letters to Chapel**

To Chapel by the Sea Church friends,

Next week we are returning to Wisconsin for the summer and plan to return to Florida later in the year. Thank you for your hospitality. We appreciate the beautiful music program, the spoken WORDS of the worship service, and the meaningful sermons of Dr. Adkison. We will miss all of you.

Yours in Christ, Joyce & Ed Hein

## **Chapel Clerk of and to Session**

Ten Years. Does that seem like a long time? Much happens in ten years. In my case, the majority of those ten years have been a wonderful blessing serving Chapel as Clerk of and to Session. Ecclesiastes 3: 1-10 explains, "There is an appointed time for everything." After much prayer, I believe it is time for Chapel to have a new Clerk of Session. The Clerk is the secretary for the Session which means you record the minutes of the Session Meetings and assists with maintaining Chapel's rolls. If being Clerk is of interest to you, please contact Kim Southworth by phone @ (239) 765-4254 or by email @ [kimberly-southworth@comcast.net](mailto:kimberly-southworth@comcast.net)

## **Church Picnic Last Month**

Pastor Steve and his family at the Church Picnic on June 7, celebrating their one year anniversary here at Chapel.



## **Music**

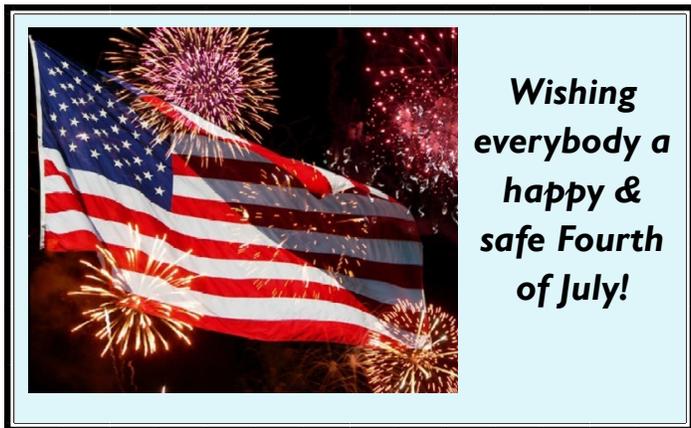
Lois and Landon Doggett and Anita and Bill Turner sang in a quartet on Sunday. Many of our seasonal Choir members have left for the summer. We need singers by the week. Any Sunday you can, please be at Chapel by a 9:15 a.m. to practice that Sunday's music. If you would like to join us to sing and praise our Lord just show up or contact Lois Doggett at (239) 463-5583.



# *happenings at CBTS*

## **Cedarkirk Summer Camp in June**

The kids had so much fun at Cedarkirk! Rock-climbing, zip lining, canoeing, and Bible Study were just a few of the activities that the children enjoyed. A very special thank you to everyone who has donated to help send children/youth to Cedarkirk for Summer Camp. Because of you, children who would normally not be able to attend will have the chance to experience Cedarkirk...a place for exploration, personal challenges, building relationships, relaxation and growing closer to God. Thank you again for providing a wonderful opportunity for children to enjoy fun, learning, spiritual growth, and memories they will have for a lifetime.



# happenings at CBTs



## Broadway Palm Outing

Chapel went to see "Church Basement Ladies" on June 13 at Broadway Palm. Thirteen people from Chapel attended. The hats were wonderful and the show was very entertaining!

Next season's shows and the dates that Chapel will be attending at Broadway Palm:

**Million Dollar Quartet**-Tuesday, November 17, 2015.

**A Wonderful Life**-Wednesday, December 16, 2015.

**Showboat**-Tuesday, January 19, 2016.

**Sister Act**-Tuesday, March 1, 2016.

The bus will leave Chapel at 4:45 p.m. to arrive for the 5:30 p.m. buffet. The cost is \$55.00 per person which includes meal, show, tax and gratuity. There are a limited number of tickets available. Call Anita Turner for reservations (239) 357-9883.

## Immokalee Soup Kitchen Changes

There will be no further Immokalee Soup Kitchen trips on Wednesdays. Chapel Volunteers will continue to feed the farm workers on the 4<sup>th</sup> Friday of each month. Chapel will continue this schedule until further notice. Friday Soup Kitchen sign-up sheets are still available in Silver Hall.

A Letter From the Program Director of the Immokalee Soup Kitchen:

Dear CMSK Volunteers, As many of you know, we are in the midst of being blessed by numerous renovations to the building and in particular the soup kitchen. Just to name a few of the blessings: New flooring, Wall demolition for a open kitchen floor plan, New dishwasher, New AC, New lighting and ceiling tiles, New convection ovens and gas lines, New water heater (on demand).

While I don't have an exact schedule for when we'll need to close the kitchen area down this month and serve bagged lunches...We are anticipating that it will be for the last couple of weeks of June. The reason being that the dust created with the installation of the new flooring and the wall will be able to get their jobs completed quicker. But, we still need you! Please come ready to serve as usual or to help us make sandwiches, put together bagged lunches, and pass those out to our soup kitchen guests. It may even necessitate cleaning us the grounds bit after lunch.

You are welcome to call in and check with us/Yani the day before your serving day to see which type of service we anticipate so you can plan your volunteers accordingly.

Please accept our apologies that we can't be more specific on the calendar and exact days of demolition and reconstruction. We appreciate your patience and flexibility through this process and look forward to sharing our new space with you each month!

Triciqa Yeggy, Program Director

## Financial Update

### Year-to-date Receipts (thru 6/25/15)

- Actual Receipts to Date \$253,534
- Budgeted Needs to Date \$239,801

### Silver Hall Roof Campaign

- Additional Committed Pledges \$11,097

### 2015 Stewardship Status

- Pledges to Date \$328,384
- Annual Budget Needs \$447,700

## July Liturgists 10:00 a.m.

July 5	Beth Cherry
July 12	Ron Buss
July 19	Miffie Greer
July 26	Bill Saunders

## Facebook

Don't forget to "Like" us on Facebook!

# happenings at CBTs



## July Birthdays

2 Andrew Hicks	19 Gorden Langereis
4 Dean Southworth	20 Bradley Clapp
4 Ginny Young	22 Briana Nugent
6 Diane Eisenhower	23 Kyle Donovan
6 Joyce Nunn	23 Mary Ann Krupa
7 Reba Read	24 Cindy Hickox
9 Harry Hunter	24 Amanda Marie Lee
9 Beth Leys	24 Will VandenBerg
9 Nancy Remington	24 Barbara Welton
12 Sarah Swanbeck	25 Barrett Ahlemeier
13 John Updegrove	25 Rexann Hosafros
13 Nancy Walker	27 Patricia Myers
14 Jon Hazelbaker	28 Charlotte Fergus
15 Verilea Meyers	30 Jan Van Gorder
18 Wanda Prater	31 David Collins
19 Rhoda Lamb	31 Kate Holmes
	31 Lee Ann Ivester

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

#### Steve & Arlene Fisher



Steve and Arlene Fisher met in Cincinnati Ohio in April 2002 and were married on February 3, 2005. Steve served in the US Navy during the Vietnam crisis and then served 30+ years in civil service at Wright Patterson AFB, Dayton Ohio. Steve still works as an independent consultant from his home office. Arlene worked as an IT project manager for 20+ years and 5 years as real estate agent in Kentucky and Ohio. In addition, she attended Midwest Culinary Institute and is a trained Personal Chef. The couple relocated to Ft Myers from Cincinnati, Ohio in April of 2012. They are blessed with a combined family of 5 children, 12 grandchildren and 7 great grandchildren! Both Steve and Arlene serve on the Discipleship/Fellowship Committee and coordinate the coffee hour on Sunday after service; Arlene also serves on the Building and Grounds Committee; and is a coordinator for Gods Table two days a week and coordinates just about every function at Chapel that involves food!

When Steve and Arlene moved to Ft. Myers they were looking for a church that served the community and they found that at Chapel. The couple truly feel at home here at Chapel By The Sea!

## July Anniversaries

Larry & Jean Hickok	7/15
Emory & Beverly Brown	7/16
Randy & Bev Belger	7/19
Sterling & Eileen Green	7/22
Roger & Barbara Welton	7/23
Bob & Joyce Nunn	7/24



### Flowers

Flowers are a beautiful way to honor a loved one and God. Please sign up in the church office by filling out a card in the

### The Sew and Sews

Meet every Thursday morning at 10:00 a.m. in Room 5. Bring your lunch and ideas even if you can't sew. All are welcome. Call Nancy Bell (845) 863-5222 with questions or the church office (239) 463-3173.

# happenings at CBTs

## Gladiolus Learning & Development Center

Forty-three students graduated from pre-kindergarten at Gladiolus Learning & Development Center on June 5. Thank you to everyone who made cupcakes for the pre-k graduation at G.L.A.D.!



## Celebration of Life

A Celebration of the Life of Jane Saunders, who passed away April 12, will be held Saturday July 11 at 1:15 p.m. at the Shell Point Retirement Community church chapel. Members of our congregation are invited.



There will be no SIS luncheons in July and August.

SIS Programs for next Season:

- October 13, 2015 - He, She and Me Fair Trade Shop
- November 10, 2015 (Election Day) - Kiwanis Thrift Store
- December 8, 2015 - Burroughs House Tour and luncheon
- January 12, 2016 - Fort Myers Beach Historic Cottage
- February 9, 2016 - Chapel by the Sea Open House and Talent Fair
- March 8, 2016 - Mound House Tour
- April 12, 2016 - TBA



Bob Nunn, Joyce Nunn, Louis Monaco, Mary Jo Jacobs, Bob Keen, Michael Zboch, Rexann Hosafros

## CPR Class

Chapel Members and staff attended CPR classes last month.



# A Note From Your Parish Nurse

## Heat Emergencies: Knowing the Symptoms and How to React

It's not hard to get caught up in summertime fun and forget to take a break to drink some water or cool down. Unfortunately, this can sometimes have severe consequences. Extreme heat can take a major toll on the body.

There are three basic types of heat-related conditions, ranging in severity from minor to serious: heat cramps, heat exhaustion and heat stroke. The following information may help you distinguish these three conditions and react accordingly.

### Symptoms of heat illnesses

Heat cramps are the result of a loss of salt and other [electrolytes](#) that help your body retain water.

Symptoms of this condition include sweating, [fatigue](#), thirst and muscle cramps.

If you don't consume water and fail to get out of the sun after experiencing the symptoms of heat cramps, you may get heat exhaustion. This condition is caused by dehydration, and its signs include headache, dizziness, weakness, nausea, vomiting, dark [urine](#) and skin that is cool and moist.

When allowed to progress, heat exhaustion may turn into heat stroke, which is a very serious problem. It can cause shock, brain damage, organ failure or, in the worst cases, death. Symptoms of heat stroke include a fever higher than 104 degrees, strange behavior, confusion, rapid and shallow breath, a fast and weak pulse, seizure, unconsciousness and skin that turns dry, hot and red.

### How to respond

At the first signs of heat cramps, you should stop what you're doing and drink a sports beverage or clear juice to hydrate. Also, you should wait at least three hours after cramps have ended to get back to your activity. If cramps don't go away, it's a good idea to seek medical attention.

If heat exhaustion is suspected, you should rest, drink a cold beverage or even take a cool bath or shower. Getting into an air-conditioned environment and lightweight clothing may also help get body temperatures back to normal.

If these illnesses progress to heat stroke, someone should call for medical assistance. Anyone with heat stroke should be placed in a shady or cool area and cooled with water, which can be done with spray from a hose, a sponge soaked in cold water or misting fans. Body temperature should be monitored until it drops to 101 degrees. Avoid giving a person with heat stroke fluids to drink if they appear unconscious or are vomiting.

### How to prevent heat illnesses

To ensure that summer fun isn't interrupted by heat-related conditions, everyone should be aware of how to prevent heat cramps, exhaustion and stroke. You may want to post some tips around the house so that kids and guests can stay informed.

First and foremost, it's important to drink plenty of fluids when spending time in the sun. It's nonnegotiable, even for little ones who insist they're not thirsty. Waiting for thirst to occur may result in dehydration. Additionally, beverages should be free of sugar and alcohol because these can exacerbate fluid loss.

Here are some guidelines for staying hydrated:

- Drink 17 to 20 ounces of water two to three hours before you go out in the heat or start exercising.
- Drink 8 ounces 20 to 30 minutes before you exercise or during warm-up.
- Drink 7 to 10 ounces every 10 to 20 minutes during exercise.
- Drink 8 ounces more within 30 minutes after exercising.
- Drink 16 to 24 ounces for every pound of body weight lost after exercise.

When you sweat, your body is losing more than moisture. It's also seeping out the minerals and salt that help you retain water. As such, sports drinks may be a good beverage option if you're doing high-[intensity](#) exercise for more than 45 to 60 minutes. You may want to consider having snacks handy as well.

Don't forget to slather on broad-spectrum sunscreen, which protects against both UVA and UVB rays. Use sunscreen with an SPF of 30 or higher, and apply it to yourself and your kids 15 to 30 minutes before sun exposure, paying careful attention to sun-exposed areas such as the face, hands and arms. Make sure that everyone wears sunglasses to protect their eyes and loose, lightweight, breathable clothing for warm-weather activities.



Sheila Morales

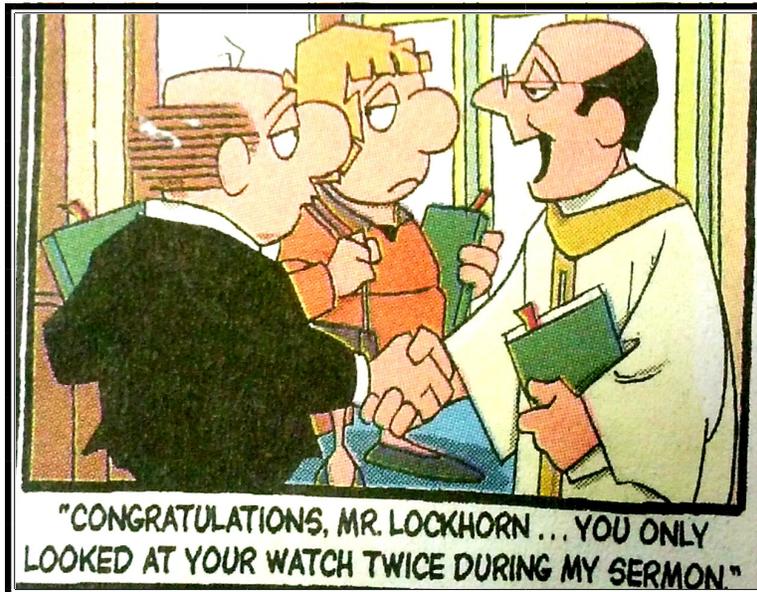




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### The Staff of Chapel by the Sea

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  
The Rev. Don Jafvert, Pastor Emeritus