



Glad Tidings

Fort Myers Beach, Florida

June/July 2017

“The Night Watch”

Hello once again to the Chapel by the Sea community and grace and peace to you all in the name of Jesus Christ! I’m reminded of a story of an angry man, who, many years ago, rushed through an art museum in Amsterdam until he reached Rembrandt’s famous painting, “The Night Watch.” He then took out a knife and slashed it repeatedly before he could be stopped. On another occasion, the painting was damaged by another man who cut zig-zag lines in it before he was wrestled down by guards. Finally, The Night Watch was attacked by a man who threw acid on the famous painting, damaging it severely. In all three events, the painting was not destroyed but instead was restored. Today, The Night Watch is viewed by about 4,000 to 5,000 visitors daily and has an estimated value close to \$1,000,000.



“The Night Watch” can serve as a metaphor for you and me. In the eyes of God, we are all “masterpieces” created in His image and fearfully and wonderfully made. However, there are times when we sustain injury and damage as we journey through life. We experience great difficulty and times of pain and suffering. Nevertheless, the good news is that, in Christ, restoration is always a reality and possibility, despite the damage and the brokenness.

I think of King David in Psalm 51, a man who was broken and damaged in many ways. Guilty of adultery and an accomplice to murder, David longed for forgiveness, for healing and wholeness, and for restoration. It is here where he cries out to God, saying, “Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and renew a right spirit within me.” Eventually, David fully experienced God’s forgiveness, a return to joy, and the restoration of his soul.

What about you? What is the condition of your soul? Is it damaged and broken? If so, remember the words of King David, reach out to God, and receive the restoring love that we have in Jesus Christ. Because of Him, hearts, friendships, and even churches, as well as pastors, can be restored. To God be the glory, Amen.

In Christ’s love,
The Rev. Dr. Stephen D. Adkison
Pastor/Head of Staff
Chapel by the Sea, Ft. Myers Beach

happenings at CBTs



Sew N Sews

The Sew and Sews are happy to announce that they were awarded a grant. The Fort Myers Beach Community Foundation reviewed their application in a competitive process and presented a check at the foundation's annual awards event on 5-10-17. The \$500.00 will be used to buy supplies that are rarely donated but are necessary for the various projects they complete. The Sew and Sews make sanitary products for women in areas of the world where such items are in short supply. They also make dresses, shorts, bibs, Christmas stockings and sit-upons for children. If you know members of the Fort Myers

Beach Community Foundation, please thank them for their assistance to us. The Sew N Sews meet every Thursday, from 10:00 a.m. – 2:00 p.m. All are welcome! For more information please contact Rexann Hosafros at (239) 463-7227.

Stewardship Thoughts

How well you start often determines how well you finish! If you have ever swum on a competitive swim team, you know that a large part of your early training had to do with entering the water. Stroke and turn, endurance, and "dry land conditioning" were important, but if you didn't get off the block well and make a clean entry into the water, you spent a great deal of energy catching the other swimmers. YOU HAD TO START WELL if you hoped to finish well.

The same can be said of Stewardship. Where we embark in our understanding of it makes a big difference as to whether or not we will discover the joy in giving and approach our true capacity for generosity.

If we begin from a place of guilt or obligation, it is unlikely we will discover joy and gratitude for what God has already done. Starting from a place of wonder and "WOW," however, opens the possibility that we can find delight and satisfaction in sharing what we've been given. It starts with God rather than ourselves. The process of becoming a faithful steward is realizing that everything we have, we have because God has been good to us. If we can look to God and say "WOW," we are that much closer to what stewardship is really about. In the parable of the talents, the master is most pleased with the servants who make good use of the resources he entrusts to them. God entrusts resources to each and every one of us, too. What we choose to do with them starts with saying "WOW" to what God has already done for us. Freely we have received, and freely we give of our Time, Talent, Treasure!

Hurricane Season is Upon Us

Now is the time to inventory your hurricane supplies, obtain your 2017-2018 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. There are many resources available to assist you and your family during a hurricane. Don't wait; start preparing NOW.

Ongoing Classes at Chapel by the Sea

Solomon's Porch Theological Reading Group

This group meets in the Session Room of Silver Hall every Tuesday at 3:00 p.m. The book is Windows on the World of Jesus Time Travel to Ancient Judea.

Children's Church

All children are welcome to join our Children's Church and Nursery on Sunday at the 10:00 a.m. Worship Service.

June Liturgists

June 4	Lloyd Hicks
June 11	Rexann Hosafros
June 18	Elise Missall
June 25	Chuck Golden

July Liturgists

July 2	Laura Miller
July 9	Chuck Golden
July 16	Miffie Greer
July 23	Elise Missall
July 30	Beth Cherry



A special "thank you" to all of the wonderful Chapel volunteers who helped with parking on the Memorial Day weekend.

happenings at CBTs



Church Dinner

Join us on Saturday, June 10, 5:00 p.m. – 7:00 p.m., in Silver Hall for our Chapel Italian Spaghetti Dinner. Net proceeds will go toward kitchen renovations. Price for adults is \$10.00; kids are free; \$5 for Public Safety Personnel in Uniform or w/I.D. Menu: Spaghetti, Meatballs, Spicy Sausage w/Peppers & Onion, Salad, Garlic Bread, Dessert and Drinks.



Communion Luncheon

The first Sunday of each month we have a Communion Luncheon. On June 4 all are welcome to enjoy chicken, pasta salad, coleslaw, watermelon and fellowship after the 10:00 a.m. Worship Service! Bring your friends and family!

Surprise Luncheon

Sunday, June 18, Chapel will host a surprise Father's Day Luncheon in Silver Hall after Worship. All are welcome!

Fourth of July Festivities

Volunteers Needed

Chapel will open its overflow parking lot to beach goers starting Saturday, July 1. We need parking attendants to help over the 4-day period. Please contact Ed Milde at (239) 322-7828 if you are available one or all of the following days: Saturday, July 1 from 10:00 a.m.—4:00 p.m., Sunday, July 2 from 12:00 p.m.—4:00 p.m., Monday July 3 from 9:00 a.m.—12:00 p.m. for the first shift and 12:00 p.m.—4:00 p.m. for the second shift and the same hours for Tuesday, July 4. Parking attendant t-shirts will be available when you arrive on your selected day.

Communion Sunday /Fourth of July Luncheon

Celebrate the fourth of July here at Chapel by the Sea on Sunday, July 2 after the Worship Service. We will have a luncheon with summer favorites. All are welcome!

Sisters In Spirit (SIS)

On Tuesday, June 13 at 11:30 a.m. SIS will enjoy lunch at Gulf Shore Grill. Both men and women are invited. Please call Nancy Combs for more information at (239) 233-8630. The July SIS meeting will be held at Matanzas on the Bay at 11:30 a.m.



SIS enjoyed lunch at Doc Fords last month.



The Great Cookie Caper

The ladies made over 600 cookies for the children at G.L.A.D. for their Pre K graduation on May 26.

Gladiolus Learning and Development Center

Summer is fast approaching which means that many of the regular volunteers at Gladiolus Learning and Development Center or GLAD have returned North for the summer. GLAD provides educational childcare for the parents of low income working families in the Harlem Heights neighborhood. It is located directly in front of Heights Elementary School. Volunteers greatly

enhance GLAD's program. Volunteer opportunities include being present in the classroom and playing with the children as directed by the teacher. Young children love being read to and learning simple songs and rhymes. One specific need is for volunteers to help with feeding the infants. Sharing a talent you have such as dancing, playing a musical instrument, or teaching a craft project would be welcomed by the children. You may volunteer one time or on a regular basis. Volunteers are never left alone in a classroom; there is always a teacher present. School vacation is fast approaching. GLAD provides a summer program for elementary school age children. Some of the working parents are unable to afford the cost of the program. Donations may be made to the program so that each child can enjoy an educational, fun and safe summer program. For more information or to volunteer or support the summer program financially, you may contact Tina Parsons, GLAD's director, at (239) 481-2100.

A Family's Way to Honor and Remember

Sally Kelley, beloved wife of Eugene Kelley, passed away January of this year. The Kelley Family asked if they could donate some of Sally's items for distribution to those in need. We gladly accepted. Among those items were Sally's collection of vintage costume jewelry. It was decided to offer this collection to G.L.A.D. (Gladiolus Learning and Development Center). Each child was able to choose a necklace, earrings or bracelet for his or her loved one in honor of Mother's Day. The children spent the afternoon sorting through the jewelry, and selecting that special, perfect piece and then wrapping it. This simple gesture created many happy memories for these children and their families.



happenings at CBTs

Celebrations at Chapel



June Birthdays

- 1 Earle Queen
- 3 Nancy Combs
- 3 Karyl Miller
- 4 Lloyd Hicks
- 7 Carolyn Logan
- 8 Neil Callahan
- 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
- 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 Will & Grace Vandenberg
- 28 Will & Mary Jo Jacobs



Huggy & Mary Lou Ellyatt celebrated their 69th Wedding Anniversary at Chapel last month.



Will & Mary Jo Jacobs celebrated Will's birthday last month.

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

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

happenings at CBTs

Junel/July Health &
Safety Message



Ann Fossum, RN,
Parish Nurse

A Letter From Our Parish Nurse

Happy Summer! Have you ever needed skilled Nursing Care at home after a hospitalization, illness or injury? Home health care is a wide range of services that can be given in your home and many insurance plans cover this type of care. There are many agencies that serve our area. It's important that you know how and when to ask for home health care, what to expect when staff come into your home and how to determine if you qualify. On June 13th, Tuesday, at 9:30 a.m. please join me when Cathy Brady, RN,BS Director of Clinical Operations of Home Health Services for Lee Health, will explain the details of home health care, telehealth monitoring at home and free lifeline services.

Looking ahead to July, we will have a repeat of a well-attended program we had last summer – Aging To Perfection. Please RSVP to the church office for the 3-session interactive program to help us live a healthy lifestyle as we age. The dates for these 90-minute sessions are July 11, 18 and 25. You do not have to attend all 3 sessions. Hope you can join us in June and July to participate in lively discussions and activities with your neighbors and church members. Stay cool - Ann

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Home Health Care



What is home health care? Home health care is a wide range of health care services that can be given in your home for an illness or injury. Home health care is usually less expensive, more convenient, and just as effective as care you get in a hospital or skilled nursing facility (SNF).

Examples of skilled home health services include:

- Wound care for pressure sores or a surgical wound
- Patient and caregiver education
- Intravenous or nutrition therapy
- Injections
- Monitoring serious illness and unstable health status

The goal of home health care is to treat an illness or injury. Home health care helps you get better, regain your independence, and become as self-sufficient as possible. If you get your Medicare benefits through a Medicare health plan, check

with your plan to find out how it gives your Medicare-covered home health benefits.

If you have a Medicare Supplement Insurance (Medigap) policy or other health insurance coverage, tell your doctor or other health care provider so your bills get paid correctly. If your doctor or referring health care provider decides you need home health care, he or she should give you a list of agencies that serve your area. The provider must tell you whether his or her organization has a financial interest in any agency listed.

What should I expect from my home health care?

Doctor's orders are needed to start care. Once your doctor refers you for home health services, the home health agency will schedule an appointment and come to your home to talk to you about your needs and ask you some questions about your health. The home health agency staff will also talk to your doctor about your care and keep your doctor updated about your progress. It's important that home health staff see you as often as the doctor ordered.

Examples of what the home health staff should do:

- Check what you're eating and drinking.
- Check your blood pressure, temperature, heart rate, and breathing.
- Check that you're taking your prescription and other drugs and any treatments correctly.
- Ask if you're having pain.
- Check your safety in the home.
- Teach you about your care so you can take care of yourself.
- Coordinate your care. This means they must communicate regularly with you, your doctor, and anyone else who gives you care.

happenings at CBTs

**June/July Health &
Safety Message**

Why Swimming Is So Good For You

Every type of exercise has its selling points. But swimming is unlike any other aerobic workout in a few important ways.

First, the fact that you're submerged in water means your bones and muscles are somewhat unshackled from the constraints of gravity, says Hirofumi Tanaka, a professor of kinesiology and director of the Cardiovascular Aging Research Lab at the University of Texas.

This makes swimming the ideal exercise for people with osteoarthritis, for whom weight-bearing exercise can be excruciatingly painful.

According to Tanaka's research of people with the condition, swimming decreases arterial stiffness, a risk factor for heart trouble. More of his research has linked swim training with lower blood pressure among people with hypertension. The coolness and buoyancy of water are also appealing to people who are overweight or obese, for whom load-bearing aerobic exercises like running may be too hot or uncomfortable, Tanaka says. But don't be fooled; your body is working hard when you're in the pool. Water is denser than air, so moving through H₂O puts more external pressure on your limbs than out-of-water training, studies have shown. Even better, that pressure is uniformly distributed. It doesn't collect in your knees, hips or the other places that bear most of the burden when you exercise with gravity sitting on your shoulders.

How you breathe during a swimming workout is another big differentiator, says David Tanner, a research associate at Indiana University and co-editor of an educational handbook on the science of swimming. During a run or bike ride, your breath tends to be shallow and your exhales forceful. "It's the other way around with swimming," says Tanner. "You breathe in quickly and deeply, and then let the air trickle out." Because your head is under water when you swim, these breathing adjustments are vital, and they may improve the strength of your respiratory muscles, Tanner says. "This kind of breathing keeps the lung alveoli"—the millions of little balloon-like structures that inflate and deflate as you breathe—"from collapsing and sticking together."

Plus, who wouldn't want a swimmer's body? Swimming fires up more of your body's major muscle groups than other forms of cardio exercise. "If you think about running or biking, you're mostly using your lower body," Tanner says. Swimming not only engages your legs, but also recruits your upper body and core—especially your lats, the muscles of your middle back, and triceps, the backs of your upper arms. "You look at pictures of swimmers, and you see how the upper body development is really tremendous," he says.

Finally, your back benefits. Working out in a horizontal pose—as opposed to the upright position your body assumes during other forms of aerobic exercise—may be an ideal way to counteract all the time you spend hunched over a desk or steering wheel. "There's no hard impact on your back like there is with running, and instead of being bent forward like you would be on a bike, your back tends to be arched slightly in the opposite direction," Tanner says. That may help improve your posture and prevent the back injuries and pain that stem from long stretches of sedentary time. The exercise is also linked to many of the same life-extending, heart-saving, mood-lifting benefits associated with other forms of aerobic exercise. And it's fun, which matters.

"People tend to enjoy swimming more than running or bike-riding," Tanaka says. While about half of people who try a new exercise program give up within a few months, people who take up swimming are more likely to stick with it, he says.

If you're sold on swimming, Tanner recommends starting slowly. "Don't try to do too much too early, and focus on proper technique," he says. Consider enlisting the help of an instructor if you didn't have any formal coaching as a kid. "If you're not used to swimming, it can be hard to relax in the water," he says. Being nervous and tight may limit the sport's benefits. Start off with 30-minute sessions three times a week, and don't forget to take frequent breaks. "You want to ease into it and build up," he says, "just like a running program."



In Memorium

Please pray for the family of Kirk Banerian, whose sister Cheryl Banerian passed away on Saturday, May 6, 2017 and for the family of Emma Ward Kolpek, who passed away on May 10, 2017 and for Bob & Ginny Young and their family in the passing of Ginny's sister and sister-in-law in mid-May.

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,



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Choir/Handbells — Would you like to make beautiful music to honor God? Join the Choir and/or the Handbells at Chapel. Call Lois Doggett at (239) 463-5583, or the Church Office at (239) 463-3173.

The Chapel Cats — 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.

Immokalee Soup Kitchen — Chapel members volunteer at the Immokalee Soup Kitchen the fourth Friday of each month. The Chapel bus leaves at 9:30 a.m. and returns about 2:45 p.m. The sign-up sheets are posted in Silver Hall.

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
Jose Ramos, Sexton
The Rev. Mr. Don Jafvert, Pastor Emeritus