



# Glad Tidings

Fort Myers Beach, Florida

January 2018

## “Planting, Watering, and Growing: Partnering with God”

*1 Corinthians 3:6, “I (Paul) planted the seed, Apollos watered it, but God gave the growth.”*

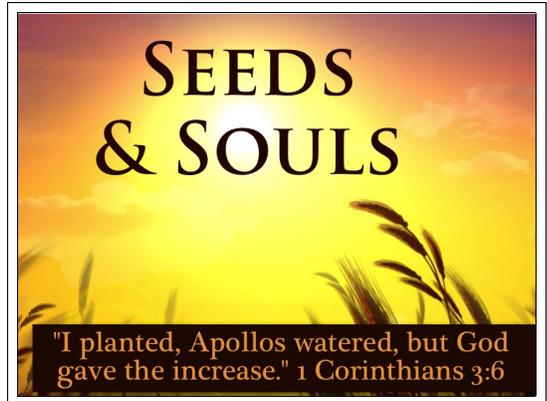
Happy New Year to Chapel by the Sea and welcome to 2018 and to the “Winter Season”! What an exciting time to be in southwest Florida and at Chapel! In fact, I believe that 2018 is going to be one of the best years in Chapel history in terms of fulfilling our massive potential for spiritual growth. If so, how will this growth happen? In 1 Corinthians 3:6, the Apostle Paul answers that question: “**I (Paul) planted the seed, Apollos watered, but God made it grow...**” Metaphorically speaking, it is here that Paul “planted the seeds” of God’s love into the hearts of the people in the Corinth church. Then, after Paul left for Ephesus, it was Apollos, a leader in the church and a contemporary of Paul, who “watered” (tended to, nurtured) the people of the Corinth church. However, we see that it was God, not Paul or Apollos, who ultimately brought the growth to the church. What we also see here is a co-laboring with God in action. In Corinthians 3:9, the Apostle Paul writes, “**We are laborers together with God...**” Paul and Apollos partnered with God, and we too partner with God by faith to fulfill the mission for which God has called us.

As partners with God, like Paul, we are to be about planting the seeds of God’s love into the hearts of others, and like Apollos, to be about watering the seeds we have planted. It is God who then makes it grow, and so, as we are faithful in our planting and watering, we can trust God to be faithful in bringing the increase financially, numerically, and most important, spiritually. God takes the burden of growth off of the Church for we are only responsible for planting and watering, and then we are to leave the rest up to God.

However, God will only use what we have planted, so the more “seeds” we plant and water, the more God has to work with. For example, if a farmer plants one acre worth of corn, he can reasonably expect what one acre of corn can offer. However, if he plants ten acres of corn, then ten acres of corn is possible. Of course, God can do a lot with one acre but even more with ten acres.

With this in mind, our 2018 Stewardship Campaign kick-off will be on Sunday, February 4<sup>th</sup>. During this stewardship campaign and even beyond, will we just plant one acre or ten acres? Why not 100 acres or even more? Whatever you decide to plant and water, that will determine our future ministry and mission opportunities.

Chapel has had a number of new Active and Affiliate Members join our church family over this last year, but we have also had many who either moved away or passed away into Life Everlasting. So your commitment of planting and watering is needed now more than ever; but remember, we are not in this alone. We have each other and we have God, who partners with us. Partnering with God is nothing new to Chapel. In fact, in the aftermath of Hurricane Irma, Chapel by the Sea recovered wonderfully, but not surprisingly, thanks to your faithful and gracious planting and watering of the seeds of your time, talents, and treasures, above and beyond what you had already committed. Chapel was able to not only survive, but even thrive. God blessed those offerings of seed and water and brought about supernatural growth to us all. God blessed us with growth then, and God can and will do it again in 2018 if we do our part!



In Christ’s love,  
Pastor Steve

# happenings at CBTs

## It's Time to Take Down the Christmas Decorations

Join us for an "Un-Decorating Party" on Thursday, January 4, at 10:30 a.m. Your help will be greatly appreciated! And a special "thank you" to all of the Chapel members that helped to beautifully decorate the Church this year.



**Additional Service**  
Starting on January 7, Chapel will hold an 8:00 a.m. Worship Service and a 10:00 a.m. Worship Service each Sunday.

## Ongoing Classes and Activities at Chapel Solomon's Porch Theological Reading Group, Adult Study and Discussion

The book is called "A More Christlike God". New students welcome! We meet Tuesdays at 3:00 p.m. at Chapel in the Session Room.

## Adult Sunday School

This season we begin with the Gospel of Mark, which was the first of the four Gospels. It is suggested that each member bring his or her favorite Bible so that we can compare translations. The class meets on Sunday morning at 9:00 a.m. in the library of Silver Hall.

## Chapel Habitat Builders

Our team assists with any number of different tasks as Habitat deems necessary each week. 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. For questions call Tom Kelly at (612) 325-0450.

## Immokalee Soup Kitchen

Chapel helps at the Immokalee Soup Kitchen on January 26. Volunteers are needed. 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.



## Operation Christmas Child

Where did your shoebox gifts go? Eleven boxes were tracked (paid directly to Samaritan's Purse). We should have an answer by late December or January. If you were one of the eleven who tracked your box and are notified of its destination, share the information with the church office.

# happenings at CBTs



## Gladiolus Learning and Development Center

Thank you to all who bought toys and delivered them to church for Chapel's Toy Drive for Gladiolus Learning and Development Center. The toys were beautiful and there were many of them and just what the children requested. Two car loads were delivered to GLAD. There were many happy faces when Santa delivered them.



## January Liturgists

January 7

8:00 a.m. Laura Miller

10:00 a.m. Elise Missal

January 14

8:00 a.m. Pastor Steve

10:00 a.m. Katelyn Cherry

January 21

8:00 a.m. Pastor Steve

10:00 a.m. Joan Cady

January 28

8:00 a.m. Pastor Steve

10:00 a.m. Miffie Greer

## Christmas Poinsettia Update

Thank you to our Chapel members and friends who purchased Christmas Poinsettias this year. We raised \$390.00 to help carry out our mission work at Chapel.



## Sisters in Spirit

Join us on Tuesday, January 9 at 10:00 a.m. for our monthly program. We will begin by assembling Valentine's Day gift bags for the children of G.L.A.D., followed by a discussion on Community Emergency Response Teams (C.E.R.T.). Chapel member, Ed Milde will share the importance of the response teams as well as how they operate during an emergency. After a short Q & A session, we will serve lunch. Please RSVP to (239) 463-3173 or [chapel@chapelbts.org](mailto:chapel@chapelbts.org) so we may prepare appropriately for lunch.



There was a lot of laughter and fun at the "Naughty Santa" Party of SIS in December!

# *happenings at CBTS*

## **Chapel by the Sea Spaghetti Dinner**

**Saturday, January 13, 5 – 7 p.m., Silver Hall**

\$10 Adult / \$5 Public Safety Personnel / Kids 10 and under – FREE (Net proceeds go to the Kitchen Renovation Fund) **Menu:** Spaghetti, Meatballs, Spicy Sausage w/Peppers & Onions, Salad, Garlic Bread, Brownie Sundae Dessert, Cold Drinks & Coffee.



The Chapel Chimers played at the FMB Library in December.



Everyone enjoyed the performance of "A Christmas Carol"



### **God's Table Christmas Dinner**

Thank you to all the wonderful volunteers who helped at the God's Table Christmas Dinner!



# happenings at CBTs

## Chapel Concert Series

### January Birthdays

- 5 John Henneberger
- 7 Joan Cady
- 8 Dick McNeal
- 13 Pete Eissler
- 14 Sherry Brown
- 14 Paul Caltrider
- 15 Carson Valentine Smith
- 16 Gilbert Hayes
- 16 Mary Jo Jacobs
- 17 Bernice Tegner
- 17 Mike Ziegler
- 18 Marie Moore
- 19 Krysta Murray
- 20 Lynn Fisher
- 21 Gayla Charles
- 23 Joan Byers
- 24 Torie Nienhaus
- 27 Betty Ashbridge
- 29 Tonya Reasoner

### January Anniversaries

- 14 Harry & JoAnne Hunter
- 15 Bob & Ginny Young
- 17 Fred & Meg Bushnell
- 27 Ron & Jaci Willow

### In Memorium

Please pray for the families of those who recently passed away: Bob Enger on November 29, 2017, Carolyn Knott on December 10, and Barbara Nitowski.

### 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 on the chart on the bulletin board.

### Concert Series 2017 - 2018, Thursday, January 18, 7:00 p.m.

We are delighted once again to host Florida Gulf Coast University students, majoring in Piano Performance. These students study under Dr. Michael Baron, Head of Keyboard Studies. Dr. Baron selects top students who have regularly won competitions throughout the United States and abroad. You will not want to miss this opportunity to hear these up-and-coming professional musicians.



Thank you to Dr. Douglas Renfroe and the Voices of Naples (see pictures above) for their wonderful performance at Chapel on December 7.

### Broadway Palm

On January 17, we will go to Broadway Palm to watch the performance of "Chicago."



### "Mamma Mia"

On February 21, 2018, we will go to Broadway Palm to watch the performance of "Mamma Mia." The deadline to order tickets is February 6. The \$65.00 ticket includes the meal, the show and tax. The church bus leaves Chapel at 4:30 p.m. and also picks up off island people on Pine Ridge. Call Anita Turner at (239) 357-9883 for reservations. There is a limited number of tickets available for each show, so please let us know if you will be attending.



Members and friends at Chapel by the Sea enjoyed the performance of "A Christmas Story" at Broadway Palm in December.



# happenings at CBTS

January Health  
& Safety Message

## A Letter From Our Parish Nurse....



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Come Join the Fun in 2018! Last year we had a great turn out for the CBTS Dolphins Walking Club and I hope that this year we will have even more walkers. Our first day to begin this weekly activity will be January 9<sup>th</sup>, Tuesday at 9:30am. As before, we will walk for 30 minutes around the neighborhood or on the beach. If you are interested, come join me to get moving and feel better. All are welcome and we will accommodate whatever pace is good for the group. There are so many positive benefits to walking, and we are truly blessed to have our fantastic sunny and warm Winter weather and Island beauty to appreciate while we walk. I look forward to seeing you and starting this group activity to help us stay motivated for good health in the New Year. Keep Moving! Ann



## Regular Walking May Help Older Adults Live Longer

A new study finds that regular walking may help older adults live longer, even if they don't walk enough to meet exercise Guidelines. According to federal [exercise guidelines](#), adults up to age 64 should get at least 2.5 hours of moderate physical activity per week. But only about half of those adults, and 42 percent of people ages 65 to 74, meet this recommendation, the researchers said. The new study analyzed information from nearly 140,000 U.S. adults in their 60s, 70s and 80s, and followed them for 13 years. The participants were asked how much time they spent exercising

per week and which types of activity they engaged in.

The results showed that those who reported walking regularly, but not enough to meet the exercise guidelines, were less likely to die during the study period than those who didn't get any physical activity. Specifically, the researchers found that those who didn't get any exercise were 26 percent more likely to die during the study period than were those who walked for less than two hours per week. [\[Extending Life: 7 Ways to Live Past 100\]](#)

The findings held even after the researchers took into account factors that could affect the link, such as smoking, obesity, chronic conditions (including diabetes) and time spent sitting down.

The finding suggests that doctors "should encourage patients to walk, even if less than the recommended amount, especially as they age, for health and longevity," the researchers wrote in the American Journal of Preventive Medicine. "Walking has been described as the 'perfect exercise' because it is a simple action that is free, convenient, does not require any special equipment or training, and can be done at any age." Many studies have found a link between physical activity and an increased life span, but relatively few have looked specifically at walking (separate from other types of exercise), as the new study does, the researchers said.

The study also found that walking for a length of time that meets or exceeds physical activity guidelines was linked to even more benefits. Those who walked for 2.5 to five hours a week were 20 percent less likely to die of any cause, 30 percent less likely to die of respiratory disease and 9 percent less likely to die of cancer during the study period, compared with those who walked for less than two hours a week. "This study shows that engaging in walking is associated with increased longevity and has the potential to improve the public's health significantly," the researchers concluded.

## YOGA is for EVERYONE...New Sessions!

January 10 – February 7, 2018 and February 21 – March 21, 2018  
Wednesdays, 2:00 p.m. – 3:00 p.m. Session Room in Silver Hall  
\$10 per session Chapel Members / \$12 per session Non-Members

These sessions are geared toward **beginners** and postures will be **modified** so that everyone can experience wonderfully, relaxing exercise. Research continues to show that YOGA *decreases* stress, *improves* balance, and *promotes* better sleep. It can also help ease symptoms of depression. YOGA can teach us to be *present* in the moment through mindfulness meditation. Take the opportunity to age *gracefully* with more *strength* and *stability*. The instructor will have some yoga mats on hand but if you have your own, please bring it with you along with bottled water.

Questions? Contact Parish Nurse, Ann Fossum, RN (239) 463-3173 ext. 13 or [ann@chapelbts.org](mailto:ann@chapelbts.org).

# happenings at CBTs



## Caregiver Support Group

### Presented by the Alzheimer's Association, FL Gulf Coast Chapter

Build a support system with people who understand. Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of person with dementia to:

- Develop support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping
- Share feelings, needs and concerns.
- Learn about community resources.

Meet: Beginning Friday, January 12, 2018, 2<sup>nd</sup> Friday of each month from 1:00 – 2:30 p.m.

Location: Chapel by the Sea, Session Room in Silver Hall.

Facilitators: Cassie & Chuck Conrad (239) 292-6751

Contact: Parish Nurse, Ann Fossum (239) 463-3173 ext. 13 or [ann@chapelbts.org](mailto:ann@chapelbts.org)

## Alzheimer's Association Memory Mobile

Be sure to visit the Memory Mobile on Tuesday, January 30, 2018 at 10:00 a.m. – 3:00 p.m. at Chapel by the Sea (100 Chapel Street (2500 block of Estero Blvd.) Ft. Myers Beach

Memory screenings will be provided and caregiver education information will be available. Call or email to schedule a screening at (239) 405-7008 or [reesee@alzflgulf.org](mailto:reesee@alzflgulf.org). Walk-ins are welcome. Questions? Contact Parish Nurse, Ann Fossum, RN (239) 463-3173 ext. 13 or [ann@chapelbts.org](mailto:ann@chapelbts.org).



## Sew N Sews

Help Sew N Sews continue their efforts to reach out and make a difference through the art of sewing. Drop by any Thursdays from 10:00 a.m. – 2:00 p.m. Bring your own lunch; the group breaks at 12 noon for lunch and laughter.



## The Floor in Silver Hall

Yes, it's O.K. to walk on the floors in Silver Hall. The floors look wet but the shine comes from stripping the old wax and putting down seven (yes, 7) layers of a special wax. Thanks to John and Jose for all their efforts and hard work! The reception hall will look fantastic for years to come.



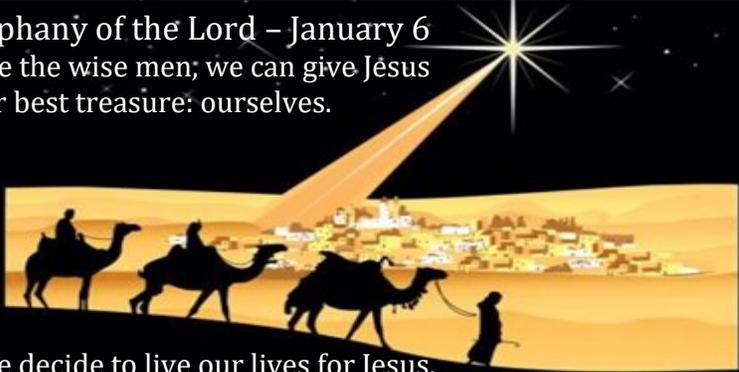


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Epiphany of the Lord – January 6  
Like the wise men, we can give Jesus  
our best treasure: ourselves.



If we decide to live our lives for Jesus,  
Then we will show the love of Jesus by our love for others.

### 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  
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