

THE

SANIBEL LIGHT



Sanibel Congregational United Church of Christ
2050 Periwinkle Way
Sanibel, Florida 33957



April 2020 ~ Vol. 41 No. 4



JOIN ONLINE FOR
OUR
LIVESTREAM
AT
10:00 A.M.

Simply go to our
YouTube page at
[https://www.youtube.com/
user/SanibelUCC](https://www.youtube.com/user/SanibelUCC).

You will see a video
marked "Worship April 4,
2020". Click on that and it
will take you to the correct
place. Note if we have not
yet turned on the
livestream, it may show
the message "An error has
occurred. Please try again
later." Ignore that, the
livestream will start
automatically.

Dear Church Family,

To the best of my knowledge I have only missed going to church on Easter Sunday once in my over six decades of life. I was four, maybe five, at the time and I had mumps. I remember being very disappointed because my father, who was also a pastor, was going to present a special shadow puppet version of the Easter story. With life size shadow puppets! (It didn't help that the candy in my Easter basket didn't taste quite so good due to my swollen glands!)

Maybe you're feeling that way this year. Due to the pandemic, you won't be able to attend services on Easter Sunday--at least not the way you usually do. No tightly packed pews with all the regulars and a huge number of guests. No rows and rows of Easter lilies. No choir anthems. The candy may taste OK--but you and I know that's not the really important part of Easter.

Still, we will be livestreaming our Easter service at 10:00am. And there will be some lilies, and lots of good music (maybe even a surprise or two on that front), prayers, scriptures, puppets (not life size shadow puppets, but our friends Chompers and Wendell) and a sermon challenging us to live resurrected lives! It won't be quite the same, yet it will provide us an opportunity to be together at least virtually. A chance to remember what binds us together is not a building, but rather the spirit of God.

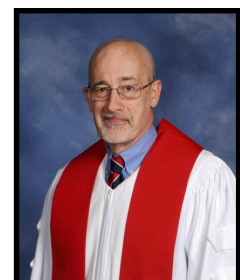
Actually, while I will most certainly miss all of you, I am looking forward to Easter. I am looking forward to telling again that wonderful story of God's great love made known in Jesus. I am looking forward to sharing with you the great joy of the day the grand acclamation, "Christ is risen!"

As you continue to live through this challenging time, know that you are in my prayers. And Pastor Deb, Parish Nurse Linda and I are just an e-mail, or phone call, or text away!

Blessings,

John

John H. Danner
Senior Pastor



Message from Pastor Deb

The CoVid-19 pandemic is disconcerting enough for adults. Imagine what it is like for young children and youth. While most of you don't have children in those age groups, you have grandchildren and great-grandchildren. Many have canceled visits had to protect not only your health but the health of others. So your grandchildren may ask why they can't see you, if you are sick, and other fears that they share on phone and video calls. Below are some tips for the CDC about how to talk with children about the pandemic.

Remain calm and reassuring.

Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.

Avoid language that might blame others and lead to stigma.

Remember that viruses can make anyone sick, regardless of a person's race or ethnicity. Avoid making assumptions about who might have COVID-19.

Pay attention to what children see or hear on television, radio, or online.

Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.

Provide information that is honest and accurate.

Give children information that is truthful and appropriate for the age and developmental level of the child.

Talk to children about how some stories on COVID-19 on the Internet and social media may be based on rumors and inaccurate information.

Actually, these are pretty good guidelines to follow whenever we are talking about the pandemic and its impact.

A personal note: This is a tough time for all of us, with all the changes, social distancing, and the illness itself. Please take care of yourself. I, along with Pastor John and Parish Nurse Linda, are keeping you all in our prayers. I look forward to when we can again be together in body and spirit.

Pastor Deb

Sanibel Congregational United Church of Christ and Temple Bat Yam are working together with Bailey's and Jerry's Grocery stores to provide help for those unable get out to shop or pick up groceries during this pandemic and for whom it might be a hardship to utilize a shopping service. Individuals who need this service must order online at Bailey's or Jerry's web site. (if you have difficulty navigating their websites contact Pastor Deb (239-994-2428) for assistance with your initial order. Orders must be in by noon Monday for delivery Tuesday or noon Thursday for delivery Friday. When you place an order please:

- 1) Select the earliest time slots available between 1PM-4PM Tuesday and 11AM-2PM Friday.
- 2) Then email the pickup up time, the name the order is listed under, your phone number and your address to either Jo (MaryJoHardy@yahoo.com) or Mike (mcraab2003@gmail.com).

God's grace and peace,

Deb Runkel

Pastor Deb





HEALTHY HAPPENINGS by Parish Nurse, Linda Convertine



Boosting Immunity

Our immune system is the main line of defense against illness. It only makes sense that we'd want to keep it in top shape, especially with the outbreak of the novel coronavirus (Covid-19) sweeping our world. First and foremost, to protect ourselves from contagion, we need to wash our hands thoroughly during our comings and goings. For handwashing, soap and water is the best. Hand sanitizer with 60% alcohol can be used if soap and water are not available. Secondly, we need to dedicate ourselves to social distancing. These practices have been proven to greatly reduce communication of disease.

There are some simple and easy ways to boost the immune system which I'd like to share with you. Many of you are practicing them already so these tips will just be reminders.

HYDRATE: Staying hydrated and drinking water plays a huge role in boosting your immunity. Water oxygenates your blood, flushes toxins, and helps in the production of lymph which circulates white blood cells that fight infection. Proper hydration helps ensure that your cells are working in top condition by having the fluids they need to do their job. Staying hydrated helps your immune system stay healthy by giving your whole body the platform it needs to fight off viruses and infection. Sip on warm drinks throughout the day, it's good for you and comforting as well. I drink hot water with lemon or just plain hot water in the afternoon to avoid caffeine.

EAT PLENTY OF FRUITS, VEGETABLES, NUTS AND SEEDS: Loading up on these food items will provide the body with the nutrients your immune system needs. Boosting fruit and vegetable intake improves antibody response. Garlic is a broad spectrum antimicrobial agent and an immune booster. It is heat resistant, so let it rest after chopping for 15 minutes before applying heat. This allows time for the two enzymes in raw garlic to combine to form the non-heat resistant antimicrobial enzyme. Mushrooms, such as shiitake and maitake, have been proven to boost immune function.

GET ENOUGH SLEEP AND MANAGE STRESS: Sleep deprivation and stress overload increase the hormone cortisol, prolonged elevation of which suppresses immune function and makes us more vulnerable to infection. Think of ways to reduce stress. Limit the amount of time you listen to the news, exercise, listen to music, sing songs, read the Psalms (91 is a good one), organize your closet or drawers, read uplifting books, watch good movies, (not "Contagion") and comedies, face time with friends or make phone calls. I have looked up on you tube; things which people are doing during their confinement. There are some really funny you tube videos out there. I like the ones about animals. Laughing is good for you. It curbs the level of stress hormones in your body and boosts a type of white blood cell that fights infection. Meditation, prayer, and counting your blessings are great ways to reduce stress.

KEEP YOUR ALCOHOL INTAKE IN CHECK: High alcohol intake has been shown to suppress immune function, increases vulnerability to lung infections, and is also dehydrating. If you don't want to cut out alcohol completely, sip in moderation which means one drink a day for women and two drinks a day for men.

AVOID SMOKING AND TOBACCO SMOKE: It undermines basic immune defenses and raises the risk for bronchitis and pneumonia. Smoking immobilizes cilia, the hair-like structures in your airways that help sweep out bacteria. When the cilia are immobilized, germs have much easier access to your lungs.

CATCH SOME RAYS OR BE SURE YOU ARE TAKING ENOUGH VITAMIN D: Vitamin D plays an important role in supporting the immune system by helping your body produce antibodies, which can then fight illness. Sunlight triggers the skin's production of Vitamin D. A 10-15-minute exposure (minus sunscreen) is enough. That daily walk outside in nature will boost your Vitamin D level as well as reduce your stress. Vitamin D rich foods include fatty fish and seafood, mushrooms, eggs and fortified foods.

KEEP UP WITH A REGULAR EXERCISE ROUTINE: Here's what happens when you head out for a 30-minute walk: Muscle movement and an increased heart rate prompt immune cells to come out of their holding spots (e.g. lungs, spleen, lymph nodes). Because of that walk, there are more immune cells — natural killer (NK) cells and macrophages, specifically — circulating, primed and ready to seek and destroy pathogens. This effect is short-lived, but it adds up over time to strengthen your body's defenses. Exercising 30 to 60 minutes a day is enough to trigger this immune response.

SUPPLEMENTS: Be careful of the hype and be sure to check with your pharmacist or MD before adding supplements. I take a daily dose of elderberry syrup which helps to protect healthy cells from the viral spikes with which a virus attaches itself to the cell membrane to gain access. (It tastes good too). Vegetarians should be sure to take B12. D3 supplementation is important as well if you are deficient.

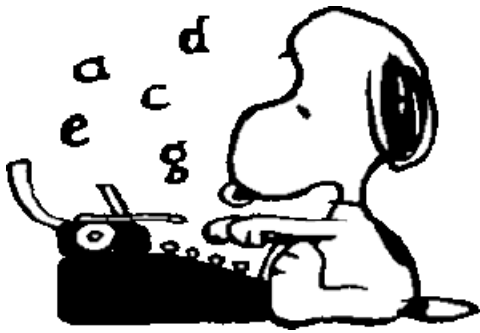
ADDITIONAL TIPS: Gargling with warm salt water three times a day is a good way to protect yourself, as well as using a saline spray for your nasal passages. Laugh often, do nice things for other people (though at a distance), encourage one another, be grateful, and enjoy every moment of every day. Together we are better.

(Isaiah 41:10) Do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with My victorious right hand.



*Caring for you and your health,
Linda Convertine, Parish Nurse*

Please call me with any questions or concerns or if you are in need of some encouragement. If I am not in my office, the church staff will be able to reach me.



Do you have an article or important information you'd like to be published in the next issue of the newsletter?? Just email sandy@sanibelucc.org by the 25th of the month to make the publish date of the 1st. Thanks!



IS AVAILABLE ON OUR WEBSITE HOMEPAGE, USE THIS CONVENIENT BUTTON TO MAKE A DONATION TO THE CHURCH OR PAY YOUR PLEDGE

DID YOU KNOW?

For the last two years, the Children and Youth committee has reached out to SCUCC's college students. In September, each one is sent a "Back To School" care package and again in February, a "Thinking of You" care package. We want them to know their church family continues to think of them and wishes them well throughout their school year.



HAZEL'S HATS PROJECT--MOSS RIBBED CAP

Hi Everyone,

Here's the recipe for Hazel's Hats. With all the time I have being quarantined here in upstate NY. I am knitting away. If you are a knitter and have yarn on hand, and are looking for something to do, the instructions are below to make a hat. If you have questions feel free to call me at 203-984-5892. Hope to see you all soon!

Linda Bradbury-Danner

Materials: 4oz. Worsted Weight Yarn//# 10 Needles

Cast on 65/69/73 sts.

1Strowk3p1repeatacrossendinginaKst. Repeat this row until piece measures 9".

Top shaping:

1StrowK2together,repeat across row ending in a K stitch. 2nd row purl across each stitch

3rd row same as 1st.

4th row same as 2nd

5th row same as 1st

6th row same as 2nd

7^{*^} row same as 1st

Break yarn off leaving a 15" length. Thread a needle and draw through remaining sts. Pull tight and fasten. Sew back seam.

Optional: Make a pompom and fasten to top.

GREEN TEAM NEWS

In celebration of Arbor Day, April 24, 2020, some quotations about trees in The Overstory by Richard Powers:

“There are trees that spread like fireworks and trees that rise like cones. Trees that shoot without a ripple, three hundred feet straight skyward. Broad, pyramidal, rounded, columnar, conical, crooked: the only thing they do in common is branch, like Vishnu waving his many arms. Among those spreaders, the wildest are the figs. Strangler figs that slip their sheaths around the bodies of others and swallow them, forming an empty cast around their decomposed hosts. Peepal, Ficus religiosa, the Buddha’s Bo, their leaves tapering into exotic drip tips. Banyans that plump out like whole forests, with a hundred separate trunks fighting for a share of the sun.” (p.95)

“Chestnut is quick: By the time an ash has made a baseball bat, a chestnut has made a dresser.”

“Even the skinny starts already have their uses: Tea from infant trees for heart trouble, leaves from young sprouts to cure sores, cold bark brew to stop bleeding after birth, warmed galls to pare back an infant’s navel, leaves boiled with brown sugar for coughs, poultices for burns, leaves to stuff a talking mattress, an extract for despair, when anguish is too much....” (p7)

Celebrating the Fiftieth Anniversary of Earth Day

Because of our work at Sanibel Congregational UCC to fulfill our covenant to “serve and support each other, and do all we can to protect as well the birds, animals and plants on this fragile barrier island,” the United Church of Christ has named us as a Creation Justice Church. Here’s the banner to proclaim that.



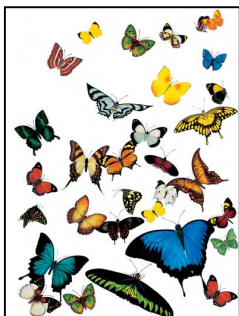
April 22, 2020 is the fiftieth anniversary of the birth of the modern environmental movement. “In the decades leading up to the first Earth Day, Americans were consuming vast amounts of leaded gas through massive and inefficient automobiles. Industry belched out smoke and sludge with little fear of the consequences from either the law or bad press. Air pollution was commonly accepted as the smell of prosperity. Until this point, mainstream America remained largely oblivious to environmental concerns and how a polluted environment threatens human health. However, the stage was set for change with the

publication of Rachel Carson’s New York Times bestseller *Silent Spring* in 1962. The book represented a watershed moment, selling more than 500,000 copies in 24 countries as it raised public awareness and concern for living organisms, the environment and the inextricable links between pollution and public health....**On April 22, 1970**, 20 million Americans — at the time, 10% of the total population of the United States — took to the streets, parks and auditoriums to demonstrate for a healthy, sustainable environment in massive coast-to-coast rallies. Thousands of colleges and universities organized protests against the deterioration of the environment. Groups that had been fighting individually against oil spills, polluting factories and power plants, raw sewage, toxic dumps, pesticides, freeways, the loss of wilderness and the extinction of wildlife united on Earth Day around these shared common values. Earth Day 1970 achieved a rare political alignment, enlisting support from Republicans and Democrats, rich and poor, urban dwellers and farmers, business and labor leaders. By the end of 1970, the first Earth Day led to the creation of the United States Environmental Protection Agency and the passage of the Clean Air, Clean Water and Endangered Species Acts....**As 1990** approached,...Earth Day went global, mobilizing 200 million people in 141 countries and lifting environmental issues onto the world stage. Earth Day 1990 gave a huge boost to recycling efforts worldwide and helped pave the way for the 1992 United Nations Earth Summit in Rio de Janeiro. It also prompted President Bill Clinton to award Senator Gaylord Nelson the Presidential Medal of Freedom — the highest honor given to civilians in the United States — for his role as Earth Day founder. **As the millennium approached**, ...another campaign [was launched], this time focused on global warming and a push for clean energy. With 5,000 environmental groups in a record 184 countries reaching out to hundreds of millions of people, Earth Day 2000 built both global and local conversations, leveraging the power of the Internet to organize activists around the world ... **Today, Earth Day** is widely recognized as the largest secular observance in the world, marked by more than a billion people every year as a day of action to change human behavior and provoke policy changes...The social and cultural environments we saw in 1970 are rising up again today — a fresh and frustrated generation of young people are refusing to settle for platitudes, instead taking to the streets by the millions to demand a new way forward. Digital and social media are bringing these conversations, protests, strikes and mobilizations to a global audience, uniting a concerned citizenry as never before and catalyzing generations to join together to take on the greatest challenge that humankind has faced.

[https://www.earthday.org/history/?](https://www.earthday.org/history/?gclid=Cj0KCQiAqY3zBRDQARIsAJeCVxMwiwXYK5ue7DCP7qjWgApozvAbUWvrqG9fU6wtKhCe0VgBq7h35oaAozrEALw_wcB)

[gclid=Cj0KCQiAqY3zBRDQARIsAJeCVxMwiwXYK5ue7DCP7qjWgApozvAbUWvrqG9fU6wtKhCe0VgBq7h35oaAozrEALw_wcB](https://www.earthday.org/history/?gclid=Cj0KCQiAqY3zBRDQARIsAJeCVxMwiwXYK5ue7DCP7qjWgApozvAbUWvrqG9fU6wtKhCe0VgBq7h35oaAozrEALw_wcB)

Sanibel Congregational United Church of Christ
2050 Periwinkle Way, Sanibel, FL 33957
Office: (239) 472-0497 Fax: (239) 472-5939
Website: www.sanibelucc.org
Pastor Danner's Blog:
www.periwinkleponderings.blogspot.com



BUTTERFLY GARDEN

In 2019, the Children and Youth committee planned for two projects that would allow SCUCC's young people to gain new respect for our island environment and our earth (which is an integrated part of the church's mission statement).

The first project was the establishment and certification of the church property as a National Wildlife Federation refuge. The second project will be the establishment of a butterfly garden on church property that will be certified by the North American Butterfly Association. The garden will be planted with the help of the Sunday School class and the preschoolers, under the guidance of Lavonne Larson (the church gardener) and Ana Abella. The Green Team has been a partner in this project and will join us in the celebration.

Please plan on joining us for the official dedication on Earth Day,
Date and time to TBD. Details to follow.

The Sanibel Light newsletter is published a minimum of eight times per year. The deadline for submissions is the 25th of the month prior to publication. For more information call 239-472-0497; email your articles, photos etc. to office@sanibelucc.org. Staff: John H. Danner, Sr. Pastor (john@sanibelucc.org); Deborah Kunkel, Assoc. Pastor (deb@sanibelucc.org); Ran Niehoff, Pastor Emeritus; Linda Convertine, Parish Nurse (linda@sanibelucc.org); Sandy Simmons, Office Manager (sandy@sanibelucc.org); Jordan Jones, Assistant Office Manager (office@sanibelucc.org); Elwood Smith, Music Director; Norm Libby, Organist; Blended Service Musicians: Shawn Allison, Abbey Allison, Dave Dust; Sound Guy - Bob Eidem; Preschool Staff: Ana Abella, Director; Lora Lea Plummer, Teacher (3 Yr. Olds), Shelby Ambrosio, Teacher (Toddlers), Nancy Black, After Care & Substitute Teacher; Sunday School & Nursery Staff: Kathy Monroe, Director; Nursery Attendants: Betsy Eidem, Barbara Freeman; Missionaries— Mark Knowles & Daniel Murry-Knowles (Lesotho); Debbie & Larry Colvin (Ghana)