

THE

SANIBEL LIGHT



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



June 2020 ~ Vol. 41 No. 6



Dear Church Family,

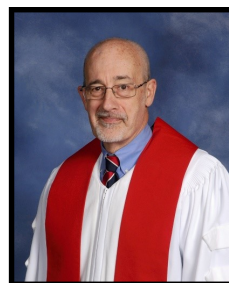
Oh my, what a strange time this has been! Our staff is back in the office, but for almost two months we were working from home. Our worship services are still being conducted via livestream. Many church meetings have been held on Zoom or by conference call. We have had to postpone a wedding and several committals or memorial services. In no way has this been life as usual!

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

In the months and years ahead, we will be thinking through what it means to be the church under these new realities. How, for instance, can we best take advantage of technology to further our efforts? How can we remain connected while apart? Often over the last three months we have heard the word “essential” --what are the essentials for a church? What defines a church? One of our members sent along the following, written by the Rev. Deon Johnson. I commend it to you for your consideration:

*The work of caring for the lonely, the marginalized, and the oppressed is essential.
The work of speaking truth to power and seeking justice is essential.
The work of being a loving, liberating, and life-giving presence in the world is essential.
The work of welcoming the stranger, the refugee and the undocumented is essential.
The work of reconciliation and healing and caring is essential.
The church does not need to “open” because the church never “closed”. We who make up the Body of Christ, the church, love God and our neighbors and ourselves so much that we will stay away from our buildings until it is safe. We are the church.*

We will keep you informed as we go along about the resumption of in-person worship and other programs, meanwhile, remember, gathered or apart, we are the church.



Blessings,

John

John H. Danner
Senior Pastor

Message from Pastor Deb

Dear SCUCC family and friends;

This month my column is something a little different, a little more personal.

My father died on April 26 from complications due to Co-VID 19. So many of you reached out with your condolences. Whether in cards, notes, emails, or phone calls you have let me know you are holding my family and I in your prayers and thoughts. I am touched and so appreciative of your support. Some of you met my Dad when he and my Mom were still able to visit twice a year. I know he felt welcomed when he did, and grateful that his daughter was serving in such a warm place- and I don't just mean the weather.

The past couple of months has not been easy for any as the restrictions put in place to help restrict the spread of Co-VID 19 has disrupted many of our usual practices and rituals. I am hardly the only one who is grieving or dealing with difficult life situations in addition to sheltering in place. But despite not being with you during this time, I have still felt surrounded by your love and care, and through you upheld by God's love and care. I pray that you too are feeling this love and support even when we aren't able to meet within the church building. You have given your support to me before when my father-in-law and then mother-in-law died last year, so it is not a surprise that you are offering it now. It has made hard times a little less hard, and I appreciate it. And I've witnessed you offer this to each other multiple times over the years, as well as continue to do so in both well-practiced and new ways during this time.

I say all this to sum up two thoughts. First, if I haven't said it out loud before, please know that I thank you for your expressions of love and care, especially over this past year and a half. Second, remember that we don't need to get back to church when this pandemic allows us. For we're still a church during this extended time of not being able to meet together in the building; your continuing actions towards me and others are manifestations, and powerful ones, of that reality.

God's grace and peace,

Deb Kunkel

Pastor Deb





Facts About Bleach

Chlorine bleach aka sodium hypochlorite is a powerful disinfectant and is one of only a few widely available, inexpensive sanitizing agents. **It is so powerful that it should only be used in fairly low concentrations.** Chlorine bleach should always be used in a well-ventilated area and in proper dilutions. If you use hot, rather than warm water, toxic chlorine gas can be released. Bleach should **never** be mixed with other chemicals. Ammonia mixed with bleach converts the chlorine in bleach to chloramine gas. Breathing in the fumes can cause coughing, shortness of breath, and pneumonia. Acidic compounds such as vinegar or window cleaner create chlorine gas when mixed with bleach. Excessive exposure can cause chest pain, vomiting, and even death. Alcohol converts to chloroform when mixed with bleach. Breathing in chloroform can cause fatigue, dizziness, and fainting. Be aware, when urine evaporates it leaves behind ammonium salts which could react with bleach. Always initially clean and rinse any area that may have urine: near toilets, cat boxes, dog kennels, etc. before sanitizing with a bleach solution.

Chlorine bleach works both as a cleaning and a disinfecting agent. However, many less corrosive and less dangerous household items also work as highly effective cleaning agents. It is best to clean with other products and use the properly diluted bleach solution to sanitize. When sanitizing food preparation areas: counters, tables, sinks, knives, and cutting boards. All surfaces should be washed to remove organic materials (food bits and dirt) and rinsed. It is only at this point that the items should be sanitized with a bleach solution of approximately 200ppm (parts per million). The proper dilution for sanitizing food preparation surfaces at 200ppm is **1 TBSP of chlorine bleach per gallon of water**. Get yourself a spray bottle and mix up a batch whenever you're going to need the sanitizing agent. Be aware that chlorine evaporates, so only mix a small amount at a time. It's not going to be effective the next day. If you're making 1 quart of sanitizing solution estimate $\frac{3}{4}$ **teaspoon per quart**, and that will get you in the neighborhood of 200 ppm. Allow the 200ppm bleach solution to sit on the surface for at least a full minute to give the bleach time to work. With a 200ppm dilution, rinsing is not necessary and it's actually best to allow most surfaces to air dry rather than re-contaminating with a towel. Bleach corrodes stainless steel, but diluted bleach solutions are still usable. Rinse the surface after sanitizing to avoid the corrosive effects.

When sanitizing other surfaces, such as in the bathroom, bleach may be used in a 500ppm dilution. **A 500ppm dilution is 2½ tablespoons of chlorine bleach per 1 gallon of warm water.** While bleach is a cleaning agent, milder methods are highly recommended. Save the bleach for the final, sanitizing step, just as you would in the kitchen. **How to Make a Bleach Solution:** The first rule when making a bleach solution is to either go outside or find a well-ventilated room, ideally with open windows and a cross-draft. Full-strength bleach emits toxic fumes and should never be used in small or enclosed spaces. Using gloves while mixing is a good idea. Once the ingredients are mixed, place the lid tightly on the container and gently mix by shaking it. After mixing, your solution is ready to use. You can wash the surface with soap and hot, clean water before using the bleach. After applying the bleach let the surface you are cleaning air dry. Whatever you do, **never add any other ingredient** to the bleach solution. Chlorine bleach solution begins to lose its disinfectant power quickly when exposed to heat, sunlight, and evaporation. To ensure the strength of your solution, mix a fresh batch each day and discard whatever is leftover. Keep out of the reach of children.

COVID-19 Coronavirus Disinfection with Bleach | CDC Recommendations: The CDC recommends that a diluted household bleach solution of 1000ppm of bleach can be used for coronavirus disinfection. To prepare a 1000ppm solution use **5 Tablespoons (1/3 cup) of bleach per gallon of water or 4 teaspoons of bleach per quart of water**. Ensure a contact time of at least 1 minute, and allow proper ventilation during and after application. Check to ensure the product is not past its expiration. Bleach solutions will be effective for disinfection up to 24 hours. **CDC (source document)**

Philippians 4:6-7 Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.



Psalms 57:1 Have mercy on me, my God, have mercy on me, for in you I take refuge. I will take refuge in the shadow of your wings until the disaster has passed.

Caring for you and your health,

Linda Convertine,
Parish Nurse



TEACHING & LEARNING OPPORTUNITIES

SUMMER SUNDAY SEMINAR SERIES RETURNS!

The Summer Sunday Seminar Series will return on Sunday, June 7 at 9:00 AM. The class will be held on Zoom. A link for the class session will be sent out each week along with the Sunday bulletin. Class will run until 9:45 AM, allowing time for everyone to switch over to the livestreamed worship service at 10:00 AM.

The schedule for June session is as follows:

June 7, 14 & 21

“Counting to Ten: An Overview of the Ten Commandments”



June 28

“A Virtual Visit with Missionaries

Danielle Murray Knowles & Mark Knowles (Lesotho)”





Drive-up No-Contact Food Drive

Thank you to all who helped and contributed to joint “Drive-up No-Contact Food Drive” on May 21. This joint effort with Bat Yam collected over 80 bags of food for F.I.S.H. and the Gladiolus Food Pantry to help feed local families while protecting the health of those donating the food. We are joining again to collect food on the first Thursday of the month starting June 4 from 11:00 a.m. to 1:00 p.m. We need both volunteers who are willing to help collect the donations as well as food donations. The process is simple. Fill your vehicle’s trunk or rear compartment with your bagged food donations. Drive to the church on June 4 and pull up under the church portico. Then pop open the trunk or rear hatch of your vehicle, while you remain seated inside. Our masked and gloved volunteers will unload your donations, close your trunk or hatch, then wave a cheerful thank you as you drive away. All prepackaged food and paper products items are welcome. However, the following items are especially needed: for peanut butter, jelly, pancake mix, canned corn and other vegetables, beans, canned chicken, and crackers. If you would like to volunteer to help with June or future drives, please contact Pastor Deb at deb@sanibel.ucc.org.

One Great Hour of Sharing Offering June 7

Sunday, June 7 is the rescheduled Sunday for Our One Great Hour of Sharing offering. One Great Hour of Sharing (OGHS, as part of Our Churches Wider Mission, is the special mission offering of the United Church of Christ that carries God’s message of love and hope to people in crisis. The UCC works with international partners to provide sources of clean water, food, education and health care, small business micro-credit, advocacy and resettlement for refugees and displaced persons, and emergency relief and rehabilitation. OGHS also supports domestic and international ministries for disaster preparedness and response. On average, of every dollar given to One Great Hour of Sharing, 95 cents is used directly for mission programming; and 5 cents for interpretation materials. The associated administrative costs are paid by gifts to Our Church's Wider Mission National Basic Support, which is supported through the Mission and Benevolence budget of this congregation. One Great Hour of Sharing donations are currently helping meet various needs during this pandemic within this country as well as internationally. OGHS offerings are providing daily briefings to UCC ministers and national staff, coordination of disaster ministries response across the Conferences of the UCC to meet the needs of individual areas, the distribution of hygiene kits in New York City. In addition your past donations are at work helping to find innovative ways to continue to provide needed disaster recovery to areas hit by tornadoes, flooding, and hurricanes over past years within the restrictions keeping all safe during the pandemic. Please prayerfully consider giving to our ongoing support of OGHS. To support OGHS please send you check payable to SCUCC to the church office, with OGHS written in the memo line. Thank you for your continued support of this offering and the real, long lasting impact you are making on lives through your generosity.





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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



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



Recent Passages

Nancy Healey
Vivian Pyke



GREEN TEAM NEWS

How did I spend/am I spending my Spring/Summer Vacation or What will I do with my one wild and precious life?*

One thing that is clear is that we are living through times that will make the history books all over the world. What do you want your descendants to know about how you reacted to it?

Another thing that is clear is that it is a transformative time. At some point there will be a new normal, but we will never go back to things as they were. That could be both for ill and for good.

I choose to focus on and work in the direction of a positive vision I have of the future: one in which all living things have clean air to breathe and clean water to drink and healthy food to eat. That is not the case now, but I hope this be a wake-up call not only of how important they are but also of how we might work together to achieve them for all living things.

Change is hard but it can be very good for us. One of the major paths to brain health is to learn or do something new. One of the things I did in my professional life was to teach a course called “Owner’s Guide to the Brain,” in which a major assignment was to institute one change each student thought would be beneficial and measure its effect on their well-being.

About four years ago I made a major change in my diet from the Standard American diet (SAD) to a whole plant-based one, and I did it suddenly in response to a health crisis. I developed kidney and gall stones, and testing revealed that my gall bladder was only working 5%. Moreover, specialists had nothing to suggest to prevent a recurrence. When I found out that the statin I was taking to reduce my congenitally high cholesterol was associated with gall stones, with my doctor’s support, I decided to go off it and switch to a plant-based diet. (What I learned in the process is that the recommendations given for SAD are not what doctors think is optimal, but rather what they think people are willing to do.) That change ended up being very successful, as my untreated cholesterol was reduced from 265 to 145 in under a month, and I lost 10 pounds without trying. I found out that this is not unusual.

Now, as far as I know, I am in excellent health but our planet is not. To get some measure of that I have recently been tested, under a doctor’s guidance, for 20 toxic chemical compounds and found to have high levels (75-95%) of 12 of them in spite of having a very clean lifestyle. I assume this is not unusual; even newborns have been found to have high levels of some toxic chemicals.

So I have spent the spring studying what I can do to minimize further exposure to these toxic chemicals in things I can control, such as use of plastic and personal and cleaning products, and ways I can improve the air and water quality of my environment.

The way I want to use my one wild and precious life is to share it with others. One way of doing that might be to start a monthly support group via zoom of anyone who is interested in making a green change in their lives. See the Green Team column in this issue for some changes, among others, you might like to make or maybe you already have. In the latter case, I invite you to write it up for the Light (200-500 words) and email it to me with Letter to the Light on the subject line. If you are Interested in joining a support group, email me at jeanchandler2@gmail.com, write Support Group on the subject line, and tell me what kind of change you hope to make. The Green Team will divide people up into small groups and contact you about meeting via zoom.

**Sincerely,
Jean Chandler**

*title from Mary Oliver’s poem “The Summer Day”

GREEN TEAM NEWS

Recycling is Good, Reusing is Better, Reducing is Best

How to Reduce

What are some ways to reduce energy use?

- Turn off lights or install motion-detector switches
- Install ceiling fans or install a white or green roof
- Clean coils on refrigerator every six months and take up unused space with jugs of water
- Wash clothes in cold water, dry on line or rack
- Upgrade appliances, especially refrigerator and clothes dryer
- Insulate water heater or upgrade to tankless or solar water heater
- Plug air leaks or get an energy audit
- Use programmable thermostat
- Air dry dishes or run dishwasher and clothes washer at night
- Unplug electronics that suck energy even when off or plug them into a power strip

What are some ways to reduce water?

- Don't run water while brushing your teeth or soaping up in shower
- Capture shower water while waiting for it to warm up and use it for watering plants or rinsing something
- Plant native plants and don't overwater them
- Water outdoor plants in early morning when cooler temperatures mean less evaporation
- Fix leaking faucets or toilets and replace worn hoses
- Instead of washing your car at home, go to car wash where the water gets recycled
- Don't run the dishwasher or clothes washer until it is full
- After soaking greens or other vegetables and fruits in water with baking soda or vinegar, use it for washing the sink or trash can

What are ways to save on gasoline?

- Walk or bike
- Carpool or take public transportation
- Don't idle your car
- Shop for cars with good fuel economy or electric cars
- For airplane flights, buy carbon offsets (<https://carbonfund.org/>, <https://nativeenergy.com/>)<https://www.terraviva.com/>,
- Buy local

What are some ways to save paper and use less plastic

- Buy things without packaging
- Bring own water bottles, shopping bags, leftover container
- Buy e-books or get books from library
- Get magazine and newspaper subscriptions digitally
- Pay bills online
- Use newspapers or brown bags and bits of yarn for wrapping gifts
- Use blank backs of paper for scratch paper
- Install a bidet in your toilet
- Instead of plastic cling wrap or plastic bags or paper towels, use cloth tea towels to wrap food in or a wrap that is washable, reusable and compostable from Bee's Wrap
- Don't use straws or bring your own reusable metal, glass or bamboo ones
- Use plates and utensils and toothbrushes from bamboo

(10 Easiest Ways to Cut Your Energy Use in Half by Green America)

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REMEMBER: one must sign into smile.amazon.com to place order if the charity is to receive a donation.



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Missionaries— Mark Knowles & Daniel Murry-Knowles (Lesotho); Debbie & Larry Colvin (Ghana)