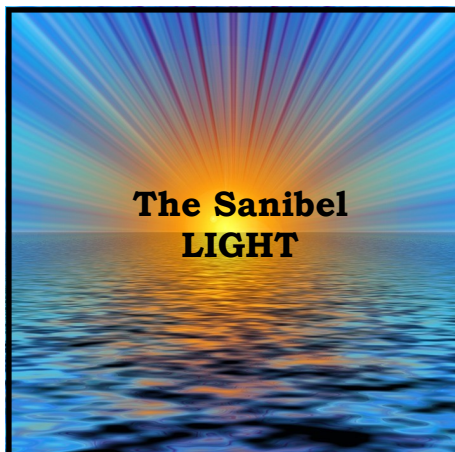


Volume 43 Issue 6 & 7



June 1, 2021

## This Month's Worship Services

### Sunday, June 6th

7:45 AM Sanctuary  
10:00 AM (Traditional)  
Sanctuary & Livestream

### Sunday, June 27th

7:45 AM Sanctuary  
10:00 AM (Traditional)  
Sanctuary & Livestream

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**Sunday, June 13th**  
7:45 AM Sanctuary  
10:00 AM (Traditional)  
Sanctuary & Livestream

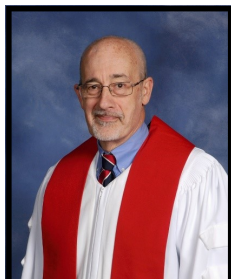
**Sunday, June 20th**  
7:45 AM Sanctuary  
10:00 AM (Traditional)  
Sanctuary & Livestream



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## Meet Our Pastors



**Rev. Dr. John H. Danner**  
Senior Pastor



**Rev. Deb Kunkel**  
Associate Pastor



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## Letter from Pastor Danner

Dear Church Family,

Last week I went blueberry picking in north central Florida, up around Ocala. It was a gorgeous day, dry, sunny, relatively cool (relatively --this is Florida after all)--perfect for the task at hand. We all got white plastic buckets from the farm folks, and then set to work, moving up and down row after row of blueberry bushes. Looking for those that had already turned blue. Later, as we waited our turn to have our harvest weighed so that we could pay for them, we were entertained by a guitarist singing country and pop tunes. Linda and I, along with sister-in-law Laurie, picked close to thirty pounds or so of berries. We've frozen

them and so will have an abundance of berries for cereal, smoothies, muffins, scones and so on in the months ahead. And each time we use them, we will remember the fun we had on a day late in May. Its funny, isn't it, how the little things in life, like a bowl of cereal with blueberries on top, can stir up all sorts of memories. Sometimes good memories, like a lovely day in May, and sometimes not so good ones, like the way a pizza delivery vehicle can remind me of the time my Dad was struck down by a hit and run driver by a similar vehicle many years back.

I for one am grateful for the gift of memory. But I am also quite aware we can't live in the

past, no matter how good or bad the memories. We can celebrate the past, even honor it. We can mourn the past. But either way, we can't live there. Nor can we live in tomorrow. Maybe that's the real value of the gospels. They capture the memories of those who walked with Jesus, yet they invite us to live today. Not tomorrow. Not yesterday. But today. And if you see me with blue lips, well you'll know I've been remembering a day in May in north central Florida!

Blessings,

John D



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## Letter from Pastor Deb

Even though we have moved into offseason when many return North for the off season, there are still both opportunities and needs for good ministry through our congregation.

**Thursday, June 3 11:00 a.m.-1:00 p.m.- Drive-Up Drop-off Food Drive to benefit F.I.S.H. and Gladiolus Food Pantries**

The demand on food pantries increases during the summer as kids no longer receiving supplemental breakfasts and lunches at school. BOGO's over the Memorial Day weekend are a great time to pick up that extra box of cereal, pasta, beans, or other food that you would normally buy for yourself anyway. And don't forget items like paper towels and toilet paper! The rise in prices of so many items is

hitting hard those who normally face financial challenges.

### **Volunteers needed for South Fort Myers Food Pantry on Mondays.**

Many of our volunteers who cover the first Monday of each month are seasonal members. This pantry can also use help on other Mondays as other churches face the same challenges meeting their monthly commitment. Contact me for more information.

**Donate a Book** to build our library for our volunteers for the East Lee County Education Cooperative Reading Program. You can purchase from the recommended list of books at MacIntosh Books, and Rebecca will give you 30% off the sales price. You can stop by the store at the Village Shops on Periwinkle Way (where T2 is located). Or call her at 239-472-1447 to purchase and we

will pick up the books there.

### **Ushers and Liturgists are needed**

now that we are back worshipping in person, tasks that help make our congregation warm and welcoming. Contact Frank Palaia to usher, and Judy Palaia to be a liturgist.

For there are no "slow" or "off" months when it comes to sharing our faith. Just a different rhythm with different needs and opportunities. These out are just some of the opportunities and responsibilities of our congregation's ministry that you have over these "slow" months. If these don't fit, take a look or ask around- I'm sure God has many more opportunities available.

God's grace and peace,  
Pastor Deb

# Teaching & Learning Opportunities

## **Sunday Summer Seminar Series May 2021**

**OUR SUNDAY SEMINARS FOR JUNE WILL FOCUS ON RELIGIONS OF THE EAST. EACH SUNDAY WILL FEATURE A BRIEF OVERVIEW OF ONE OF THE RELIGIOUS EXPRESSIONS COMING OUT OF THE FAR EAST. WHILE THE SEMINARS WILL ONLY GIVE A TASTE OF EACH RELIGION, THEY WILL PROVIDE A CHANCE TO EXPLORE A BIT OF HISTORY AND A BIT OF THEOLOGY/ PHILOSOPHY OF EACH TRADITION. CLASSES WILL BE HELD IN A HYBRID FORMAT WITH IN-PERSON GATHERINGS IN FELLOWSHIP HALL, AND SIMULTANEOUS ZOOM PRESENTATIONS.**

**CLASSES WILL ALL BE HELD AT 9:00 AM, SUNDAY MORNINGS, AND WILL LAST AROUND 50 MINUTES. ZOOM LINK BELOW.**

**CLASSES ARE SCHEDULED AS FOLLOWS:**

**JUNE 6-HINDUISM**

**JUNE 13-BUDDHISM**

**JUNE 20-SIKHISM**

**JUNE 27-CONFUCIANISM**

In July Summer Sunday Seminar Series led by Pastor Danner is titled "Born in the USA" and will feature brief overviews of four indigenous religious traditions growing out of the American Experience. All will be held Sundays at 9:00 AM, in person in Fellowship Hall, and simultaneously on Zoom (see link below). The traditions to be presented include:

**July 4 Mormonism--The Church of Jesus Christ of Latter-Day Saints**

**July 11 Jehovah's Witnesses**

**July 18 Mary Baker Eddy and Christian Science**

**July 25 Mother Ann Lee and the Shakers**

**The Seminars Zoom link is:**

**<https://us02web.zoom.us/j/85419397325?pwd=QlJxejJERHBFQkdjbGtuS2grMjA3dz09>**

**Meeting ID: 854 1939 7325**

**Passcode: Seminar**



## Gardening Keeps You Healthy

As the pandemic lockdown began, the Associated Press reported on a gardening boom in the U.S. People weren't only stocking up on toilet paper and hand sanitizer! Some were emptying the garden store shelves of seeds, compost and bedding plants. Often during times of crisis, people have an impulse to go "back to the land"—even if it's just their backyard or a container on the balcony. Regardless of pandemic status, studies show impressive health benefits of gardening. Listed below are a few of the benefits:

**A good workout.** Adults who take up gardening increase their daily activity, aerobic endurance and hand dexterity, and even reduced their waist measurement. Harvard Medical School experts say gardening can use as many calories per hour as walking or water aerobics, and provides stretching and muscle toning.

**An emotional boost.** In May 2020, experts from Princeton University described the mood boost people get from various activities, and found that gardening offers a benefit similar to walking, biking or dining out.

**Improved nutrition.** Growing fruits and veggies is great motivation to consume more healthy, fresh food in place of processed foods.

**An enhanced immune system.** A February 2021 study published in the Journals of Gerontology found that people who garden may have a lower level of "immunosenescence"—the age-related decline in effectiveness of the immune system. They also have lower levels of "inflammaging"—low-grade inflammation that is common among older adults that raises

the risk of infection, cancer and inflammatory diseases.

**More time outdoors.** Many studies show the benefits of spending time in fresh air and greenery. Researchers from the University of Lincoln in the U.K. found that people who have a garden tend to spend more time outdoors. Exposure to sunlight is important in absorption of vitamin D.

**Mindful moments.** We read a lot these days about "mindfulness." The University of Lincoln team found that gardens can be "personal sanctuaries," where one might reminisce and let your mind wander. Losing yourself to a few hours on nature's clock, without worrying about everyday responsibilities, can be a great way to take a breath and focus the mind."

**Self-esteem and a sense of purpose.** The University of Lincoln researchers also noted, "Every garden, big or small, allotment or rolling meadow, is an opportunity to put your own stamp on a space." How meaningful it is to design a garden, to grow and nurture the plants, and then to arrange a bouquet, make a salad with homegrown produce, and maybe share the surplus with a food bank or friends.

**Promoting brain health.** All of the benefits above play a part in another remarkable benefit of gardening: It has been found to reduce the risk of dementia by lowering the risk of health conditions that harm the brain, such as heart disease, high blood pressure, diabetes and depression. We also receive beneficial mental stimulation from planning our garden, selecting plants, and deciding just the right moment to harvest. For a lot of people, gardening is about trying new things and experimenting until they get it right." That's as good a mental workout as any puzzle or brain game.

**So, this year, give your green thumb a chance!**

If you haven't gardened in a while, or you're new at it, this is a great time to give it a try. Even if you don't have a yard, you can create a container garden or a few pots of herbs.

\*Revised from May 2021, Caring Right at Home article

*Genesis 2:15 The LORD God took the man and put him in the Garden of Eden to work it and take care of it.*

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



# WELCOME NEW MEMBERS

## **Tommy & Carolyn Braden**

Tommy and Carolyn Braden moved to Sanibel in August 2020 from their home town, Louisville, Kentucky. They spent the last 12 years renovating a home in their spare time. It was their 3<sup>rd</sup> renovation, and it was the hardest, being a gut remodel, but the finished result helped them achieve their dream of living in Sanibel. Tommy is a Senior Data Analyst for Optum, a division of United Healthcare. He earned his Bachelor's degree from the University of Louisville in Communications and is now working on his Master's degree in Science and Data Analytics. While he works with numbers and computers during the day, he loves using his hands to work on plumbing, electrical and many other DIY projects on the side. Carolyn earned her Bachelor's degree in Art and Photography and her Master's degree in Art Education from the University of Louisville. She spent 10 years teaching art in the classroom and then worked as a Learning Consultant for a large corporation. She is now utilizing all her creative and organizational talents by working to put together their new home, numerous DIY projects, illustrating, and freelance writing for her creative portfolio at [www.carolynsbloomingcreations.com](http://www.carolynsbloomingcreations.com) Tommy and Carolyn currently enjoy exploring their new home by bike, meeting new friends, fixing up their current full-time island home, and spending lots of time with their four fur babies: Minnie Pearl and Johnny Cash-their super fluffy Miniature American Eskimo dogs and Ross and Monica-their giant Maine Coon cats.



## **Fred & Marjorie Nordstrom**

Fred Nordstrom & Marjorie Miller were born on farms in southern Iowa. They both attended country schools for 8 years. Methodist churches & small high schools. Marj played sax and Fred sang solos. They actually met singing in the Methodist church choir as students at the State University of Iowa. Marj graduated with a degree in music and began her lifelong career in her field with three years on the faculty at Parsons College in Fairfield, Iowa. Fred graduated in commerce and began his 38 year career with Cargill, Inc. in Minneapolis. Fred, was called into the Korean conflict so they decided to wed in 1950. Fred's career at Cargill included sales, recruiting, management, investments and much more that would take the family to many states in the U.S. and also Argentina where their three children were fortunate to have their teen years spent in Buenos Aires. They retired in Memphis Tennessee in 1988. They built a cabin near Park Rapids, Minnesota where they have spent the last 20 summers and both Fred & Marj were involved in the Hubbard Methodist Church's music each summer there. They built their retirement home on Sanibel in 1990 although they had been visiting since 1977 at a timeshare at the Lighthouse.



## **Joyce Waddell Bailey**

Joyce grew up in Hanoverton, Ohio a small historical town. Her father was mayor and her great childhood fun was playing in the tunnels of the Underground Railroad. She attended Youngstown, Tulane and Yale Universities on full scholarships and later was a Post Doctoral Fellow at Harvard University (Tinker Foundation). Her career included teaching studio art & art history on many grade levels and numerous Universities. Many of her publications may be seen by Googling her name. Joyce also volunteered, teaching art in New Jersey and in playgrounds in New Orleans which produced a series of wash drawings of her students, which were shown in New Haven CT and published in the *Connecticut Review*. Joyce currently works out of a small studio/gallery preparing for several exhibitions; one of which is in the Tranovich Gallery at the center for the Visual Arts in Bonita Springs.



## Green Team Share

### YES, IT'S PERSONAL: Please Join Us In Getting Cleaner and Greener!

As you know, we of the Green Team are concerned about the way we humans are mistreating our environment, and we are also interested in optimizing our health. Fortunately, often the same actions are good for both. For example, if we avoid a product with a toxic chemical in it, not only is it healthy for us, but also we're not encouraging the sale of that product, and hopefully there will be less of it in the air and water to affect not only us humans but also the more than human world of plants and animals. So this is the first in a series of newsletter articles, in which we're going to tell you about toxic chemicals and how you can avoid them. This is a taller order than you might think since the European Union has banned over 1300 chemicals in cosmetics and personal care products, while the U.S. has banned only 11. The regulations guaranteeing their safety have not been updated since 1938 when they were brought under the authority of the US Food and Drug Administration. Moreover, under current rules in the US, the FDA can only act on a product AFTER it shows evidence of harm, and even then it can't force a manufacturer to take that product off the shelf. Invaluable help comes from the nonprofit Environmental Working Group (EWG), which has guides to Healthy Living Tips, Healthy Home, Cleaning Supplies, Personal Care products (Skin Deep), tap water (this website tells what contaminants are in the water supply of each zip code and how to filter them out), and food (the Dirty Dozen and the Clean Fifteen reveal which foods are especially important to eat organic). EWG has apps with ratings of products, such as the Skin Deep database that rates 75,000 products for safety, and a Healthy Living app to scan products when you are in the store. Look for the EWG seal of approval and that of the USDA, which also certifies organic cosmetics and personal care products, and the EPA's Safer Choice label. Think Dirty is another free app similar to the EWG Skin Deep one that rates personal care products. And Detox Me is a free app from Silent Spring that gives general advice about reducing exposure to chemicals of various categories and also scans products. You could ask Congress to support the Safe Cosmetics and Personal Care Products Act, which would mandate that manufacturers list all ingredients used in their products, including fragrances, and the Cosmetic Safety Enhancement Act, which would allow the FDA to issue mandatory product recalls, require manufacturers to notify the agency of reported adverse events, and provide additional funding to carry out these changes.

Best wishes for a clean and green summer from the Green Team



**BE ON THE LOOKOUT!** Orchids will be blooming in the Memorial Grounds. Spurred by a donation of several beautiful, mature orchids, plants will be attached to trees in the Memorial Grounds, providing lovely color there in a care free way. Everyone is invited to donate orchids, whether blooming or not. Please leave plants on the ground floor, underneath the Church office. For questions, call Gail Creager at 239-980-4775.





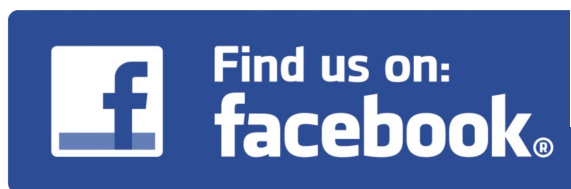
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**YOU ARE WELCOME HERE**

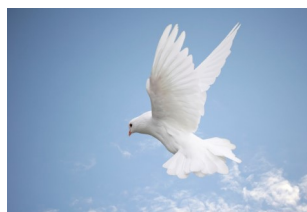


Loving all people ... growing  
in faith ...working toward  
God's vision of  
justice, healing and joy



**Submission Deadline  
for newsletter items  
is the 25th of each  
month. Please send  
your article/item to  
[sandy@sanibelucc.org](mailto:sandy@sanibelucc.org)**

**Thank you**



*Recent Deaths*

*Jim Hooper*

*Bruce Avery*