



## The Sanibel LIGHT

SANIBEL  
CONGREGATIONAL  
UNITED  
CHURCH  
CHRIST



Volume 42  
Issue 1

## Sanibel Congregational United Church of Christ Newsletter



January 1, 2021

### This Month's Worship Services

**Sunday, January 3rd**  
9:00 AM Outdoor  
(Traditional); 11:00 AM  
Livestream (Blended)  
*Epiphany Sunday*

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**Sunday, January 10th**  
9:00 AM Outdoor  
(Blended); 11:00 AM  
Livestream (Traditional)  
*The Baptism of Christ*

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**Sunday, January 17th**  
9:00 AM Outdoor  
(Traditional); 11:00 AM  
Livestream (Blended)  
*MLK Sunday*

**Sunday, January 24th**  
9:00 AM  
Outdoor (Blended); 11:00  
AM Livestream  
(Traditional)  
*Third Sunday  
after Epiphany*

~

**Sunday, January 31st**  
9:00 AM Outdoor  
(Traditional); 11:00 AM  
Livestream (Blended)  
*Fourth Sunday after  
Epiphany*

*Don't Miss These  
Great Sermons!*



9:00 AM  
Blended/Outdoors  
(by reservation only)

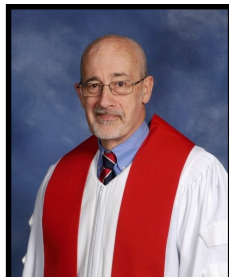
11:00 AM  
Traditional/  
Livestream  
on our  
YouTube Channel:  
SANIBELUCC

Go to our website  
for more  
information on  
weekly services  
[www.sanibelucc.org](http://www.sanibelucc.org)

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### Meet Our Pastors



Rev. Dr. John H. Danner  
Senior Pastor



Rev. Deb Kunkel  
Associate Pastor



#### What are Bits & Bobs?

- ◆ Highlights for the month
- ◆ Recent Passages (those we've lost)
- ◆ Reminders
- ◆ Helpful Tips
- ◆ Volunteer Information
- ◆ Special Announcements

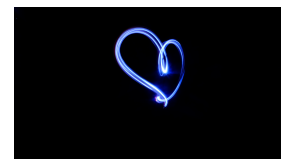
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## Letter from Pastor Danner

Dear Church Family,  
And so, we turn the page on 2020. Some of us--maybe even most of us--can only say, "Thank God!" There can be little question it was, as they say, a year for the records. A pandemic, a recession, record numbers of hurricanes, record breaking wildfires, an election season marred by bitterness, ongoing racial tensions . . . it was (and in some cases still is) much with which to contend! But contend we did. Adjustments were made. Changes were instituted. Vaccines. Ballots were cast. Fires were fought. Floods

cleaned up. Racial issues acknowledged. Economic matters laid out on the table. We haven't figured it all out, we haven't solved all the issues. And for many folks the damage done in 2020 is long-lasting. But here we are in 2021. And so is God. The Holy One never left! God is still with us. That, of course, is the central message of the Christmas season. Emmanuel. God with us. And soon we enter into Epiphany, the season of light. So the question is this: how will we as a congregation reflect the love

and light of God in 2021? How will we brighten the corner where we are? As we move into the days and weeks ahead, I hope we will keep that thought before us. How can we as a congregation reflect God's light and love? What can we do to ease the darkness around us?



I pray that 2021 is a year in which we all shine brightly!  
Blessings,  
John

**Check out my blog:  
Perwinkle Ponderings on Blogspot**

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## Letter from Pastor Deb

The pandemic continues to affect how we do our outreach and ministries, but they continue. One example is that January for the first time we participated in Amnesty International's "Write for Rights" campaign. We met for lunch to learn about and then write letters on behalf of ten people throughout the world whose human rights were being threatened, advocating with authorities who could help or writing to the people to let them know they were not alone. We also had packets of information available for those who could not attend to take with them and write them at home.

This year we are participating again, this time providing all the information online at our webpage at [sanibelucc.org/write-for-rights-](https://sanibelucc.org/write-for-rights-campaign)

[campaign](#) (It is listed under the "Learn and Volunteer" tab at the top of the page). You are invited to join me in writing on behalf of nine cases that Amnesty Int'l has chosen to highlight this year. They range from a young woman in Saudi Arabia arrested for working for women's rights, to a jailed Algeria journalist, to college students in Turkey arrested for celebrating LGBTI rights. You can write on behalf of all nine, pick the ones that resonate with you or even just one. Once your letters are written, please return them to the church office to my attention so that we can report them to Amnesty International before mailing them out. That way they can use the number of letters sent as they advocate with authorities, reminding them that people around the world are aware of the situation. At the beginning of his

ministry, the Gospel of Luke tell us that when Jesus was invited to read from the Torah unrolled the scroll to Isaiah and read "'The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favor.'" We are still invited by Jesus to follow him in proclaiming freedom for the prisoners and to set the oppressed free, for they are also God's beloved children. Joining in this letter writing effort is one way we can do that. I hope you join me as we carry forward our faith in this way.  
God's grace and Peace,  
Pastor Deb

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## Teaching & Learning Opportunities

### **Tuesday Bible Study Resumes!**

Our 10:00 AM Tuesday Bible Study will return December 5th. We will begin our sessions on Zoom, and then when we return to the building, hold hybrid sessions (Zoom and in-person). Our study of the Gospel of Luke will continue, starting with chapter 10 and the well-known parable of the Good Samaritan. HOWEVER even if you weren't part of the study last spring, you are invited to join us at this juncture

The Zoom link will remain the same as it has been in the fall, and will be sent out each week as part of the weekly e-mails. The classes will also be recorded.

### **The Next Theological Studies**

Class, run from Wednesday, January 13th-January 27<sup>th</sup> at 9:30 AM on Zoom. Rabbi Stephen Fuchs from our sister congregation, Bat Yam--Temple of the Islands, will co-lead the class with Pastor Danner as they will focus on "A Twentieth Century Prophet: The Life and Work of Abraham Joshua Heschel". Rabbi Heschel was one of the most influential theologians of the last century in both

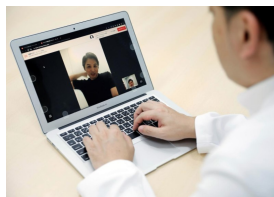
Jewish and Christian circles. He was also a colleague of Dr. Martin Luther King, and worked with him in the struggle for civil rights. Rabbi Fuchs and Pastor Danner will explore his life story, as well as his ideas and interpretations of the Hebrew scripture prophets with a special focus on his work on justice and Sabbath.

The Zoom link will be sent out each week for the class as part of the weekly e-mails. The classes will also be recorded.

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# Healthy Happenings by Linda Convertine, Parish Nurse

## Telemedicine



This new year will be full of change and possibilities, many of which came about as a result of the Covid-19 virus. Have you tried telemedicine?

As recently as last year, only 8 percent of Americans had ever used telemedicine. That statistic changed radically as the COVID-19 pandemic thrust us into virtual visits with healthcare providers. This pandemic may signal a potential long-term change in healthcare as we know it. Even outside of a health crisis, virtual doctor visits may be the way of the future. Are you ready or do you feel a bit uncertain?

Preparing for the virtual visit is the key to success. Some diagnostic items to have available at home include, a thermometer, a blood pressure monitor, a glucose monitor if diabetic, a finger pulse oximeter (measures your oxygen saturation and pulse), a scale, a flashlight, and the batteries necessary for the equipment. It is also helpful to keep a log of daily, weekly, or monthly readings depending on your health status and conditions. The log will alert both you and your provider of both positive and negative changes.

Another item to check is your

insurance. Call or check your provider's website to verify coverage. Most major private health insurers cover telemedicine, though there might be restrictions on which provider you see or the reason for your use of telehealth. Medicare covers telehealth visits now, following a policy adopted in March for the duration of the pandemic. (It hasn't been determined if the policy will be extended long term.)

If you have a broken bone, serious burns, severe pain, high fever, trouble breathing, chest pain, stroke or cardiac symptoms, a severe allergic reaction, or any life-threatening problem, you need to be seen in person immediately in the emergency room. Telemedicine is effective for a checkup and conditions such as a mild fever, cough, seasonal allergies, constipation, ear problems, flu symptoms, headaches, mild respiratory problems, sore throat, urinary tract infection, and changes in a chronic condition such as high blood pressure, diabetes, etc.

For your visit, you will need a computer, tablet, or smart phone with a camera and microphone, a quiet room with good lighting, possibly a flashlight (sore throat), your log with up-to-date readings, your current medications and dosages, a list of questions, and paper and pen. The provider will direct you to an internet link or initiate a video chat session through a popular service such as Face Time,

Skype, or Zoom.

Telemedicine has been in place for many years and has been instrumental in monitoring chronic health conditions such as congestive heart failure, diabetes, and chronic lung diseases. These programs have proven to be very successful. Physical therapists are now utilizing telehealth for virtual physical therapy sessions in the home for appropriate patients. Telehealth has been used for years in psychiatric care and is proving to be indispensable during this health crisis. It's very convenient for people who have transportation problems and for long distance consults with specialists.

Of course, there are many medical visits that need to be in person, but don't overlook the benefits of telemedicine. Check with your primary care physician to see if they offer this service and request help from office personnel if you are not sure how to navigate an online visit.

**(Jeremiah 29:11) For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.**

Caring for you and your health,

Linda Convertine  
Parish Nurse



## Green Team Share

### Who Knew?-----



Stand up for environmental justice! Protect not only yourself but all the workers who work with cash register receipts by informing their employers that the type of paper commonly used has ink containing a toxic chemical that easily rubs off. To test whether it is the thermal type, scratch the printed side of the paper. If you see a dark mark, it is not phenol-free. The chemical found in thermal receipts is bisphenol A (BPA) or BPS, found in plastics (especially ones with #3 and 7 recycling codes, including the hard plastic water bottles) and the lining of cans containing food. Hundreds of studies, including more than 50 in humans, have linked this family of chemicals to an increased risk of breast and prostate cancers, cardiovascular disease, reproductive and brain development abnormalities. One expert wrote: "There's more BPA in a single thermal paper receipt than the total amount that would leach out from a polycarbonate water bottle used for many years." Moreover, the BPA from thermal paper is absorbed directly into the bloodstream through the skin with brief contact. ([https://www.plasticpollutioncoalition.org/blog/2016/12/23/is-bpa-on-thermal-](https://www.plasticpollutioncoalition.org/blog/2016/12/23/is-bpa-on-thermal-paper-a-health-hazard)

[paper-a-health-hazard](https://www.plasticpollutioncoalition.org/blog/2016/12/23/is-bpa-on-thermal-paper-a-health-hazard))

Even if you're not a cashier, you still may be getting more BPA/BPS exposure than you realize because thermal paper is also used in airline boarding passes and luggage tags, tickets for trains, movies, sporting events and amusement parks, labels on prescription bottles or packaged supermarket items such as deli meats and cheeses, fax paper, lottery tickets and even library slips. How to reduce your exposure to BPA or BPS coated receipts?

1. Decline to take paper receipts and opt instead to have your receipt e-mailed to you. If you can, use your smart phone to take pictures of plane and train tickets.
2. If you're not given a choice and you really need the receipt, wear nitrile gloves, fold the receipt with the printed side in, and use a sealed plastic bag to store receipts you need to keep rather than carrying them loose in your wallet, purse or shopping bag. The coating can just as easily rub off on other items and when you handle those, you'll be picking up the BPA.
3. Wash your hands as soon as possible after touching receipts, especially before cooking or eating food. Use soap and water rather than alcohol-based hand sanitizers, which increase the skin's

ability to absorb BPA/BPS, as do lotions or sunscreen—anything wet and greasy. Better yet, participate in Green America's "Skip the Slip" campaign to ask businesses and other institutions to use phenol-free receipt paper and to reduce the waste of paper receipts by offering a digital option. At our meeting on January 23 (see calendar), we will tell more about that and offer sample letters.

### Green Team activities for Light calendar January 2021:

**Sat., Jan. 23, 1:30-3** Jean Chandler will give a PowerPoint presentation on **"Getting Cleaner and Greener: How to Minimize Exposure to Toxic Chemicals and Heavy Metals."** Besides the campaign against thermal receipts, it will include practical suggestions on finding or making safe personal care and cleaning products, reducing the use of plastics, foods to avoid or eat organically grown and foods that help in detoxifying, and ways to make your water and indoor a cleaner.

zoom [https://us02web.zoom.us/j/81689918579?](https://us02web.zoom.us/j/81689918579?pwd=NFBXUjBKeiZSNjk4OUxmamJ4NWJmUT09)  
[pwd=NFBXUjBKeiZSNjk4OUxmamJ4NWJmUT09](https://us02web.zoom.us/j/81689918579?pwd=NFBXUjBKeiZSNjk4OUxmamJ4NWJmUT09)

*Article continues on last page*

## Bits & Bobs

### Next Drop Off Food Drive Thursday, January 7; 11am-1pm

Thank you for your generous support for the December Drop-Off Food Drive. Unfortunately as the pandemic continues and numbers rise, the need for food as well as safe opportunities to donate food increases. Please donate to our next food drive. Put your bags/boxes of food and paper products in the back of your vehicle, drive up under the church portico, pop the trunk or back door of the vehicle open, and volunteers will unload your donations without you having to exit your vehicle. Volunteers are masked and gloved. All donations are split between F.I.S.H. of

Sanibel/Captiva and Gladiolus Food Pantry. For questions or if you would like to volunteer for future Food Drives, please contact Pastor Deb.

### Welcome Our New Preschool Director D'Ann Miller



Please offer your belated welcome to our new Director D'Ann Miller. She started in October after our Director of 7 years Ana Abella left to pursue other professional opportunities. D'Ann recently moved to S.FL from Missouri, though she has vacationed for many years on Sanibel. She may be familiar to some of you as she is friends with several of the women involved with SCWIM, and attended as well as, lending a hand at some of SCWIM's events. D'Ann comes to us after spending almost 10 years as Montessori School of Innovative Learning as Owner and Exec. Dir. of a student body of up to 75 students. She has earned a Bachelor's degree in Psychology with concentration in

early childhood dev. and learning theory; worked for over decade with developmentally disabled children, as well as bringing her marketing, and strategic planning experience. Most importantly, she has an obvious love for children and desire to give them the best possible start. D'Ann has already been out in the community marketing and recruiting new students for the 2021-2022 school year. She continues our standards of providing a loving, warm environment for our students as we also provide a professional teacher who allow our students to reach their full potential in all aspects of their development. Normally we would invite you to stop in and say hi to her, but the COVID-19 restrictions make that impossible. Please drop her a note via email at [dmiller@sanibelucc.org](mailto:dmiller@sanibelucc.org) or to the office to welcome her to the staff and the church.

### Recent Passages

*Margaret White, Russ Gibson,  
Ron Schongar, Jack Braun, Jim Hynden*

**Sanibel  
Congregational  
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**YOU ARE WELCOME HERE**



**Green Team Share, continued from page 5**

**Saturday, Jan.30, 12-1:30** Fourth Annual **Electronic Recycling Drop-Off, in back of the Church.** Please bring all electronics (except for televisions, printers and copiers) in small cardboard boxes, separating ones that work from ones that don't. Mike Peterson will strip all personal data from working computers before donating them to Komputers for Kids. You should strip working phones of personal data. Masked volunteers will take them from your car as you drive through. You may bring all kinds of electric wire, mouse and keyboards, laptops, notebooks, computer towers, battery backups, hard drives, flat panel monitors, lithium batteries, automotive batteries, cell phones, standard phones and phone equipment, generators, industrial switching gear, hospital and medical test and monitoring equipment, gaming devices, vcr, dvd, blu-ray and audio equipment, gps items, mainframes, circuit boards, automotive and industrial machinery and test equipment, electric motors of all kinds, routers, speakers, external hard drives, smart phones, florescent light ballasts, marine electronics, servers, video equipment, electrical switches, circuit breakers and panels, and starters and alternators.



**NEW MEMBERS:**

**Claudia Hennen**

**Daphne Mason**

**Candy Atchison**

**Back Story...**

**Interfaith Shared Scholar  
Announced**



The 2021 Interfaith Shared Scholar Lecture will feature Dr. Susannah Heschel. The program, normally held at the Sanibel Congregational

UCC, will be held virtually due to the Covid19 Pandemic. The lecture will be livestream via Zoom at 4:00 PM on Sunday, January 31.

Dr. Heschel will examine how her late father, Rabbi Abraham Joshua Heschel, a colleague of Dr. Martin Luther King, Jr, might respond to the current issues surrounding systemic racism in the United States. Susannah Heschel is the Eli M. Black Distinguished Professor and chair of the Jewish Studies

Program at Dartmouth College. She is the author of several books on German Jewish history and has published over 100 scholarly articles. Among her publications are *Abraham Geiger and the Jewish Jesus*, *The Aryan Jesus: Christian Theologians and the Bible in Nazi Germany*, and *Jüdischer Islam: Islam und jüdisch-deutsche Selbstbestimmung*, and co-editor, with Umar Ryad, of *The Muslim Reception of European Orientalism*. While a student, she edited one of the first books on Jewish feminism, and feminist theory continues to inspire her scholarship; she is currently writing a book with Sarah Imhoff, *Jewish Studies and the Woman Question*. As the daughter of Rabbi Abraham Joshua Heschel, she has edited two volumes of his essays, supervised the translation of his work into languages around the world, and represents him at conferences and lectures, particularly at gatherings of Civil Rights leaders. She has received

four honorary degrees and has held research grants from the Carnegie Foundation, the Ford Foundation, the National Humanities Center, the Guggenheim Foundation, and the Wissenschaftskolleg zu Berlin. The Shared Scholar Lecture link info. will be available on the SCUCC website at

[www.sanibelucc.org](http://www.sanibelucc.org). The program is made possible by an interfaith coalition of congregational in Sanibel & Captiva, including Bat Yam--Temple of the Islands, Captiva Chapel by the Sea, the Christian Science Church of Sanibel, Saint Michael and All Angels Episcopal Church and Sanibel Congregational United Church of Christ. Additional funding is provided by the June Rosner Foundation.

For further information, contact the Rev. Dr. John H Danner at the Sanibel Congregational United Church of Christ, 239-472-0497.