



THE EPISCOPAL CHURCH
ON SANIBEL ISLAND

Wednesday
Evening Service
August 6th
6:00 p.m. and
Pot Luck Supper
at 6:30 p.m.

"Bag Day"
August 15th
9:30-12:30 p.m.

SAVE THE DATE
January 16, 2009

Remember in
Your Prayers

The Red Door

August 2008

News of the people and ministries of Saint Michael and All Angels Church, Sanibel, Florida

Dear Members and Friends of Saint Michael & All Angels Parish:

I am writing this note to you in the middle of my month filling in for Father John Corbiere while he takes some well-deserved rest back at his home in Connecticut. I have been reflecting on my experience of this parish over the brief time that I have been with you. Penny and I first came here while we were in the midst of purchasing our condominium at Sanibel Harbour Resort just the other side of the causeway. We came with Penny's sister, Linda Seifert, who is a winter member of Saint Michael's being in Connecticut in the summertime.

I was a Presbyterian minister at that time serving a parish in Stamford, Connecticut, and running my consulting business with my colleagues in my firm, The Sigma Group of America. We were only down here a few weeks in the winter for the first years of our association with this wonderful parish. However, I was in the process of considering a move from the Presbyterian Church to the Episcopal Church and certainly found Saint Michael's to be a wonderful picture of what life could be like as an Episcopal priest.

It is only in the spring of 2005 after I had turned sixty-five and been honorably retired by the Presbytery of Southern New England that I was confirmed as an Episcopalian by Bishop Andrew Smith, my diocesan bishop in Connecticut. That day it was me and hordes of youngsters all being confirmed in the Bishop Seabury Deanery in Southeastern Connecticut. The following June I was ordained a deacon and then in February of 2007 I was ordained a priest. So my coming of age as an Episcopalian and my growing in knowledge of all of you have occurred side by side in my life.

What I have seen here along with two rectors whom I admire and a set of adjunct clergy with whom I am proud to serve, is a group of committed and highly effective lay people making this parish sing with the love of Christ. It is an absolute thrill to be with you and to have a few chances to serve you as a priest. The true wonder of this place is the leadership you all provide and the ministry you offer to each other and to Sanibel and the surrounding area.

I suspect you don't realize how special you are and what amazing things you do together as a church. I've had the privilege of being in scores of parishes in my capacity both as a clergyman and as a consultant and Saint Michael's is truly special.

I look forward to worshipping with you for a long time as does Penny.

God's blessing be with you all.

Doug Lind

Proud Member of the Adjunct Clergy of Saint Michael & All Angels Church

Worship is at the heart of all we do

We invite you to worship with us:

- **Saturday at 5** – A “Come as you are Eucharist” and a Reception following.
- **Sunday at 9:30** – Eucharist with hymns, followed by Coffee Hour.*

(*With Sunday Overseas Shuttle pickup at Woodlands and then at SPV Island)

Wednesdays 9 a.m. Eucharist with prayers for healing
Wednesdays 6 p.m. Evening Worship (1st Wednesday's of the month.)

Wednesday Night Worship

The Wednesday Night Lay Led Worship Service continues during the summer, at 6:00 p.m. in conjunction with the monthly Pot Luck supper at 6:30. We invite your attendance and participation.

The Wednesday Evening Lay Led Worship Service on August 6th at 6:00 p.m. will be a service from the New Zealand Prayer Book. Leaders for the evening are Bettie Modys and Jane Adams. All are welcome to join this service which immediately precedes the Potluck Supper.

August 6th Potluck Supper

The Dog Days of Summer will be celebrated at the August 6th Pot Luck Supper. Hosts Jetta Currise and Mary Jane Rawlins are planning a picnic of cold foods for the evening. Bring a favorite cold, picnic dish and join the Saint Michael's group for a picnic supper in the air conditioned Parish Hall.

Noah's Ark Summer Schedule

Tuesday and Friday
9:30 a.m. – 12:30 p.m.
Closed Saturdays

“Bag Day”
is
August 15th



The Ark will then close until October.
Phone: 472-3356.

Men's Fellowship

Men of Saint Michael's! Join together in fellowship, discussion and prayer at 7:30 a.m. on Tuesday, August 12th and August 26nd in the Parish Hall. Refreshments provided.

Pantries Empty! Food Needed!

CCMI Soup Kitchen is now feeding over 200 guests' daily and giving groceries to 25 families. They are looking for non-perishable foods as well as bug spray and toiletries. Can you help? Drop food off in the Parish Hall or send a check earmarked “Soup Kitchen” to the Church Office.



Volunteers are needed to help at the Soup Kitchen on Thursday, Aug. 28th. Please sign-up in the Parish Hall.



South Fort Myers Food Pantry Grand Opening

The new food pantry in South Fort Myers, located at 8260 Cypress Lake Drive (between Summerlin and Winkler Road) right behind Cypress Lake Presbyterian Church, had its grand opening on Monday, July 14th at 10 a.m. They will be open every Monday (except federal holidays) from 10 a.m.-1 p.m. and again from 6-8 p.m. Their service area extends from Colonial Blvd. south to the beaches and from Cleveland Ave (US 41) to the Caloosahatchee River. Anyone who needs food will be given enough for 3 to 5 days depending on the size of their family. Participants will need to bring identification with their current address.

Food will be given to each family on a two week schedule. At this time they will only have canned goods and dry food. Fresh fruit, vegetables, refrigerated and frozen food will NOT be available. This is a joint venture of 10 churches in the area including Saint Michael's that hope to help those who are less fortunate than ourselves. They also welcome any volunteers who wish to help in this program.



Greetings from Saint Michael's to Saint Michael's

Or, to be more specific, hello from Saint Michael and All Angels, Berwick, East Sussex, England to Saint Michael and All Angels, Sanibel, Florida, U.S.A.

Beryl and Alex Flesh miss our friends and fellow parishioners in Sanibel, but we enjoy our summer time in our small home in the Meads section of Eastbourne, East Sussex. The church in Berwick is only twenty minutes away. We were introduced to it by Beryl's sister and her husband, Angela and Mike Wardroper, who some of you know as they come to Sanibel in the winter where they own a condo at Tennisplace and attend Saint Michael's, both in Sanibel and Berwick.

Saint Michael's, Berwick, is a national treasure, dating back to the 12th century and even includes a Saxon font which predates it. A variety of renovations over the centuries have added to its uniqueness. To the right of the Saxon font are arrow marks on the wall where the bowmen of Henry V in the 14th century, after being blessed by the priest, then sharpened their arrows and departed for the invasion of France and the pivotal Battle of Agincourt! Clear glass side windows in the north and south aisles were installed after bombs destroyed the stained glass side windows in 1944. All the other lovely stained glass fortunately were saved. Even today, worshippers are called to church by a manual bell pulled by one of the churchwardens.

Colorful murals, known as the Bloomsbury Murals, were created in 1941 by Duncan Grant, Vanessa Bell (sister of Virginia Wolff) and her son, Quentin, who lived at Charlton Farm nearby where the "Bloomsbury Group", including Virginia Wolff, the writer Lytton Strachey, the economist John Maynard Keynes and other intellectuals/artists and other assorted Bohemians would come on weekends and holidays.

If you want to see pictures and learn more, go to <http://www.berwickchurch.org.uk/>.

We can only suggest, if you are ever in the East Sussex area near Brighton or Eastbourne, only seventy miles south of London, that you see this lovely small jewel of a church. We'll be glad to show it to you!

*Faithfully,
Beryl and Alex Flesh*

Summer on Sanibel

The dynamic of our worship music at Saint Michael's changes in the summer season. People travel away, visitors join us, and some even attend different services.

(1) With our Parish Choir "off" from Pentecost to Saint Michael's Day, these people sit among you, and (at my suggestion) move around from week to week. Their choral leadership is given from a different angle, as a part of the Great Choir of Gathered Christians. In this summer of 2008 **the people's voice is strong** – congregational singing is enthusiastic. With all the fuss at Lambeth and beyond, music holds us together in the mainstream. Well done!

(2) A recent **major gift to the music area**, the second in recent months, will expand our resources for the people's praise and prayer. A detailed announcement will be forthcoming, of new sounds, new ideas, and new uses of technology as we make fresh discoveries together in this interim period of change. And I expect new members for these activities, as people discover new opportunities to share their talents.

(3) **On a personal note**, my summer is filled with professional meetings and a recital in Maine, with Lynne Dugan and John Bendall playing capably on the Sundays when I must be away. Our housing search (see a note elsewhere) and our daughter's accident have changed some of our vacation travel plans. I am completing a celebratory anthem on commission, for a West Texas parish celebrating its 125th year in 2009 – they have seen some real changes in all that time.

ANNUAL LEASE NEEDED

**Willis and Anna Bodine
must move into new lodgings by
January 1st or before,
as their house is being sold by the owner.**

We must find a place for us and for our elderly cat, Spirit, within sight and sound of the Gulf: 3 BR (or 2BR + den), screened porch, furnished (or unfurnished), access without stairs (ground level or elevator). If you have any leads for us, please call (239) 395-3769 or e-mail Willis at musician@saintmichaels-sanibel.org — and thanks!

HELP WANTED

50th Celebration

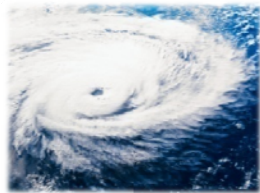
Charlie Emerson and Betsy McCullough are looking for people interested in working with us on the 50th Celebration which is scheduled for Friday, January 16, 2009.

Our plan is to form Task Forces that will work in conjunction with each other to put together a celebration of our 50 years as Saint Michael and All Angels that will be meaningful and fun for everyone. Some of the areas in which the Task Forces will be functioning are: Wine & Food, Art & Decorations, Entertainment, Invitations, Set up & take down, and Publicity & pictures.

If you have questions and or would like to help with this very special night, please call us. We will not be meeting as a group until the middle of October but we look forward to hearing from you between now and then.

*Charlie Emerson
Betsy McCullough
Co-chairs 50th Celebration*

Hurricane Preparedness



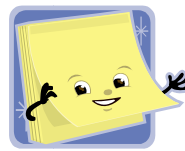
Jane and Don Adams are coordinating information for Saint Michael's on-island residents while Christine and Jerry Steege are doing likewise for those living off-island.

We are requesting that Sanibel and Fort Myers area parishioners complete a Disaster Plan form 2008 for 2008. This form is available for downloading on our website on the *Hurricane/Disaster* page and in the Parish Hall. Also Susan, in the Church Office, can mail one to you if needed, call 239-472-2173.

If you know of persons needing help in completing the form, please contact one of us or the Church Office.

*Jane and Don Adams
Christine and Jerry Steege
Hurricane Coordinators*

Deadline for the September issue of *The Red Door* is August 20th.



Reminders in the Storm Season:

Storm information is posted at Saint Michael's website: www.saintmichaels-sanibel.org click on the *Hurricane/Disaster Update* tab on the left or the weather button on the right. You can also visit the City of Sanibel website: <http://mysanibel.org> and/or the National Hurricane Center website <http://www.nhc.noaa.gov>.

Saint Michael's Church office closes for evacuations. Phones are forwarded to a staff cell phone. An off-island virtual office will be established at a local church or hotel or beyond.

Word Search – Matthew 14

Gennesaret	Herod	John
attendant	boat	body
bound	bread	buffeted
compassion	courage	dead
dismiss	distressed	eat
fear	fish	five
food	ghost	girl
granted	grass	head
kill	king	late
lawful	miraculous	night
oath	platter	pray
satisfied	sick	sink
solitary	thanks	time
two	village	watch
wife	wind	work

U	I	C	G	G	K	T	B	L	T	A	E	C	V	X
H	T	A	O	B	H	U	W	H	N	G	A	B	R	T
F	E	A	R	A	F	Z	G	E	A	Y	O	W	T	K
W	R	E	N	F	U	I	V	R	D	U	I	T	B	S
A	A	K	E	J	N	I	U	O	N	F	D	O	O	F
D	S	T	O	V	L	O	B	D	E	A	D	L	I	W
O	E	H	C	L	C	F	B	N	T	Y	I	V	D	Z
D	N	S	A	H	A	P	L	A	T	T	E	R	N	K
Z	N	G	S	U	O	L	U	C	A	R	I	M	E	N
K	E	I	D	E	T	N	A	R	G	H	O	S	T	I
I	G	T	W	P	R	A	Y	W	G	I	P	C	A	S
N	J	O	T	S	A	T	I	S	F	I	E	D	L	I
G	R	A	S	S	I	M	S	I	D	U	R	M	G	C
K	C	O	M	P	A	S	S	I	O	N	L	L	I	K
D	C	A	P	F	P	H	E	A	D	G	E	F	B	T

From Roberta Heller, R.N., Parish Nurse

STROKES

This year, about 780,000 Americans will have a new or recurrent **stroke**. A stroke, which is a type of cardiovascular disease, affects the arteries leading to and within the brain. There are two types of strokes: (1) an **ischemic stroke** occurs when a clot blocks an artery. This is the most common type of stroke and accounts for about 85% of all strokes. (2) a **hemorrhagic or bleeding stroke** is caused by a ruptured blood vessel within the brain. Both types of strokes interrupt the blood flow and thus the oxygen flow to a part of the brain. When this occurs, the cells in the affected area of the brain begin to die. Depending on the involved area, a stroke can cause paralysis, and/or difficulties with speech, language and vision.

A **transient ischemic attack (TIA)** is often referred to as a “mini stroke”. It is a “warning” stroke and a strong indicator of a possible impending major stroke. A TIA occurs when a blood clot *temporarily* clogs an artery, and part of the brain does not receive the blood it needs. The warning signs are the same as a stroke. The symptoms occur rapidly and may last just a short time, usually less than 5 minutes. In a TIA, when the blood clot resolves, the symptoms disappear. However, a TIA is still a medical emergency and should be treated as such.

Stroke risk factors fall in to 2 categories.

Risk factors that can be modified or controlled:

1. High Blood pressure
2. Tobacco use – cigarette smoking is the #1 preventable risk factor for strokes
3. Diabetes mellitus
4. Carotid artery disease
5. Atrial fibrillation
6. Other heart disease
7. Sickle cell disease
8. High cholesterol
9. Physical inactivity and obesity
10. Alcohol use and drug abuse

Risk factors that cannot be changed

1. Increasing age
2. Gender – higher incidence in men than women
3. Heredity
4. Race – higher incidence in African Americans

Early detection and intervention are the keys to a good outcome. For an ischemic stroke, the clot-dissolving drug, tPA (tissue plasminogen activator), can reduce or eliminate long term disability. In order to be effective, tPA must be given *within 3 hours* after an ischemic stroke begins. Generally, only 3-5% of people who have a stroke seek medical attention in time to receive this type of treatment. For a hemorrhagic stroke, the treatment is often surgical intervention.

KNOW THE WARNING SIGNS:

- Sudden numbness or weakness of the face, arm or leg, usually on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes

- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause.

Unfortunately there is a general lack of awareness of warning signs. If you are with someone whom you think may be having a stroke, do the following:

- Ask the person to **SMILE** – look for asymmetry
- Ask the person to **RAISE BOTH ARMS** – look for weakness on one side
- Ask the person to **SPEAK A SIMPLE SENTENCE** – “It is sunny outside today.”

If a person has trouble with any of these tasks, **call 911** immediately, describe the symptoms and note the time they first occurred. Both a stroke and a TIA are medical emergencies. Remember - every second counts.

It is better to call 911 than to take someone to the Emergency Room yourself.

For more information: look for information sheets on the Parish Hall table or go to www.americanstrokeassociation.com.

Please Remember in Your Prayers

Parishioners:

John Kanzius	Jo Stark	Katherine
Ginny Leigh	Fran Nuelle	Lee Ferguson
Irving Johnson	Everett Ballard	Richard A. Smith
John L. Rushworth	Stephen Lai	Suzy Post
Eleanor Hornbrook	Claudia Johnson	Dick Kimball
Virginia Smith	Laura Barr	Gordon Jensen
Brenda Demaree	Lee Almas	

Family of Parishioners:

Darlene Carter	Verlyn Ginther	Barbara Ginther
Sharon Lewis	Betty Ginther	Jack Daley
Mary Ellen Lehmann	Stella Farwell	Judy Hill
Carol Peck	Robert	Carol Welsh
John Z.	Erin Browning	Mike Anderson
Bonny Bradley	Polly & Family	

Friends of Parishioners:

Lois Smith	Craig Scott	Walter Moreau
Anne Warren	Jean Armond	Albert Doyle
Richard Neill	Brian Nelson	Patrick Gasaway
Jackson Bell	Gene Paris	Maureen Raine
Rosie McDaniel	Bill Radicchi	Jane Everett
Sid Nodland	Sally Herring	Sally McNulty
Jack Stanton	Bob Cheney	Mari Heil
Louis Munchmeyer	Jackie Childs	Ronald Ferguson
Bob Wigley	Nancy Walls	Will Linn
Nancy Mitchell	Dorothy	Bill
Rosalie Siegel		

SAVE THE DATE

January 16, 2009

50th Anniversary

Celebration Dinner

August Birthdays

1 st	Donald Fishburne, Frank Griffith
2 nd	Jean DiMicco
4 th	Ann Simms
5 th	Irene Heider, Charles Thoms, Ann Cooper
7 th	Barry Gordon
8 th	Del Hanner
9 th	Edna Hanner
10 th	Donald Van Alstyne
12 th	Dmitri Scutakes
14 th	David Bath
15 th	Connie Edgar, Nome Thompson
16 th	David Adams, Alicia Jordan, Bob Allen
17 th	Mona Wheatley
18 th	Bob Ingraham
19 th	Doris Rogers
20 th	Halsey Spruance
21 st	Barbara Burroughs
25 th	Alwyn Johnson, Bob Rawlins, Bruce Sprinkle
27 th	Pat Jones
28 th	Shirlla Cuscaden
29 th	Anne Stewart
30 th	Hyde Tucker
31 st	Clint Ellenberg

August Anniversaries

1 st	Robert and Libby Hawley, Phil and Betty Belanger
5 th	John and Judy Pryor
14 th	Charles and Marge York
15 th	Bob and Mary Jane Rawlins
18 th	Bob and June Ingraham
20 th	Jerry and Donna Hubbard
22 nd	David and Martha Vauls
25 th	Charlie and Marge Hohns
30 th	Stan and Lois Rose
31 st	Jim and Marguerite Jordan

Church Calendar of Events



1 st	AA Meeting – 8 p.m.
2 nd	“Come as you are Eucharist” – 5 p.m.
3 rd	Eucharist w/ hymns – 9:30 a.m.
6 th	Eucharist w/prayers for healing – 9 a.m. Evening Worship – 6 p.m. Pot Luck Supper – 6:30 p.m.
7 th	AA Meeting – 8 p.m.
8 th	AA Meeting – 8 p.m.
9 th	“Come as you are Eucharist” – 5 p.m.
10 th	Eucharist w/ hymns – 9:30 a.m.
12 th	Men’s Fellowship – 7:30 a.m.
13 th	Eucharist w/prayers for healing – 9 a.m.
14 th	AA Meeting – 8 p.m.
15 th	“Bag Day” at the Ark – 9:30 a.m. AA Meeting – 8 p.m.
16 th	“Come as you are Eucharist” – 5 p.m.
17 th	Eucharist w/ hymns – 9:30 a.m.
20 th	Eucharist w/prayers for healing – 9 a.m.
21 st	Vestry Meeting – 1 p.m. AA Meeting – 8 p.m.
22 nd	AA Meeting – 8 p.m.
23 rd	“Come as you are Eucharist” – 5 p.m.
24 th	Eucharist w/ hymns – 9:30 a.m.
26 th	Men’s Fellowship – 7:30 a.m.
27 th	Eucharist w/prayers for healing – 9 a.m.
28 th	Saint Michael’s day at CCMI – 8 a.m. AA Meeting – 8 p.m.
29 th	AA Meeting – 8 p.m.
30 th	“Come as you are Eucharist” – 5 p.m.
31 st	Eucharist w/ hymns – 9:30 a.m.



SAINT MICHAEL AND ALL ANGELS CHURCH

2304 Periwinkle Way, Sanibel, FL 33957

(239) 472-2173 Fax: (239) 395-1670

www.saintmichaels-sanibel.org

Weekend Worship:

Saturdays at 5, Sundays at 9:30

Non-Profit Org.
U.S. Postage
PAID
Sanibel FL
Permit No. 61

August 2008