



THE EPISCOPAL CHURCH
ON SANIBEL ISLAND

Pot Luck Supper
June 4th
6:30 p.m.

*Prayer Chain
Ministry*

*Hurricane
Preparedness*

*"Remember in
Your Prayers"*

Vestry Highlights

The Red Door

June 2008

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

Dear Friends in Christ,

As we begin the month of June much of our attention may be focused on travel or the upcoming hurricane season. Sometimes this focus on what is to come especially at this time of year, keeps us from appreciating and fully attending to the time that is at hand.

The time that is at hand, that is today is very precious. We have the opportunity to use each day for new discoveries or the creation of new possibilities for our lives.

A commitment to creation and discovery might enable us to see gifts with which we have been blessed by God that we had not otherwise noticed. It might lead us into new relationships that open a door to a new world of possibility and service. This commitment may present us with the opportunity to read an article or book that has a profound impact on our faith and the work of the Spirit in our lives.

Throughout the summer months many of our Sunday Gospels will come from Matthew. His focus is on the immediacy and universality of Christ message. It is a message for today and the rest of the todays of our lives. It isn't a message for tomorrow for tomorrow has not yet occurred. What is occurring for each of us is today, this hour, this moment.

Helen Keller, the great American humanitarian said, "Life is an exciting business, and most exciting when it is lived fully and appreciated each day of our lives".

Have a great summer, worship, pray and don't worry too much about the hurricanes.

Pax,

Fr. John

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.)

Noah's Ark Summer Schedule Tuesday and Friday 9:30 a.m. – 12:30 p.m.

The Ark will not be open on Saturdays. “Bag Day” will be August 15th. The Ark will then close until October. We will continue to accept contributions during the summer. Noah's Ark is staffed by Saint Michael's Church volunteers, and proceeds support a wide variety of charities at the local, regional, national and international levels, including disaster relief. Phone: **472-3356**.

The “Great Choir of Gathered Christians” sings this summer!

With our summer Sunday Eucharists now at 9:30 o'clock, we can all join fully in singing the whole liturgy of the Book of Common Prayer. The Parish Choir is scattered, not sitting all in one clump, and these individuals will even move about from week to week. So I call you a “Great Choir” because we all take part in this dialogue of praise and prayer to God, Sunday by Sunday. *What can you do to help? Sit forward* in the church, not under the loft or in back pews, so you can hear each other and sing together. **Read** the hymn texts as part of your silent prayer in gathering time, so that you can “sing praise with the mind also” (as in I Corinthians 14:15-16). **Find** the hymnal places (the S- numbers are in the front) and in the Prayer Book. **Stand** with the organ playover, **open** your hymnal and share it with your neighbor, and **listen** to the tunes — most of the melodies also appear in the voluntaries each week. And then, again with St. Paul, “**sing and make melody in your hearts to the Lord.**” *Does this sound like a choir? It is — and it's a great one!*

♫ *Willis Bodine*

Thank you!

Dear people of Saint Michael's:

I want to thank you for the wonderful painting by Jim Bird of the angel window in the back of the Church. I have celebrated the Eucharist many times in front of those windows and this brings me fond memories of those times and of the times I have spent here at Saint Michael's. I have truly enjoyed being a part of the Adjunct Clergy and hope to continue serving in this capacity in the future. Again, I appreciate your thoughtfulness and I will cherish the painting.

Yours in Christ, Paul+

Wednesday Night Worship

The Wednesday Night Lay Led Worship Service will continue during the summer, at 6:00 p.m. on the first Wednesday of the month, starting on June 4th, in conjunction with the monthly Pot Luck supper. We invite your attendance and participation.

Traditional Pot Luck Supper

The June 4th, Pot Luck Supper at 6:30 p.m. will be in the Saint Michael and All Angel's Traditional style, rather than a theme. Everyone who attends is asked to bring a dish to share - an appetizer, main dish, vegetable or salad, or a dessert.

Prayer Chain Ministry

If anyone would like to be prayed for, or knows of someone who needs prayers for a sudden illness, personal crisis, or death in the family, please call the church office or one of the members of this new ministry so that the chain of prayers will be started as soon as possible.

The members of this ministry are:

Janet Bendall – 239-454-5953 or
239-898-9078(cell phone)

Jane Bone – 239-415-9337

Jeanne Fuchs – 239-437-3235

Barbara & Bill Maruchi – 239-433-9488

Betsy McCullough – 239-466-6428 or
239-691-1284 (cell phone)

Polly Pinney – 239-482-7347

Mardi Ponader – 239-395-1140

Nancy Santeusano – 239-395-3232

Anne Stewart – 239-437-4904 or in ME 207-230-1112

Anyone who would like to be part of this ministry, please call Mardi or Betsy.

From Roberta Heller, R.N., Parish Nurse

A Healthy Lifestyle

We are all probably tired of hearing about this. We know it is something for which we should strive. Sometimes it seems difficult to obtain – and then maintain. At the first Lunch and Learn, Sandi McDougall, from the Senior Center, focused on healthy eating and how to lose weight. Being overweight (with a BMI over 25) makes a person more prone to heart disease, stroke, diabetes, and some cancers. Just losing 10% of your weight will help lower this risk. Sandi emphasized making small changes in your diet, ones that you can live with and can sustain over time. Try to reduce the amount of salad dressing or mayonnaise that you usually use. Maybe even “hold the mayo.” Then add another positive change. Little changes can add up to big fat and calorie savings. A recent study by Harvard and American Cancer Society concluded after 16 years of studying 43,000 male health professionals. This study found that heart disease could be greatly reduced by doing these five things:

- (1) Eat healthy
- (2) Maintain a healthy weight
- (3) Exercise (yes, that again!)
- (4) Don't smoke
- (5) Drink alcohol in moderation.

(Circulation, 2006; 114:160-167)

According to the US Government's most recent food pyramid, your total fat intake should be 20-35% of your total calories. Most of your fat intake should be from fish, nuts, and vegetable oils. Limit trans fat, commonly found in baked goods and fried foods. Reduce, not necessarily eliminate, your intake of nutrient poor foods such as soft drinks, coffee blends, and alcohol. More suggestions include: making food portions smaller; chewing food slowly; drinking 6 glasses of water daily. Remember to read food labels – not all foods are created equal. For example, wheat bread and whole wheat bread are not the same. Wheat bread is probably made with refined white flour. Whole wheat is more nutritious and has higher fiber content. Whole wheat should be the first ingredient on breads, cereals and crackers. Look for informational pamphlets on healthy eating and BMI on the table in the parish hall.

For more information: www.nihseniorhealth.gov; www.cancer.org; and www.americanheart.org.

Prepared to Respond in an Emergency - CPR

In addition to the parishioners mentioned in the May issue of *The Red Door*, 5 parishioners of Saint Michael's also completed the Heartsaver CPR Course at the Sanibel Fire Department on Friday, April 25th. They learned the basic skills necessary to respond quickly and effectively in an emergency.

Congratulations go to Phill Urion, Joan Downey, Ellen Trevor, Sally and David Lund for a job well done!

The AED Has Arrived

On behalf of the Pastoral Care Commission and all the parishioners of Saint Michael's, a heartfelt thank you to Bill and Liz Coffey for generously donating a Philips Heartstart Onsite AED (Automated External Defibrillator) and all the trimmings. We now have 36 members and staff trained in CPR and the use of an AED. Although it may sound a bit strange, I hope this gift never needs to be used. But knowing it is there in the event of a cardiac arrest provides great peace of mind.

Thank you very much,
Roberta Heller, RN, Parish Nurse

Caregivers Support Group

There is a new Alzheimer's Caregivers Support Group on Sanibel. It is held the 4th Wednesday of each month, year round, from 2:30 - 3:30 at the Congregational United Church of Christ. It will be facilitated by a social worker from The Alvin A. Dubin Alzheimer's Resource Center. It is open to all caregivers dealing with any kind of dementia, not just Alzheimer's.

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	Fred Kitch
Eleanor Hornbrook	Suzy Post	Claudia Johnson

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

Friends of Parishioners:

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

Hurricane Preparedness:



Medical Considerations

Medical preparedness is important for all of us, and critical for those with special health needs. Here are some things to consider:

1. Make a Medical Information List. Include the following:
 - **Medical providers** - names, phone numbers and the reason you see them.
 - Names of **medications** you take, dosage, prescribing doctor, and medical condition. Keep all medications in their original labeled bottles. Make arrangements for additional medications – a minimum of a 14 day supply. Refill a few days before a storm. Have additional copies of your prescriptions (necessary if you are out of the area for a while and need medicine).
 - List of medications that are in the refrigerator and person responsible for putting them in a refrigerated bag or cooler.
2. List of **specific equipment** you need, body support equipment and assistive equipment – glasses, hearing aids, augmentative communication devices, canes, and walkers. Make certain it is labeled and laminated instruction cards are attached. Have extra batteries and chargers.
3. List of **allergies and sensitivities**.
4. List of **communication or cognitive difficulties** you have.
5. Copies of **health insurance cards**.
6. Copies of pertinent **medical reports**.
7. List of emergency **out of town contacts** and phone numbers.

Review and update your medical information and plans on a regular basis.

Checklist for Caregivers

- ✓ Prepare a hurricane supply kit
- ✓ Enroll your loved one in an identification bracelet program
- ✓ Implement a safety plan
- ✓ Prepare activity supplies for your loved one with memory impairment
- ✓ Be aware of behavioral symptoms and appropriate intervention
- ✓ Get to know your neighbors
- ✓ Join a support group for caregivers

Protecting your Pets

Don't let your pet become part of the disaster recovery effort.

- ✓ Keep up-to-date identification on your pets at all times. Have current color photos of your pets to be kept with your emergency supplies.
- ✓ Because of a greater threat of disease, it is important that your animal be up to date on their vaccinations.
- ✓ If you must evacuate, take your pets with you! Your pet's best protection is to be with you!
- ✓ To insure a shelter for your animals, call ahead to hotels, boarding kennels, family or friends to make sure your pets will be accepted. Evacuation shelters will not accept pets of any kind. For pet friendly lodging visit www.petswelcome.com/welcome.html.
- ✓ Acquire an impact resistant pet carrier or cage for each animal.

Disaster supplies for your pets (for evacuation & at home)

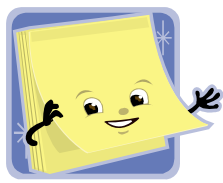
- ✓ Portable impact resistant carrier and leashes
- ✓ Food/water bowls, can opener, spoon; Instructions n your pet's feeding schedule and diet, medications and any special needs.
- ✓ At least a one-week supply of your pet's regular medications.
- ✓ A two-three week supply of your pet's food and water in plastic bottles.
- ✓ Pooper-scooper and small plastic bags; Litter/litter box.
- ✓ Dish soap and disinfectant, paper towels
- ✓ First aid kit (Lee County Animal Services has Hurricane Kits for purchase while supplies last.)
- ✓ Make sure your pets are wearing proper identification. Have health records, including vaccination records.

If you must leave your pets behind, DO NOT leave pets in carriers, as they will not be able to get more food and water when needed. This should not be considered an option, but if you have no choice you should provide the following:

- ✓ A room without windows, that still provides ventilation. Do not confine dogs and cats in the same space.
- ✓ At least three days supply of food. Several gallons of water that will not be easily knocked over.
- ✓ Access to a high area that they can reach in case of flooding.
- ✓ Familiar bedding and toys (for comfort).

Place a notice on your front door advising what pets are in the house and where they are located. Provide a telephone number where you or a contact can be reached as well as the name and number of your veterinarian.

***Look for more information and tips
on Hurricane Preparedness
in future issues of
The Red Door.***



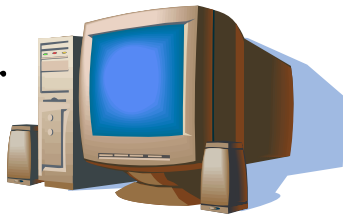
Reminders in the Summer storm season:

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

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.

The Red Door On-line



As introduced in the last two issues of *The Red Door*, the Vestry and staff members of Saint Michael's Church are pursuing ways to reduce costs, in the areas of Administration. Doing so will enable us to maintain staff, grow our ministries, and improve our financial stability.

Thanks to many who have signed-up for *The Red Door* on-line. Internet users will be notified by e-mail as each new issue of *The Red Door* becomes available. (You'll be able to opt out of notification if you wish.) **To ensure that we have your current e-mail address, please go to the website at www.saintmichaels-sanibel.org and click on "Contact Us".** Then forward via e-mail your name and current address.

We won't deprive faithful parishioners of access to *The Red Door* if they cannot read it on the Internet. **If you want to continue to receive *The Red Door* by U.S. mail, please contact Susan in the Church Office at (239) 472-2173 or drop us a note.**

A Note from Fran Nuelle

I am so appreciative of the lap quilt made by the Prayer Shawl Ministry. I am moving to California to be near one of my daughters and I of course will be taking the quilt with me. It will remind me of the people at Saint Michael's. You have all been so wonderful to me

Vestry Highlights

From the May 15, 2008 meeting of the Vestry:

The Vestry received the audit for 2005. It is available for perusal in the Parish office.

About 100 parishioners have signed up to receive their copies of *The Red Door* online which will save the Church approximately \$600/year.

An Ad-Hoc Administrative Committee with Sandy Trevor as Chair has been meeting to study and implement various ways to control Administrative costs. Numerous changes have already been made to facilitate savings.

Roberta Heller, Parish Nurse, is now to be found in the other office in the Administrative building.

Charlie Emerson and Betsy McCullough are co-chairs of Saint Michael & All Angels' 50th Anniversary Celebration Dinner which is being planned for January 16, 2009.

The Outreach Commission is encouraging us to donate beach towels for DaySprings' New Horizons '08 where children of prisoners have a special week in July. Details to be announced.

Some religious books donated to us are going to be placed in our library and some will be made available to parishioners from June 20 - July 31 in rooms 1 & 2. Please choose a book or some books you would like for your library and leave a monetary donation.

Jerry Steege is the coordinator for Men's Fellowship through the summer months.

The Memorial Garden Committee is sending out a fund raising brochure soon. They are hoping to begin improvements and additions to the Garden in September.

Father John introduced a new format for the Sunday Bulletin which will be smaller and will direct worshippers to use the Book of Common Prayer.

Father John will be on vacation in July; The Rev. Doug Lind will lead us in worship in July.

John Pryor read some of a letter of appreciation for Saint Michael's he had received from a long time parishioner.

The next meeting of the Vestry is June 19 at 1 p.m.

Respectfully submitted,
Christine Steege, Secretary

Deadline for the July issue of *The Red Door* is June 20th.

June Birthdays

- 1st Margery Almas
- 3rd Susan Gonzalez
- 4th Tim Vollmer
- 5th Donna Hubbard
- 6th Stan Rose
- 7th Bettie Modys
- 8th Kay Richardson
- 9th Joan Sprinkle, Martha Engard
- 11th Dianne Leonardi, Dick Jacker, Betty Belanger
- 12th Shirley Curtin, Warren Stringer,
Alexandra Brady
- 13th Terri Ray, Parke Avery
- 14th Penny Wilson
- 15th Dorothy Charles, George Dickison
- 16th Ralph Clark
- 20th Joan Downey, Mardi Ponader
- 25th Polly Pinney
- 26th Dale McGinley, Bill White, Joan Thoms
- 27th Edie Huggins
- 28th John Bendall, Cantor Eagleson
- 29th Nancy Butterfield
- 30th Judy Bloomhall, Irving Johnson

In Loving Memory

E. Jean Lane

May 21, 1921 – May 14, 2008



June Anniversaries

- 2nd Bill and Barbara Maruchi
- 6th Douglas and Jan Burdick
- 8th Corky and Julia Boyd
- 9th Ralph and Carolyn Clark, Don and Jane Adams
- 15th Bill and Mary Vollmer, Bob and Sara Berendt
- 16th Dick and Carol Smith
- 17th Michael and Marilee Wood
- 19th Larry and Nome Thompson
- 23rd Wayne and Mardi Ponader, Geo and Whiz Lowden
- 24th Walter and Betsy Schuman
- 26th Bill and Jetta Anne Currise,
Charles and Joan Thoms
- 27th Lee and Ann Cooper
- 28th Bill and Liz Coffey
- 30th Jim and Nolia Hunter



SAINT MICHAEL AND ALL ANGELS CHURCH

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

www.saintmichaels-sanibel.org

Weekend Worship:

Saturdays at 5, Sundays at 9:30

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