



# The Channel

Volume 29:6 October-November 2020

3049 McGregor Boulevard, Fort Myers, Florida 33901 Tel: (239) 344-0012 [www.sjamcc.com](http://www.sjamcc.com)



### IN THIS ISSUE

Pastor's Reflections 1

Dancin' On The Inside 2

Taking the First Step/Dar el primer paso 3

Food for Thought 4

Cartoon 4

Calendars (Suspended)

Church Directory 5

Advertisers 5-7

The CHANNEL is a newsletter publication of Saint John the Apostle MCC. Any publication or inclusion of any names, organizations or businesses do not reflect the religious or sexual orientation or lifestyle of such individuals or groups. Any opinions expressed herein are those of the writers and do not necessarily represent the opinion of Saint John the Apostle MCC. Likewise, inclusion of advertising from any sponsor does not constitute such endorsement by The CHANNEL or Saint John the Apostle MCC. Articles printed in The CHANNEL may be reprinted by any UFMCC church.

## Pastor's Reflections: *Take Care of Yourself*

I have come to the realization that even though I have not been infected by the virus, I have been affected by the virus. Perhaps you have too. It is more a psychological affect than physical. Of course, feelings can have a physical effect on you. Stress, anxiety and depression are common experiences during this time. I want to offer some things that might help. First of all



### Take care of yourself!

- Be attentive to your feelings, emotions and reactions and allow yourself to voice them to someone you trust. Write them down or express them through physical or other types of activity.
- Make use of physical activity to let the stress out and eliminate tension.
- Practice healthy living habits like proper nutrition and sufficient sleep.
- Limit your access to stressors.
- Allow yourself life's little pleasures such as listening to music, taking a warm bath, reading, etc.
- Remain in contact with people that do you good and avoid those who don't.
- Remind yourself of winning strategies you used in the past to get through difficult times.
- Count on your own strengths.
- Set limits for yourself, such as refusing a task that you do not want to do and that is non-essential.

And last of all, spend more time in prayer.



—Pastor Steve



## Dancin' on the Inside



### To Do or To Be

By Deacon Bonnie Moore

"In a 2011 interview, Thich Nhat Hanh, a global spiritual leader, responded to the question that many of us are asking ourselves today: What can we do to help in difficult situations, without getting overwhelmed?" He shared: "When you feel overwhelmed, you're trying too hard. That kind of energy does not help the other person and it does not help you. You should not be too eager to help right away. There are two things: to be and to do. Don't think too much about to do--to be is first. To be peace. To be joy. To be happiness. And then, to do joy, to do happiness--on the basis of being."

So how do we heed this advice in the midst of the worse pandemic in our history being badly managed, a financial melt-down due to the pandemic, an extremely combative political campaign and a country wide issue of demonstrations for equality and racial justice becoming destructive. And...anything else I've missed!

To further quote Thich Nhat Hanh, "So first you have to focus on the practice of being. Being fresh. Being peaceful. Being attentive. Being generous. Being compassionate. This is the basic practice. It's as if the other person is sitting at the foot of a tree. The tree does not do anything, but the tree is fresh and alive. When you are like that tree, sending out waves of freshness, you help to calm down the suffering in the other person." Many of us go straight to "to do" in a difficult situation."

I have been thinking of this quote and trying to see this practically, in the time and world in which I live now. Not how it was, or will be, but now! I'm really wondering what is being said when folks keep complaining about wanting to "get back to normal." Or, "I'm not wearing a mask, you're not taking my rights away from me!" It's very hard to keep Dancin' On The Inside when I want to say, "how about looking forward,

not behind," or "you don't have the right to make me sick and/or maybe die because you won't wear a mask!" Ever feel like me? Maybe it's really time to BE peace, BE grace or even BE happiness. I know how it makes me respond when I see an act of kindness or goodness on the news. When someone reaches out and helps someone they don't even know. Or when someone stands up for and speaks out peacefully against injustice or racism, or any 'ism'.

Maybe it's true as Thich Nhat Hanh points out: the most powerful healing of body, soul and spirit we can offer ourselves and the world today is BE-ing peace and BE-ing grace and BE-ing joy.



I'm wondering if this dancin' reddish egret knows where the dance floor is, or can he hear the "music" in the waves? We may not always know how (new music, unknown tune, unfamiliar beat) we can always be Dancin' On The Inside. But we'll learn the music, tune and beat if we BE rather than just DO! So, take a chance and let's go "**Dancin' on the Inside**" and BE the change in someone's life, maybe even our own.



## Taking the First Step/Dar el primer paso

### Taking the First Step

#### 2nd Corinthians 5:19

*God was reconciling the world to self in Christ, not counting people's sins against them. And God has committed to us the message of reconciliation.*

Tham Dashu sensed something was missing in his life. So, he started going to church – the same church his daughter attended. But they never went together. In earlier days, he had offended her, which drove a wedge between them. So, Tham would slip in when the singing started and leave promptly after the service ended.

Church members shared the gospel story with him, but Tham always politely rejected their invitation to put faith in Jesus. Still he kept coming to church.

One day Tham fell gravely ill. His daughter plucked up the courage and wrote him a letter. She shared how Christ had changed her life, and she sought reconciliation with her dad. That night Tham put his faith in Jesus and the family was reconciled. A few days later, Tham died and entered the presence of Jesus – at peace with God and God's loved ones.

The apostle Paul wrote that we are to "try to persuade others" about the truth of God's love and forgiveness (2 Cor. 5:11). He said that it is "Christ's love [that] compels us" to carry out His work of reconciliation (v. 14).

Our willingness to forgive may help other realize that God desires to reconcile us to God (v. 19). Would you lean on God's strength to show them God's love today?

**Deacon Jonathan Hollander**

### Dar el primer paso

#### 2 Corintios 5:19

*...Dios estaba en Cristo reconciliando consigo al mundo, y nos encargó a nosotros la palabra de la reconciliación.*

Tham Dashu sentía que le faltaba algo in la vida. Entonces, empezó a ir a la iglesia; la misma a la que asistía su hija. Pero nunca iban juntos. Tiempo atrás, él la había ofendido, lo cual generó una brecha entre ambos. Por eso, Tham entraba cuando comenzaban los cantos y se iba de inmediato al final de la reunión.

Los miembros de la iglesia le hablaron del evangelio, pero Tham siempre rechazaba cortésmente la invitación a poner su fe in Cristo. De todos modos, seguía yendo.

Un día, Tham se enfermó gravemente. Su hija se animó y le escribió una carta, donde le decía como Cristo había cambiado su vida, y que quería reconciliarse con él. Esa noche,

Tham aceptó a Jesús como Salvador, y la familia se reconcilió. A los pocos días, él murió y entró en la presencia del Señor...en paz con Dios y con sus seres queridos.

El apóstol Pablo escribió que debemos tratar de persuadir a las personas en cuanto a la verdad del amor y el perdón de Dios (2 Corintios 5:11). Explicó que "el amor de Cristo nos constriñe" a llevar a cabo su labor de reconciliación (v. 14).

Nuestra disposición a perdonar podría ayudar a otros a entender que Dios desea reconciliarnos con Él (v. 19). ¿Dependerás de la fortaleza del Señor para mostrarles hoy que Dios los ama?

**El diacono Jonathan Hollander**



IN CHRIST GOD WAS  
RECONCILING THE  
WORLD TO HIMSELF.

2 CORINTHIANS 5:19



## Food for Thought...from the Kitchen of Adam Janowski



I associate Fall with potlucks—neighbors or friends getting together for a meal, teachers providing a luncheon for colleagues on a planning day. It seems forever since I've been to one and it doesn't seem that they will be a part of my life in the near future. The best potlucks were "the luck of the pot" with no pre-planning involved. Maybe you would end up with all desserts or sometimes an excess of salads, but that was the fun and surprise of it all and no matter what was brought, there would always be something so wonderful to eat!

I guess I will have to make do with virtual potlucks—sharing dishes made at home and putting pictures and recipes out on Facebook.



You might not have a potluck dinner to take this to, but I am sure you have a few neighbors who would enjoy a piece of delectable chocolate cake! I adapted a great recipe from the *Pioneer Woman* (I love her recipes!). It incorporates lots of chocolate and is very easy to make. The recipe calls for a 9-by-13 baking pan. I found that a disposable foil pan works best because the sides are deeper than a normal baking pan.

ble foil pan works best because the sides are deeper than a normal baking pan.

### Decadent Chocolate Poke Cake

#### Ingredients:

##### Cake:

Nonstick baking spray, for the baking pan  
One 16-ounce box chocolate cake mix  
1 cup dark chocolate chips  
One 14-ounce can sweetened condensed milk  
1/2 cup milk

##### Frosting:

1 cup milk  
One 3.4-ounce packet instant chocolate pudding  
1/3 cup unsweetened cocoa powder  
One 12-ounce container frozen whipped topping, thawed  
1/2 cup mini chocolate chips

#### Directions:

For the cake: Spray a 9-by-13-inch cake pan with cooking spray.

Bake the cake in the prepared pan according to the package instructions. Allow to cool slightly, then, using the handle of a wooden spoon or chopsticks, poke holes all over the cake.

Melt the chocolate chips in a medium microwave-safe bowl in the microwave in 20-second increments, stirring between each, or in a double boiler on the stove, until smooth. Add the condensed milk and milk, then stir to combine. Slowly pour the mixture over the cake, ensuring you hit every last inch. Allow the mixture to soak into the holes. Cool completely.

For the frosting: Combine the milk, pudding mix and cocoa powder in a bowl.

Whisk the mixture until it thickens, 1 to 2 minutes. Gently fold in the whipped topping until combined well.

Spread the frosting over the cake, then sprinkle with mini chocolate chips. Refrigerate 3-4 hours before serving.



## CHURCH DIRECTORY

### SENIOR PASTOR

Rev. Steve Filizzi [pastor@sjamcc.com](mailto:pastor@sjamcc.com)

### CONGREGATIONAL ADMINSTRATOR

Kurt Hood [admin@sjamcc.com](mailto:admin@sjamcc.com)

### BOARD MEMBERS [board@sjamcc.com](mailto:board@sjamcc.com)

Donna Lusk                      Sonny Pillow  
 Sharron Massingale        Jason McRae  
 Dale Weddle                    Andrew White

### DEACONS [deaconate@sjamcc.com](mailto:deaconate@sjamcc.com)

Glenda Enterline            Wanda Neubert  
 Jonathan Hollander        Richard Shourds

Bonnie Moore

### LAY DELEGATES [delegate@sjamcc.com](mailto:delegate@sjamcc.com)

Dan Balcazo  
 Sharron Massingale

### TREASURER [treasurer@sjamcc.com](mailto:treasurer@sjamcc.com)

Dale Gnatek

### MUSIC DEPARTMENT [music@sjamcc.com](mailto:music@sjamcc.com)

Timothy Kiernan            Music Director  
 Ron Lemke                    Asst. Music Director  
 Bryan Dietrich              Pianist

### CHURCH OFFICE

Phone: (239) 344-0012

Visit Our Website

<https://sjamcc.com/>

BE A FAN!

Follow Us On FACEBOOK

[www.facebook.com/sjamcc](http://www.facebook.com/sjamcc)



### OFFICE HOURS

Monday through Thursday  
 10:00 AM – 2 :00 PM

Your  
**Charlotte  
 County**  
 Real Estate  
 experts !

**MLS Detectives**  
 Look no further

**Curt Mellon** REALTOR®  
 941.626.3640    Curt@MLSDetectives.com

**Mike Federau** REALTOR®  
 941.626.3569    Mike@MLSDetectives.com

**RE/MAX ANCHOR REALTY**  
 3941 Tamiami Trail #3121  
 Punta Gorda, Florida 33950

[MLSDetectives.com](http://MLSDetectives.com)

**MORTGAGE**  
 1

You Should  
 Come To Me First.

I Help Make  
 Mortgages Simple...

**Tami Carr**  
 Loan Originator and  
 Certified Military  
 Housing Specialist  
 NMLS#367705

Direct: 239.839.1123  
 Fax: 866.342.7039

[Tami@SWFLMortgages.com](mailto:Tami@SWFLMortgages.com)  
[www.swflmortgages.com](http://www.swflmortgages.com)

Mortgage 1, Inc.  
 3501 Del Prado Blvd. S | Suite 207 | Cape Coral, FL 33904

**PLEASE NOTE:** With the closure of St Johns due to the coronavirus, the Food Pantry was also closed. The food that was in the pantry was donated to a larger pantry that was open and giving out food. Also, last month St Johns gave a cash donation to the Harry Chapin Food Pantry. Please continue to support our food pantry with your cash donations as we hope to be open and giving out food soon.

**Charles V. Klucka, D.O., P.A.**

---



**Allergy and Asthma**  
ABIM Board Certified

---

9671 Gladiolus Drive, #104, Fort Myers, FL 33908 **239.939.2246**  
 100 Madrid Blvd., #112, Punta Gorda, FL 33950 **941.505.0000**  
 email: drklucka@drklucka.com **Fax 239.267.2929**



**John**  
SERVICE MAINTENANCE  
FULL MAINTENANCE SERVICES

---

(617) 584-8245

OFFICE/ FAX (239) 599-4152  
 N. Ft. Myers, FL 33903 LICENSED & INSURED  
 40 YEARS EXPERIENCE JPSERVICEMAIN@AOL.COM



**OFFICE PRIDE**  
Commercial Cleaning Services

No Headaches Attached®  
JANITORIAL • INSURED • BONDED

**BILL STAGGS** 239.368.1219  
OWNER BillStaggs@OfficePride.com  
 804 Theodore Vail St. E  
 Lehigh Acres, FL 33974



www.OfficePride.com  
Each Office Independently Owned and Operated

**Your Business Card Here!**  
 Your Business Card Here!



**• KUHN LAW FIRM, P.A. •**  
PROBATE AND TRUST LITIGATION

**Practical Representation with  
Your Client's Best Interests in Mind.**



Scott A. Kuhn  
Attorney, Mediator, Arbitrator

Dedicated to attentively guiding your clients through the legal process while providing customer Service Above & Beyond ~ we return all calls the same business day.

Offering a Full Range of Probate, Estate and Trust Services:

Estate Planning	Estate Administration	Ancillary Probate
Wills & Trusts	Probate & Estate Litigation	Trust Administration & Litigation
Special Needs Trusts	Will Contests	Guardianship

**239.333.4529**

6720 Winkler Road • Fort Myers, FL 33919 • [www.KuhnLegalEstates.com](http://www.KuhnLegalEstates.com)



239-839-5927

**Jack Lewis**  
Realtor® GRI



 **@ccess**  
Real Estate, Inc.

Jack@accessjack.com  
www.accessjack.com

### While we are Spending So Much Time in our homes...

Why not evaluate the systems housed in your attic. As we approach Fall and the temperatures become cooler, contractors appreciate being able to work in attic spaces. Additionally, our seasonal residents will be arriving over the next 6 - 8 weeks at which time they will be evaluating their systems and calling contractors for bids. Why not get a jump on this process and get scheduled for your maintenance, now, so that when the high temperatures, break, you are ready to go! Too often we as homeowners react to a system failure, rather than planning an upgrade or replacement. Plumbing, Electrical, HVAC, and Insulation contractors will tell you that a proactive approach to your structure's maintenance is the key to cost effective upkeep of your investment. During the winter months, with lower temperatures and proper ventilation, your attic can be a comfortable place to work. Existing insulation can be moved, or removed, without affecting the energy efficiency of the AC system in order for the various contractors to access pipes, wires, and duct work. When the maintenance is completed, existing insulation can be moved back into place, or NEW higher efficiency insulation can be installed.

Please remain vigilant, please be patient and kind. Please respect all human beings at this time, mask up and remain physically distant. Choose any number of your "socials" to remain in touch and pick up the phone, write a personal letter; let's get to the other side of this sooner than later -

Take care of yourself and one another.

Please  at: 239.839.5927

*Saint John the Apostle  
Metropolitan Community Church  
3049 McGregor Boulevard  
Fort Myers, FL 33901*

**NON PROFIT ORG.  
U.S. POSTAGE PAID  
FORT MYERS, FL  
PERMIT #048**

**RETURN SERVICE REQUESTED**

200+ copies of *THE CHANNEL* are printed and distributed six time a year as well as posted on our website at <https://sjamcc.com/>

**PLEASE SUPPORT OUR ADVERTISERS!!**  
To become one, call 344-0012.

## ***THE CHANNEL AD RATES***

### **Prepaid Annual Rates**

Business Cards	\$75
1/4 Page	\$125
1/2 Page	\$250
Full Page	\$500

***To place your ad, please call us at 344-0012. Help us reach our goal of full-color printing.***