

# THE CHANNEL

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**MCC**  
SAINT JOHN THE APOSTLE  
METROPOLITAN  
COMMUNITY CHURCH

3049 McGregor Boulevard, Fort Myers, Florida 33901

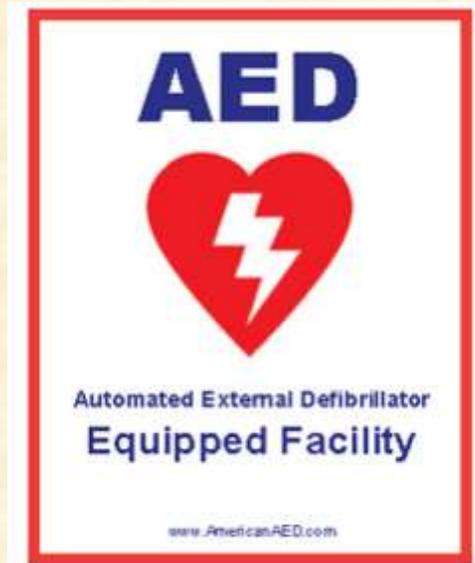
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## PASTOR'S REFLECTIONS

### Is God trying to tell me something?



A long time ago, sometime last year I believe, the Board of Directors decided we should have a defibrillator at the church. In case you don't know what this is, it is a device used to shock the heart into a normal rhythm when having cardiac arrest. It was a long process to get the device but Sharon Massingale persevered. Donna Lusk installed the device.. Dale Weddle announced it this past Sunday and gave instructions on its use. When you open the door of the device an irritating alarm sounds. Sunday morning, as Dale was demonstrating, the alarm rang through the halls. I must admit it got on my nerves.

After church, I continued my Sunday routine of grocery shopping. While walking in the aisle at Publix's, I heard a strange sound. I said to myself, "That sounds like a defibrillator alarm." Sure enough a person was having a cardiac event and store personnel pulled the AED. Just as Dale had instructed us, before anything else 911 should be called. Another person was already on the phone for the EMT's.

This event got me to thinking. God showed me a life being saved at Publix's. In many ways St. John the Apostle MCC saves lives. I believe we just added another way.

Pastor Steve Filizzi

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## PRAYER CONDITIONING

**Prayer Conditioning** is the process of removing uncomfortable situations and circumstances-heat, moisture, mold, etc.- from the interior of the temple God has created (our bodies), or any occupied space, as it may be-to clear the way to know "The Almighty's" will in our life. **Prayer Conditioning** is used in both domestic and commercial environments. It is used twenty-four hours a day, seven days a week. This process is most commonly used to achieve a personal relationship with our Creator, Christ and the Holy Spirit. **Prayer conditioning** is specifically for humans, their situations and circumstances, but also, animals and the environment; however, **prayer conditioning** is also used to calm hearts, comfort others and know that we are not alone. It is used to change our situations and circumstances, to know our spiritual compass, and to feel God's presence, which is always with us! **Prayer conditioning** fills us with gratitude, assurance, love and joy! Within us, it produces hope, trust, knowledge, reconciliation, faith, passion, providence and peace.

**Prayer Conditioners** often use faith to distribute the conditioned prayer to two or more gathered in occupied spaces such as buildings, cars, buses, boats, trains, planes, stores, shops, parks, etc., to improve personal relationships, family dynamics, comfort and relationship quality for those who seek spiritual, emotional or physical needs. **Prayer Conditioners** range from tiny, single conditioners to massive prayer conditioners on roof tops, office towers and throughout entire nations. **Prayer Conditioning** is achieved through consistency, intention, loving and caring for others, their situations and circumstances, as well as, the "on our knees" approach of praying and fasting. It is an all day, every day adventure. It is a consistent cycle of effort, clarity and adjustment. **Prayer Conditioning** is based on removing the "ick" from the air we breathe; removing those things that bind and distract us from our calling, and from those around us who need to hear God's message of unconditional love and salvation. **Prayer Conditioning** offers the truth of encouragement and filters the "hot air" so we may "feel ourselves and others" with clarity.

In the most general sense, **Prayer Conditioning** refers to God's breath breathed in us to give us life.

There are 1440 minutes in a day. Take time to **Prayer Condition** your day!

Be Loved and Be Blessed,

Deacon Wanda



## LAY DELEGATE UPDATE

Big news from MCC. First, Elder Troy Perry and his husband Phillip de Black are co-chairing a campaign "Let Your Light Shine "to celebrate MCC's 50 years of life changing work. It is a great way for everyone to give a small birthday gift to MCC. Here is how it works. \$50 from 10,000 people by October 6, 2018 for a goal of \$500,000. The money will go to support resources for churches and leaders globally. Go to UFMCC web site click on Let Your Light Shine and donate \$50 or more. Since that first service in Rev. Perry's Living-room in 1968 first offering of \$3.18) MCC has boldly challenged society to fully accept LGBTQ people from a foundation of unflinching confidence that we are all God's children, loved unconditionally, and made in God's image. MCC's growth from one home in L.A. to 33 countries worldwide is testimony to the dedication of church and leaders, laity and clergy, who have been part of MCC's decades of work. God has blessed us beyond imagination and Let Your Light Shine gift is a great way to celebrate Your 50th.

Also big news Interim Moderator of MCC Rev. Elder Rachelle Brown has put out a statement that reads, "After much prayer, I have discerned that I will not apply for the position of Moderator. She goes on to say that she is fully committed to continue the very important work that still needs to be done during this Interim period. Rev. Brown also stated she has recused herself from the Governing Board Nominating Committee, and each committee's next steps. She will continue to be involved in planning the General Conference Business Form and Business Meeting. One of the other immediate issue, Rev. Brown address is the cash flow crisis. The Governing Board has voted to reduce expenses up to \$400,000 , or nearly 30% of the Budget for the remainder of 2018. The reduction will begin with the payroll and Rev. Brown reduced she salary 20%. Also eliminating some Face-to-Face meetings has been done.

Leaders are hoping all of us will consider participating in the following: PRAY. Prayer is the foundation and fuel of renewal and revival. PARTICIPATE! Sign on to participate in the 50th Anniversary and register for the General Conference.

Remember General Conference in Orlando July 2019

Dale Weddle, Jack Lewis, and Sharron Massingale

## DANCIN' ON THE INSIDE - CHURCH BEHAVIOR

Recently I was looking at a Lenten Devotional my wife Carole and I wrote while I was recovering from yet another orthopedic surgery and read an entry that made me think today's methods of communication. With the onset of cell phones, as well as mass electronics there is a constant barrage of "terrible tweets" and "critical comments".

In today's era of instant communication it's amazing to see how it was addressed over 2,000 years ago to the churches. Paul writes to the church at Philippi regarding how they relate/behave to one another.

### From Light For Your Life

#### Through the Spiritual Gifts of Joy, Thanksgiving and Praise

By Deacon Bonnie and Carole Weissman

#### Church Behavior

Philippians 1:2-4, 6

"Grace and peace to you from God our Creator and the Lord Jesus Christ. I thank my God in all my remembrance of you, always offering prayer with joy in my every prayer for you all. For I am confident that God who began a good work in you will complete it until the day of Jesus Christ."

Paul wrote many letters to the various churches or fellowships that formed after Jesus died. The purpose was to guide the new Believers and share his understanding of whom Jesus was, and His

ministry on earth through the church. Although Paul was verbose and direct in his writings, his love of Christ and the Church was most evident. He begins many of the letters with his prayer and wishes for the Believers. We can learn how to interact with each other by reading and studying these prayers.

Blessed be the God and Parent of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ. Amen. (Ephesians 1:3)

As we read in this passage there are various ways of relating to and interacting with one another beginning with an attitude adjustment on our part! I have found that those I pray for change my relationship to and feelings for to be able to "pray with joy" and be "confident that God" will complete the good work....

It begins with being thankful to God in our "remembrances" of them. **And this will keep me Dancin' On the Inside** in my relationships with others.

By Deacon Bonnie Moore



### Sweet Company

The Spirit of truth . . . lives with you and will be in you. John 14:17

The elderly woman in the nursing home didn't speak to anyone or request anything. It seemed she merely existed, rocking in her creaky old chair. She didn't have many visitors, so one young nurse would often go into her room on her breaks. Without asking the woman questions to try to get her to talk, she simply pulled up another chair and rocked with her. After several months, the elderly woman said to her, "Thank you for rocking with me." She was grateful for the companionship.

Before He went back to heaven, Jesus promised to send a constant companion to His disciples. He told them He would not leave them alone but would send the Holy Spirit to be in them (John 14:17). That promise is still true for believers in Jesus today. Jesus said that the triune God makes God's "home" in us (v.23).

God is our close and faithful companion throughout our entire life. God will guide us in our deepest struggles, forgive our sin, hear each silent prayer, and shoulder the burdens we cannot bear. We can enjoy God's sweet company today. Amen.

Deacon Jonathan

### Dulce compania

... el Espíritu de verdad [...] mora con nosotros, y estará en nosotros (Juan 14:17).

La abuela no hablaba con nadie ni pedía nada en la residencia de ancianos. Parecía que apenas si existía, mientras se mecía en su vieja silla chirriante. Como no tenía muchos visitantes, una joven enfermera solía ir hasta su habitación cuando tenía un momento libre. No le hacía preguntas para intentar que hablara; simplemente, acercaba otra silla y se mecía con ella. Después de varios meses, la anciana le dijo: "Gracias por mecerte conmigo". Estaba agradecida por la compañía.

Antes de regresar al cielo, Jesús prometió enviarles un compañero constante a sus discípulos. Les dijo que no los dejaría solos, sino que les enviaría al Espíritu Santo para que estuviera en ellos (Juan 14:17). Esa promesa sigue teniendo vigencia para los que creen en Jesús hoy. Él dijo que el Señor es nuestro compañero íntimo y fiel durante toda la vida. Nos guiará en nuestras peores luchas, perdonará nuestro pecado, escuchará cada oración silenciosa y cargará con lo que nosotros no podemos llevar.

Podemos disfrutar de su dulce compañía hoy.

Diácono Jonathan

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

There is no such thing as a razzleberry, but a well-made Razzleberry Pie is scrumptious! Growing up in Michigan we had easy access to tangy raspberries that grew on the farm. Plump and juicy blackberries that stained your fingers purple when you picked them in the woods were hard to get, but, if the season was good, were worth the scratched-up arms and legs to get a pail full. Blueberries were harder to find, usually only available in the wilds of northern Michigan, but our neighbor planted some bushes in his garden—they weren't as sweet as the wild berries, but we made do! All three berries ended up in pies or tarts of some variation, but I don't remember mixing them when we were kids.

I don't know how it came up, but a recent visitor from Ohio mentioned that her family loved the frozen Marie Callender "Razzleberry" Pie. The pie included raspberries, blackberries, and blueberries. Berries were on sale in the supermarket so I decided that I would make my own version and include a new thickening agent, Carnaby's Ultra Gel, which I had never used before. Supposedly this gluten free corn-based product will "instantly thicken sauces, gravies, desserts and more!" while providing a clear, non-starchy, consistency that will not leave a starchy aftertaste. I will vouch for it! My Razzleberry Pie turned out great. The consistency of the berry filling wasn't watery or gummy, but smooth and thick and the flavor of the berries really stood out.

### RAZZLEBERRY LATTICE PIE

#### INGREDIENTS:

1 double crust pie crust (I used Pillsbury Refrigerated crusts)  
 2 pints raspberries  
 2 pints blackberries  
 1 pint blueberries  
 3/4 to 1 cup sugar  
 1/3 cup Cornaby's Ultra Gel (bought on Amazon)  
 1/4 cup water  
 1 egg  
 1 teaspoon milk  
 1 tablespoon sugar  
 Butter-flavor spray

#### DIRECTIONS:

Roll out one pie crust a 9" pie plate, sprayed lightly with butter-flavor spray. Refrigerate until ready to use.

Preheat the oven to 400 degrees. Place a cookie sheet lined with tinfoil on the bottom oven rack.

Combine berries with 1/3 cup water. Stir together sugar and ultra gel, then mix thoroughly with berries. Spoon berry mixture into bottom pie crust.

Cut remaining pie crust into one-inch lattice strips.

Place strips across the pie and then lift one end of every other strip and lay a new strip across the other way. Repeat with the other strips that were not originally lifted. Continue until you're halfway across the pie then turn the pie around and repeat from the other side to make a lattice across the entire pie.

Whisk together the egg and water and then brush the top of the pie and immediately sprinkle with sugar.

Place pie in oven and immediately reduce heat to 375 degrees. Bake the pie for 25 minutes. Checking halfway through to see if the pie is browning properly. If necessary, place a piece of tinfoil around the edge of the pie and continue to bake for another 20-30 minutes, or until the filling is bubbly and the crust is golden brown.

Remove from the oven and cool completely. Serve with vanilla ice cream.

-- In love and service,

Adam



## DEAN'S FOOD PANTRY

Again a big thank you to all the saints that continue to support Dean's Food Pantry through your prayers, food, and monetary contributions. We are on our second month of only being open on Tuesdays from 10:00 am to noon. Last month we reached our usual 100 clients and this month we are on track to reach or exceed those numbers. Please extend a big thank you to Jerry and Warren when you see them, our Tuesday pantry volunteers. Their dedication and commitment to the program each week is greatly appreciated!

Below are some items that we always can use. Again, thank you all for your ministry to **DEAN'S FOOD PANTRY**:



### Food and Toiletry Items:

- ◆ Pinto Beans/Rice
- ◆ Mac & Cheese
- ◆ Pasta Sauce & Spaghetti
- ◆ Canned Vegetables
- ◆ Box Cereal
- ◆ Fruit Cups
- ◆ Jiffy Cornbread Mix
- ◆ Any toiletry items, toilet tissue, shampoo, soap, toothbrushes, toothpaste, deodorant, paper towels

Blessing from Dale Weddle and Dean's Food Pantry Volunteers

### Food Pantry Hours: Tuesday 10:00 a.m. to Noon

\*Photo id required. We distribute one bag of nonperishable food per family per month. Toiletry items distributed when available.

## A VIEW FROM A PEW

### Psalm 100

Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his court with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations.

This Psalm is a reminder to me of the type of relationship God wants for me with Him. It is a relationship of joy, gladness, singing, knowledge of his adoption of me, thanksgiving, praise, faith and endurance. This relationship is everlasting.

To be in the presence with God is like a child who is receiving a hug from their parent that reassures the child. It brings a joyful smile to their face and brightness in their eyes.

With gladness in my heart and singing I come within God's presence to worship Him. I do this because I know He is God. I know He is my Creator. It is God who adopted me and welcomes me to His family.

God's gates are always open for me and allows me to come before Him with thanksgiving for all His creation. I can enter into His presence praising Him for I know He is good.

This Psalm reassures me of the faithfulness and love God demonstrates for me in the past. It also reminds me of His faithfulness and love right at this very moment. Lastly, it gives me a vision of what my relationship with Him through His faithfulness and love will be in the future.

By Lee Smith



~ August 2018 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 10a-12:30p Game Day 6:45p-8:15p Choir Rehearsal	<b>2</b> 9a-1:30p Lee County Health Department 10a-12p Food Pantry	<b>3</b> Church Office Closed	<b>4</b> Church Office Closed 2:30p-4:30p GET Network Meeting 6p-7p The Rainbow Group of NA 8p-9p Lambda Drummer (AA)
<b>5</b> 10a-11a Worship Service	<b>6</b>	<b>7</b> 10a-12p Food Pantry 6:30p-7:30p Prayer Team Meets 8p-9p Lambda Drummer (AA)	<b>8</b> 10a-12:30p Game Day 6:45p-8:15p Choir Rehearsal	<b>9</b> 10a-12p Food Pantry	<b>10</b> Church Office Closed	<b>11</b> Church Office Closed 6p-7p The Rainbow Group of NA 8p-9p Lambda Drummer (AA)
<b>12</b> 10a-11a Worship Service 11:30a-12:30p Membership Class Part 1	<b>13</b>	<b>14</b> 10a-12p Food Pantry 6:30p-7:30p Prayer Team Meets 8p-9p Lambda Drummer (AA)	<b>15</b> 10a-12:30p Game Day 6:45p-8:15p Choir Rehearsal	<b>16</b> 9a-1:30p Lee County Health Department 10a-12p Food Pantry	<b>17</b> Church Office Closed	<b>18</b> Church Office Closed 10:30a-12p Trans Life Group 6p-7p The Rainbow Group of NA 8p-9p Lambda Drummer (AA)
<b>19</b> 10a-11a Worship Service 12p-1p Board of Directors Meeting	<b>20</b>	<b>21</b> 10a-12p Food Pantry 6:30p-7:30p Prayer Team Meets 8p-9p Lambda Drummer (AA)	<b>22</b> 10a-12:30p Game Day 6:45p-8:15p Choir Rehearsal	<b>23</b> 10a-12p Food Pantry	<b>24</b> Church Office Closed	<b>25</b> Church Office Closed 6p-7p The Rainbow Group of NA 8p-9p Lambda Drummer (AA)
<b>26</b> 10a-11a Worship Service 11a-12p Membership Class Pizza w/the Pastor	<b>27</b>	<b>28</b> 10a-12p Food Pantry 6:30p-7:30p Prayer Team Meets 8p-9p Lambda Drummer (AA)	<b>29</b> 10a-12:30p Game Day 6:45p-8:15p Choir Rehearsal	<b>30</b> 10a-12p Food Pantry	<b>31</b> Church Office Closed	<b>Notes:</b>

~ September 2018 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> Church Office Closed 2:30p-4:30p GET Network Meeting 6p-7p The Rainbow Group of NA 8p-9p Lambda Drummer (AA)
<b>2</b> 10a-11a Worship Service	<b>3</b> Labor Day	<b>4</b> 10a-12p Food Pantry 6:30p-7:30p Prayer Team Meets 8p-9p Lambda Drummer (AA)	<b>5</b> 10a-12:30p Game Day 6:45p-8:15p Choir Rehearsal	<b>6</b> 9a-1:30p Lee County Health Department 10a-12p Food Pantry	<b>7</b> Church Office Closed	<b>8</b> Church Office Closed 6p-7p The Rainbow Group of NA 8p-9p Lambda Drummer (AA)
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<b>30</b> 10a-11a Worship Service	<b>Notes:</b>					

## YARD SALE UPDATE

A date to remember: **November 3**. This is the next yard sale at Saint. John's. As you have heard from me before it takes a lot of people to make this happen.

We will start accepting items on Sunday, October 14th. Three weeks before the sale!

### Volunteers needed:

1 volunteer to assist with clothing and furniture sales

1 volunteer who would be responsible for sorting and folding clothes for the three weeks prior to the sale.

1 volunteer who is familiar with household items and glassware

1 volunteer who would be responsible for kids toys and Christmas items

1 volunteer to assist with power tools and other equipment

1 volunteer who is familiar with electronics

1 volunteer for books, CD's and DVD's

1 volunteer who would be familiar with art and jewelry

These people will sort, make sure items work and are in good repair. It would be great to have these volunteers to assist with sales on the day of the yard sale.

### **Your donations are greatly appreciated!**

However, we ask that people use good common sense when donating merchandise for the yard sale.

Here are some **guidelines** to help you when getting your donations together.

**Appliances and kitchenware:** People like to shop for appliances and kitchenware items (pots, pans, dishes, etc.) These items are typically priced at a fraction of the cost of retail stores. When sifting through your items to donate, a quick wipe down, and test of appliances is appreciated. *(please no coffee mugs with business logos, unfortunately they do not sell)*

**Electronics:** When rounding up electronics, plug in and test to make sure the device works. Please include power/charging cords and if possible instruction booklet. Electronics in nonworking condition are not sellable and to properly dispose of such items we must take these items to a specific recycling site and pay a fee for disposal.

**Televisions:** Flat screen televisions are popular and sell great! Please make sure device is in workable condition. Please include remotes, power cord, and if possible operational booklet. Larger old style televisions unfortunately do not sell and proper disposal requires a visit to the recycling center and a disposal fee.

**Furniture:** All styles of furniture are sellable. Dining sets, living and bedroom furniture, all in good condition. Please no items covered in pet hair, ripped, stained, or in need of desperate repair. With the appropriate amount of time prior to the yard sale we have individuals that can assist with pick ups of larger items. Unfortunately, we can not accept sofa beds or used mattresses.

**Clothing:** Clothing is a great inexpensive add on item for our customers. We accept all sizes and styles of clothing including shoes and handbags. It is helpful to the yard sale team if all items are clean/washed, folded, labeled with size and from a smoke free home.

**Bedding:** Bedding is extremely popular. Quilts, sheets, duvet covers, pillow cases, shams, etc. Customers are able to purchase these items at a fraction of the cost compared to a retail store. Items that are clean, folded, identified sizes (twin, queen, king) sell better.

**The Little things:** We all seem to have extra little things around the house! Books, CDs, DVDs, Jewelry, Art work, miscellaneous Knickknacks, vases, baskets, flower pots, and more! Set aside a small box label it "Little Things to Donate". As you come across items now until November place those items in the box. Going back later, allows the possibility of forgetting or not finding the item you intended to donate.

Again, SJAMCC Yard Sale Team would like to thank you for your continued support through your donations. And a special thank you to all the dedicated volunteers that make our yard sale a success.

Sincerely, Richard Schaffer



## 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

Andy Buck Dana Drew

Carol Land Jack Lewis

Sharron Massingale

### DEACONS

Glenda Enterline Wanda Neubert

Jonathan Hollander Richard Shourds

Bonnie Moore

### LAY DELEGATES

Jack Lewis Dale Weddle

Sharron Massingale/Alternate Delegate

### TREASURER

Dale Gnatek

### MUSIC DIRECTOR / ORGANIST

Don Gouger - Musician

Bryan Dietrich - Pianist [music@sjamcc.com](mailto:music@sjamcc.com)

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Just a reminder we are entering the prime time for development of hurricanes in the tropics during the last four months of the season. If you haven't already made an emergency plan of action we encourage you to take action and get your plan together.

Part of your plan will include knowing when St. John the Apostle MCC will conduct services. The following are the Church's plan:

If we are under a Hurricane Watch, we will be having our regular Sunday morning service,

If we are under a Hurricane Warning, we will not have service on Sunday morning. If you are unsure about an event at the church, please call the office at 239 344-0012.

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

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**Allergy and Asthma**  
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 The logo for @ccess Real Estate, Inc. features a large '@' symbol followed by the word 'ccess' in a green, rounded font, with 'Real Estate, Inc.' in a smaller, black font below it.
 

**@ccess**  
Real Estate, Inc.

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## Garage Door

### *Easy access, for both you and a hurricane...*

Like so many, we enter our home through our overhead garage door - It's so simple, push a button and you're in! In and out, up and down, hundreds of times a week. The garage door and its convenience are taken for granted and rarely is there any preventative maintenance scheduled. According to one local garage door company, most residential service calls are reactive not proactive. A broken spring, and/or misaligned safety eyes are the two most common service calls scheduled.

Depending on the age of the garage door that is on your home, it may or may not have a wind rating. And depending on your homeowners insurance, you may or may not have had a wind mitigation report, which would identify how vulnerable your garage door may be in a hurricane. Now would be a terrific time to evaluate the age, mechanism, and wind rating of your garage door. After talking with two local garage door companies, most garage doors can be ordered, scheduled, and installed within two to three weeks.

Most of the garage doors today are manufactured and installed to meet or exceed Dade County standards for hurricane resistance. Overheard doors today are built to withstand hurricane force winds in excess of 165 mph. This resistance is created by the use of doubled hinge/roller mechanisms; steel horizontal cross supports; and in some instances, horizontal supports that you put into place in the event of a storm.

Finally, an investment in a new garage door could provide you with a substantial savings on your homeowners insurance, potentially offsetting the cost of the initial investment! I would be glad to help you find wind rating stickers on your garage door and provide you with local garage door company contact information for you to further explore your options for the most vulnerable part of your home's defense against a hurricane.

Please @ccessJack at: 239.839.5927

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