

The New Hope



The Newsletter of IONA-HOPE EPISCOPAL CHURCH February 2019

February 2019

WORSHIP SERVICES:

Saturday 5:00 p.m.

Relaxed worship service with an emphasis on Healing including Holy Eucharist

Sunday 8:00 a.m.

Traditional Book of Common Prayer Holy Eucharist Rite I

Sunday 9:30 a.m.

Celebrate God's grace, goodness and gifts.

Our principal Sunday service is offered with joyful music.

(childcare, church school, healing)

Tuesdays—9:30 a.m.

Morning Prayer in Spanish

Wednesdays

9:30 a.m.

Holy Eucharist and Healing

ANNUAL MEETING REPORT FROM FR. RAY JANUARY 2019

Greetings.

At the beginning of our vestry meetings, we share this prayer:

Grant us, Lord, the lamp of charity which never fails, that it may burn in us and shed its light on those around us, and that by its brightness we may have a vision of that holy City, where dwells the true and never-failing Light, Jesus Christ our Lord. Amen.

This prayer is on my list of favorites. I love the image of the "lamp of charity" and how it "never fails." Imagine, too that this is what burns within each of us.

Further, it suggests an image of how we can be as a church and a vestry. As we review our past year and look ahead to future life together, I hope that we can do so, offering the lamp of charity so that others outside of Iona-Hope may benefit from its light.

It is in this spirit, that I offer my reflections on our ministry in 2018. I will be addressing three areas – Financial, Outreach and New Facilities.

Financial

Those of you who have been around for at least the past five years may remember that one of the many things that were identified to be dealt with over the next few years was that of bringing greater financial health. Under your previous rector, you were able to refinance some of your debt to make it more manageable. Whereas in the 1950's and 60's, congregations were encouraged to incur debt as it was supposed to encourage growth, now it is seen as a huge burden that will weigh down a congregation. As

you may know, part of the 2016 Raising Hope Capital Campaign was designated to pay off a commercial debt that was to come due in 2018. We did this in the latter part of 2017.



Paying off this debt and saving principal and interest helped us in 2018 by taking away the monthly payments. In the past, we had designated the income from our Mardi Gras and other fundraisers to support our operating budget. Without needing to do this, we designated our fundraising income to support the needs of our community. We gave \$5,000 each to Habitat for Humanity and Hope Club-house. We have designated this year's income to Gladiolus Food Bank.

This is possible for many reasons. Michael Donlan and Bob Earl led a very productive pledge campaign and your staff and vestry worked hard to contain expenses. Further when needed, you stepped up to offer financial support and donations of goods and services for special projects. To date, we have received over \$11,000 for updating our audio-video system in the worship space. With Thom Price's generous matching gift, we have started the process of updating. With the leadership of Patrick Hunt and Bob Earl, we have received many new pledges in addition to our regular pledgers, providing for a solid financial base for 2019. Oh, if you missed turning in a pledge, we will gladly accept it at any time.

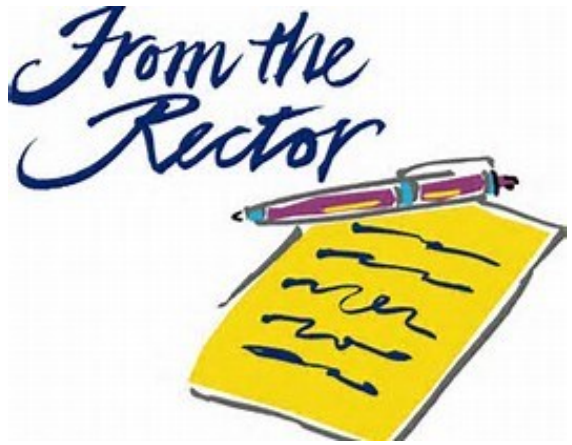
Further, under Eileen Carrera's leadership, the One More Time Thrift Store increased their income despite paying a full-time manager. Their good work meant continuing income for outreach as they have built their customer base. Many thanks to Michael, Patrick, Bob, Thom, Eileen and each of you for helping us to build a sound financial footing.

Outreach

Outreach is in the DNA of Iona-Hope. It has been a part of our parish since the beginning. Collecting food, Habitat builds raising money through the parish and thrift store have been some of the ways that we have supported outreach. The lamp of charity has shown brightly!

As I mentioned, getting our finances on a firm footing has allowed us to increase our contributions to the community. In addition to the \$10,000 from the Mardi Gras, we gave \$20,000 through the thrift store and \$10,000 from our budget to the Quality Life Center. Add to this the contributions to hunger from the supper club, weekly contributions of food at worship, pet food and supplies in drives and through All God's Creatures, support from the discretionary funds of the rector and assistant and the many volunteer hours and you have a very active outreach ministry.

This year saw the suspension of our after-school program. The vestry became aware that the needs of the children and the program were more than we could address and suspended the program so that we could take a more thorough look. As a result of the review of an ad hoc committee, the vestry, at the January 2019 meeting, voted to cease the after-school program and to look at developing a way to promote volunteer tutors for Heights Elementary. You will be hearing more about this.



In short, the lamp of charity shines brightly. Even so, we must always be aware of the needs of our community and the ways that we can touch the lives of others.

New Facilities

In 2015, we began an open review of our current facilities and started dreaming about what facilities to build. We decided to engage the Episcopal Church Foundation to assist us in a capital campaign and Raising Hope was born. As part of the research in the feasibility study, we used questionnaires and group meetings to gain more input on desired facilities. With strong support for new facilities and a columbarium, we presented a sketch of our dreams at the kick-off of the pledge stage of the campaign. This sketch became the picture of the future buildings.

Our campaign was successful in securing just over a million dollars. We projected that the cost of our dream would be \$2.5M - 3.5M. After paying off the commercial mortgage, we would have about \$600,000 left from Raising Hope. Your vestry set about dividing the dream into phases. In 2018, we moved ahead

Early in the year, the vestry explored buying the neighboring property on Gladiolus. An inquiry was made, and we were told that they were not interested in selling. The vestry approved making an offer which was rejected. Then, the vestry appointed a building committee chaired by Allison Kinch. This group sought input from various groups who use our facilities to determine needs and how some of these could be met in less space. With this information, the vestry moved ahead with deciding whether to use a design build approach or contract with an architect. They chose the latter and after much discussion, contracted with Victor LaTavish. At about the same time, the vestry approved contracting with Fr. John Gamble to serve as project manager. Ultimately, the vestry decided to move ahead with Phase I, an outdoor narthex that includes the columbarium, pet scatter garden and labyrinth. After looking at various options, it was decided that we would need to remove the Gathering Place and renovate other space for to take its place for meetings and fellowship, giving us space for the outdoor narthex, meetings and fellowship. The specifics of this project evolved over time as the vestry reviewed drawings, sought input and raised issues. The current proposal reflects development until November 2018 when the vestry decided to seek input from the congregation at the annual meeting. We will present details in the meeting.

Your vestry is in a difficult position. On the one hand, we have temporary buildings that were purchased and set in 1999 and are reaching the end of their life. On the other hand, we do not have the finances to move ahead with a final construction project. The current proposal respects both sides and allows for the next phase in a few years. Your input is desired and important.



The Lamp Which Never Fails

The lamp of charity of Iona-Hope shines because of all of us. Of course, there is the staff, Marnie & Cyndi in the office, Ken & Donna who care for our buildings, Loren, Chris and Tim, our musicians – all of them provide so much more than they can be paid. Then there are the volunteers who staff our office, provide music, attend to facility needs, provide administrative consultation and oversight and assist and support worship. There are also unsung heroes like our Community of Hope Pastoral Care Team and ALF. At the top of the list, though, is Mother Suzy whose collegial relationship with your rector enhances the ministry and mission of Iona-Hope in immeasurable ways. We have deep gratitude for all of them and all of you who contribute so much.

There is a routine at each service at Iona-Hope. When you begin to arrive, you greet each other as if you haven't seen each other in forever. When someone is returning for season or from a trip, you welcome as if new. Your welcome extends to newcomers and visitors and you genuinely want them to join us after the service. Many newcomers remark on your friendliness and welcome and this is the reason that they come back. They experience the lamp of charity.

You see, charity is a manifestation of our love. When we are willing to be with someone to the extent that we can envision their person, sadness, joy, needs and pain, it encourages us to reach out and care for them. When you come together for worship, your lamp of charity burns bright.

As followers of Christ, it is our joy to let our lamp burn as we greet each other. It is also our joy to let our lamps shed light in the darkness of our neighborhoods and communities. What a great place it will be when we will let our light shine so brightly on others that our greetings to others will look something like our greetings at worship. This surely will be a vision of the holy City.

Thank you for all that you do in and through Iona-Hope.

Peace, Ray+



	<p><i>Congratulations and thank you to Joe Mulino, Margo Farrara and Evelyn Reynolds who were elected to a 3 year term on the Vestry. Also congratulations to our Convention Delegates Bob Earl, Margo Farrara, Joe Mulino and our alternate Paula Paquette.</i></p>
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**Mardis Gras
Fundraiser
Friday,
March 1**



Thursday, February 21st
11a.m.— 1:00 p.m.

“Matters of the Heart”

**Please sign up in the Adler
Gathering Place**



Thursday, March 21st
11a.m.— 1:00 p.m.

**“5 Wishes—
Advance Directives”**

**Please sign up in the
Adler Gathering Place**



**BROADWAY PALM DINNER
THEATER**

Guys and Dolls

Thursday March 14th @ 5:30 p.m.

The story of the unlikely romance between Miss Sarah Brown, a pure-at-heart urban missionary, and a slick Broadway gambler,

Sky Masterson. The show’s second romantic storyline involves Nathan Detroit, the consummate gambling man and the operator of “The World’s Largest Floating Crap Game”, and Miss Adelaide, the main attraction at the Hot Box nightclub, who have been engaged for fourteen years. Frank Loesser’s score features classic songs such as Luck Be a Lady, I’ve Never Been in Love Before, Sue Me, A Bushel and a Peck and the wonderful title song Guys and Dolls.

To sign up for this performance please contact the church office during normal business hours (239) 454 4778, or by email at office@ionahope.org. Tickets are \$50.00 per person and payment is due when you call.

BPD'T — UPCOMING SHOWS

Guys and Dolls

March 14th

The story of the unlikely romance between Miss Sarah Brown, a pure-at-heart urban missionary, and a slick Broadway gambler, Sky Masterson. The show's second romantic storyline involves Nathan Detroit, the consummate gambling man and the operator of "The World's Largest Floating Crap Game", and Miss Adelaide, the main attraction at the Hot Box nightclub, who have been engaged for fourteen years. Frank Loesser's score features classic songs such as Luck Be a Lady, I've Never Been in Love Before, Sue Me, A Bushel and a Peck and the wonderful title song Guys and Dolls.

Second Chances

April 25th

A funny, yet inspirational, musical comedy about the quirky characters that run The Second Chances Thrift Shop. You'll meet the hilarious lead clerk who always brings sunshine to the day with humor, the couple who work in the collection area who discover that you can find love later in life, the young mother and new shop manager trying to start over, and more! When the thrift shop is threatened to be sold by the greedy landlord, the team won't stand for it. Spend a year with the loveable, yet quirky, group and see how they band together to save the shop and in the process, discover it's not just old treasures that are getting Second Chances!

Little Shop of Horrors

May 23rd

One of the longest running Off-Broadway shows is a deviously delicious Broadway and Hollywood sci-fi, smash-hit musical that has devoured the hearts of theatre goers for decades! Meek floral assistant Seymour stumbles across a new breed of plant that he names "Audrey II" - after his coworker (and crush!). This sassy, R&B-singing plant promises everlasting fame and fortune, as long as Seymour keeps feeding it its special diet. Between bites, Audrey II brings down the house with music composed by Alan Menken in the style 1960s rock and roll, doo-wop and Motown including the well-known Suddenly, Seymour.

Beauty and the Beast

July 11th

"Be Our Guest" as we step into the enchanted world of Disney's Beauty and the Beast! The classic "tale as old as time" tells of Belle, a young woman in a small town, and a Beast, who is really a young prince under a spell. If the Beast can learn to love and be loved, the curse will end and he will be transformed into his former self. Time is running out and if the Beast doesn't learn his lesson soon, he and his household will be doomed forever. The spirited, headstrong Belle enters the Beast's castle after he imprisons her father and with the help of his enchanted servants, Belle begins to draw the cold-hearted Beast out of his isolation.

transforming generosity

When someone describes someone as being generous of spirit what exactly does that mean? There are words that describe this. A Yiddish word, Mensch. A good lot, a gem.

A person who is generous of spirit is generally considered a magnanimous person; high-minded, fair, noble, big and worthy. That is where it begins. It's more than the actions a person does. It is a state of being. People who are generous spirits tend to extend to others what they want for themselves. It is the golden rule personified.

A person of generous spirit takes complete responsibility for their lives. They do not blame others or circumstances for their problems. They step up and do the right thing even when it may be fraught with fear and conflict. Life challenges can indeed be grueling and test the most generous of spirits. It takes courage to face one's fears, stand on one's own feet and simply deal with the good and the bad, face on. By dealing with these things, and taking responsibility when you have erred, you connect with your own humanity. This in turn help you to accept yourself and heightens your self-esteem and self-respect.

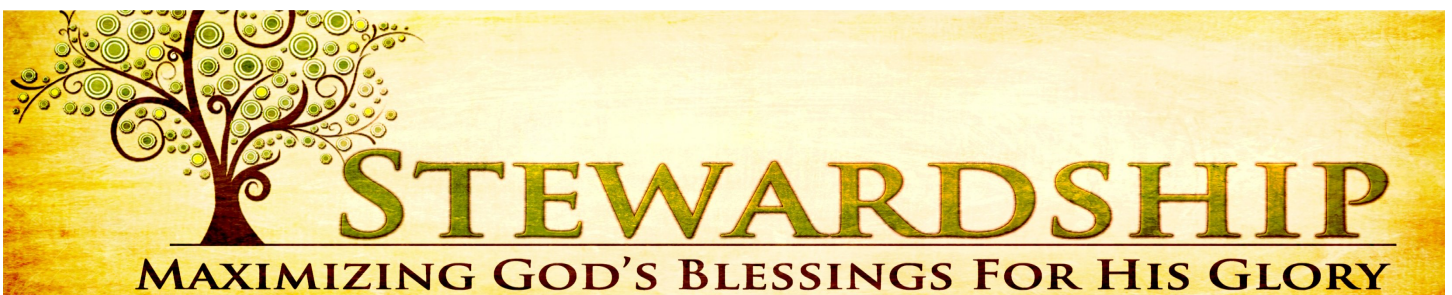
This sense of self allows you to feel compassion because embracing your own fears takes courage and persistence. It forces you to have compassion for yourself, enabling you to better relate and empathize with others. Compassion for others is a natural result of being aware and conscious of your own feelings. Your feelings connect you to your own humanity, which in turn, connects you to others.

When you are aware of what it takes to live a conscious life, you can respect others who attempt to do it too. You champion their willingness to try and you want them to succeed. This feeling is generosity of spirit. It is a kind of open-heartedness that flows freely, touches anyone who can feel it. It does not manipulate and has no strings attached.

When you have done the work, you know what it is like to do it. You are able to give just as much as you are able to receive. Your sense of separateness disappears and it allows you to connect to your core self.

It is Karma. We are all in this thing called life, and we are in it together.

Patrick Hunt – Stewardship



SPONSORS & AUCTION ITEMS NEEDED FOR MARDI GRAS CELEBRATION



WE ARE REACHING OUT TO EVERYONE AND ASKING YOU TO SPEAK TO RESTAURANT MANAGERS, STORES, AND VENDORS THAT YOU FREQUENT OR HAVE A CONNECTION WITH TO SPONSOR OR MAKE A DONATION TO OUR MARDI GRAS FUNDRAISER.

WE ARE HAPPY TO RECEIVE NEW ITEMS (BIG & SMALL), SERVICES, GIFT BASKETS, GIFT CARDS, ART, VACATION/TRAVEL SERVICES, ETC. FOR THE AUCTION.

PLEASE TURN IN AUCTION DONATIONS NO LATER THAN SUNDAY, FEBRUARY 17TH SO THAT WE CAN GET EVERYTHING CATALOGUED IN TIME.

FOR SPONSORSHIP FORMS OR MORE INFORMATION, PLEASE CONTACT NORMA EVELAND, ROB RICCA OR NANCY BUCHANAN.

THANK YOU IN ADVANCE FOR HELPING TO MAKE THIS ANOTHER FUN AND SUCCESSFUL FUNDRAISER FOR IONA-HOPE!



Carnival Time!

4th Annual Mardi Gras Celebration
Friday, March 1, 2019 **6:00 p.m.**

TICKETS ON SALE NOW!

IN THE GATHERING PLACE AFTER SERVICES
OR
CHURCH OFFICE DURING THE WEEK

\$50 each



Executive Summary—Vestry Meeting January 8, 2019



Present: Fr. Ray, Joe, Ray Z., Margo, Craig, Bob, Evelyn, Steve, Debbie, John, Ken & Donna Owens, Patty, John Gamble

Vestry discussed New Facilities. Fr. Ray, Joe and Fr. John to give presentation to congregation at Annual Meeting to include slide show with all drawings to date, where we are now and how we got there.

Vestry received Sr. Warden Report from Joe. Mardi Gras in full swing, need donations, as much help as possible, will be starting ticket sales this week.

Vestry received report on After School Program from Steve. Vestry agreed to not reopen program this year or next.

Vestry voted and unanimously approved Committee suggestion to further develop mentoring program with Harlem Heights Elementary School.

Vestry received Stewardship Report from Bob. Current pledges at \$353,464.96. Stewardship will be ongoing year-round.

Vestry received financial report from Debbie. Debbie will give yearly performance report at Annual Meeting.

Finance Committee recommended, Vestry voted and unanimously approved, designating the \$2,000 rebate received from Diocese to the South Fort Myers Food Pantry.



**Blood Pressure screening, first and third
Sundays (in the Multi-Purpose Room
after both Sunday services.)**



Caregivers Connect

Caregiving for a family member either short or long term brings both challenges and rewards. Join with us as we explore how to support one another on this journey. *Caregivers Connect* will meet again on Thursday, February 7th from 9:30-11:00am and the first Thursday of the month thereafter. We look forward to this being an upbeat and supportive group for all. Group meets in the multi-purpose room.

GIFTS TO HONOR

A very meaningful way to thank or recognize a colleague or loved one is by permanently naming a chair in the sanctuary for them. For a cost of \$125.00 which benefits Iona Hope's ongoing facilities and other needs, you can give the gift of a chair, in memory, in celebration, in thanksgiving or to the Glory of God. In acknowledgement for your gift, a card will be sent to the appropriate person(s). For additional information, or if you have any questions, please contact the church office at 454-4778.

How we converse with one another...

Confidentiality ▲ Discuss issues, not people ▲ Equal time (this includes listening, not debating) ▲ Freedom not to participate in conversation ▲ Speak for yourself using "I" statements ▲ One person will talk at a time/No side conversations ▲ We will begin and end on time ▲ No personal attacks/Respect for each other ▲ Amnesty/No reprisal/Forgiveness ▲ No one will dominate ▲ Okay to disagree but not be disagreeable ▲ Take care of your own creature comforts ▲ Name tags will be worn at all gatherings.

Altar Flowers

Please support our method of stewardship in our congregation through the Altar Flower Program. The suggested cost for sponsoring weekend flowers is \$50.00. We now utilize beautiful silk arrangements at the altar and your cash gift is now used 100% to help the hungry.

We have many vacancies.

Please pick a weekend!

Please use the flower sign up sheet in The Adler Gathering Place.



Ronald McDonald House of Southwest Florida

collects pop tabs instead of the entire aluminum can because the tabs are pure, high quality aluminum and are easier to store. Pull tabs are a simple way to recycle and help the House. Some interesting facts about the program:

- We receive the going rate for aluminum, which changes as the demand changes - varying from rates of 23 to 52 cents per pound on any given period.
- We average about 450 pounds every 10 days, or approximately \$234.
- Every penny helps families stay at the House -- \$10 pays for one family for one night!
- Approximately one million pull tabs = 800 pounds
- Approximately 1,430 pull tabs = one pound
- Approximately 63,360 pull tabs = 1 mile

Please pass the word to friends, neighbors, business, etc. Please remember to drop the tabs in the designated receptacles in the church and Adler Gathering Place. For more information please call 239 437-0202 or stop by the House at 16100 Roserush Ct, Ft. Myers.

HAPPY BIRTHDAY

Feb 2 Gloria Thomas

Feb 5 Bruce Moden

Feb 7 Bob Bentley

Feb 9 Jeff Dorey

Feb 9 Howard Roux

Feb 10 Janice Westgate

Feb 13 Karen Jarboe

Feb 15 Robert Ricca

Feb 17 Trish Kyser

Feb 17 Charles Lane

Feb 17 Marilyn Watson

Feb 18 Roger Lang

Feb 18 David Rampp

Feb 19 Mary Lou Morrison

Feb 21 Mike Donlan

Feb 23 Jim Westrope

Feb 25 Gail Hamlett

Feb 26 Richard Morgan

Feb 27 Sharon Terry

Feb 28 Mary Halloran

Feb 29 Janet George

HAPPY

ANNIVERSARY

Thursday February 14th

*Happy
Valentine's
Day*

Feb 2 John & Mary Law

Feb 3 Bruce & Barb Moden

Feb 6 Patrick & Robert Hunt

Feb 22 Johnny & Janet Wright

If we're missing your birthday or anniversary here, let us know!
Call the church office 239 454-4778 or e-mail office@ionahope.org



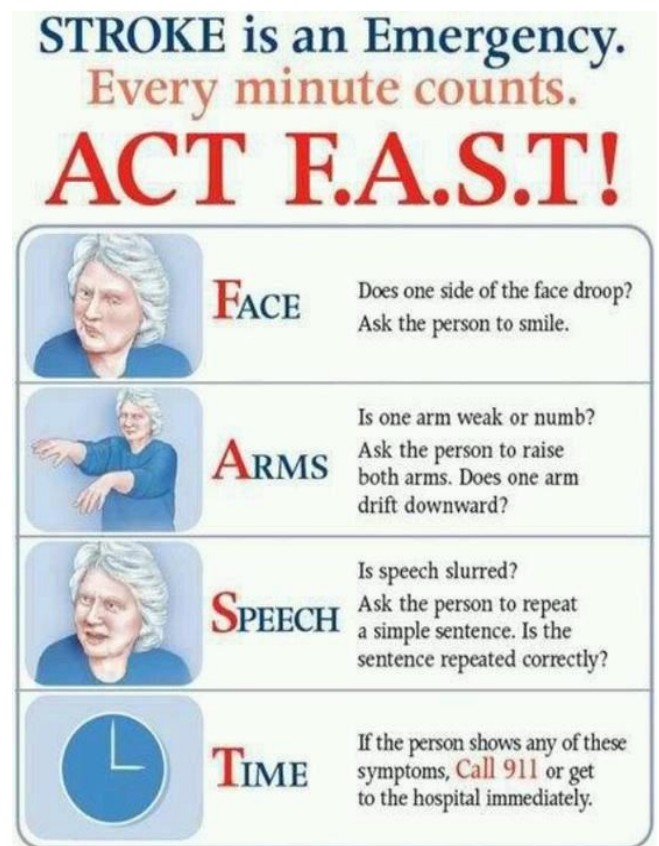


With February comes Valentine’s Day and all things of the heart. The American Heart Association has long dubbed February as *Heart Health Awareness* month and so we turn our attention to matters of keeping our cardiovascular system healthy.

In response to our Health Ministry Survey, many of you indicated an interest in cardiac concerns as well as healthy eating. In response, we will host a two part *Lunch and Learn* gathering on February 21st at 11am. Dietician, Stacy Laffin, RD will speak to us about a heart healthy diet (eating wisely in general) and Nancy Roberts, RN,BSN,FCN

will visit about the effects of uncontrolled high blood pressure and how we can help ourselves to manage blood pressure issues. We welcome all to attend. Please sign up on the clipboard in the Gathering Place so we are able to predict our lunch needs!

The heart association shares simple but helpful reminders about what to watch for in symptoms of heart attack and stroke.



Timely detection and action is key to successful treatment for both heart attack and stroke. Always err on the side of caution and seek treatment early.



Matters of the heart are not always physical in nature. The eyes of our heart are the window to our innermost self. All of us have known, in one way or another, the heaviness of heart that accompanies disappointment, tragedy or loss. We most certainly have also known those times when we have felt our hearts would burst with joy or excitement. As we tend to

those needs of our hearts we seek our God who is in the midst of our joys and our sorrows, He who has searched us and known us through and through. We cling to His promise that He heals the brokenhearted and binds up their wounds and that He will be the strength of our hearts and our portion forever. (Ps 147:3, 73:26)

Blessings and good health, Happy Valentine's Day!

Julie, Parish Nurse

parishnurse@ionahope.org



Epiphany Taizé

A service of healing and song

*His Love is
a Fire*

Monday, February 4, 2019 5:00 pm

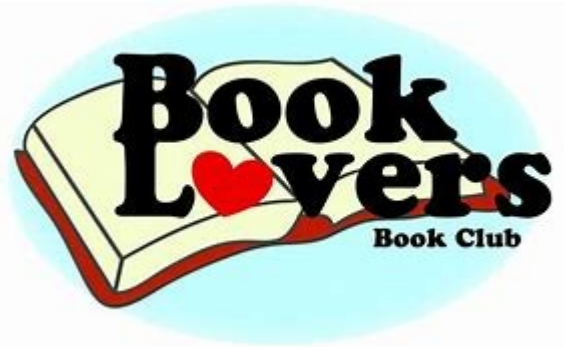
at Iona Hope Episcopal Church

Brother Roger



Here is the list of the books we voted to read during 2019 and the discussion leaders:

(This is subject to change depending on discussion leader's schedules.)



February 15 - *Being Mortal* by Atul Gawande - 282 pgs. (nonfiction) - Mary Jane Buster

March 15 - *Lilac Girls* by Martha Hall Kelly - 487 pgs. (historical fiction) - Joyce Thompson

April 19 - *Last Days of Night* by Graham Moore 371 pgs. (historical fiction) - John & Sherry Winters

May 17 - *This House of Sky* by Ivan Doig - 314 pgs. (fiction) - Joe Harper

June 21 - *Florida* by Lauren Groff - 275 pgs. (short story fiction) - Trish Kyser

July 19 - *The Woman in the Window* by A. J. Finn - 449 pgs. (fiction)- John & Sherry Winters

August 16 - *Killers of the Flower Moon* by David Grann - 359 pgs. (nonfiction) - to be determined

September 20 - *The Whistling Season* by Ivan Doig - 345 pgs. (fiction) - Joe Harper

October 18 - *Unsheltered* by Barbara Kingsolver - 480 pgs. (fiction) - Trish Kyser

November 15 - Vote on books for the next year

December 20 - Holiday luncheon

FEBRUARY BOOK CLUB

The next meeting of the Iona-Hope Book Club will be **Friday, February 15th** at the church (1:15 p.m.). Mary Jane Butler will lead the discussion of our book selection, "[Being Mortal](#)" by Atul Gawande (282 pgs.). It was named a Best Book of the Year by The Washington Post, The New York Times Book Review, NPR, and the Chicago Tribune.

The Book:

Best-selling author and practicing surgeon, Atul Gawande, has fearlessly revealed the struggles of his profession. Now he examines its ultimate limitations and failures (in his own practices as well as others') as life draws to a close. Through eye-opening research and gripping stories of his own patients and family, Gawande reveals the suffering this dynamic has produced. Doctors, uncomfortable discussing patients' anxieties about death, fall back on false hopes and treatments that are shortening lives instead of improving them. Riveting, honest, and humane, "Being Mortal" shows how the goal is not a good death but a good life...all the way to the very end.

The Author:

Atul Gawande is a surgeon, writer, and public health leader. He is CEO of a non-profit-seeking health care venture to deliver better outcomes, satisfaction, and cost efficiency in care. He practices general and endocrine surgery at Brigham and Women's Hospital. He is a professor at the Harvard T.H. Chan School of Public Health and Professor of Surgery at Harvard Medical School. Atul is a staff writer for *The New Yorker* magazine and has written four New York Times bestsellers. He is the recipient of two National Magazine Awards, the Academy Health's Award for highest research impact on healthcare and Lewis Thomas Award for science writing.

Correction: On the 2019 calendar for Iona-Hope book selections there is an error on the date for the August meeting. We will meet on *August 16th* – NOT the 23rd which was listed before.

VOLUNTEER NOW

connect · build · change



The Iona-Hope One More time Thrift Store provides affordable quality clothing, shoes and accessories, housewares, furniture, Knick knacks, books, works of art and more. Proceeds from the store benefit many organizations in our local area.

The thrift shop is run by an active group of dedicated volunteers. The shop is always seeking volunteers who can commit at least three and a half hours a week to help with a list of various tasks.

Our Thrift Shop accepts donations of gently-used items. To make a tax-deductible donation (or for more information about volunteering), please contact the church office or Thrift Store.

Women's Breakfast Group

We would love to have you join us at Perkins on Summerlin at San Carlos on Tuesday mornings at 8:30 A.M. We have such a wonderful time, good conversation and great fellowship. It's a great way to start the day. Please join us. Just come, no need for a reservation or any preparation. If you like, read the day's Forward Day by Day selection. We look forward to having you.

Men's Breakfast Club

Just a reminder: The Men's Breakfast Club is still meeting every single Thursday at 7:30 A.M.. at Perkins on Summerlin at San Carlos - solving the problems of the world and having a few laughs. We are eating breakfasts our wives and significant others won't allow us to have at home.

Bridge Club

**Our next meeting will be on
February 22nd at 12:30 p.m.
In the Adler Gathering Place**



NAMI LCH Family Connection is a new program designed to provide peer-led education, support and system navigation guidance to families caring for a mentally ill loved one. Drawing extensively from the evidence-based curriculum of the NAMI Family-to-Family Education Course, this new program will delve more deeply into several of the topics covered in class and allow the time and flexibility for discussion, support and sharing of coping skills and lived experiences to help and guide others. It will be held at: Lee Memorial Hospital, 2776 Cleveland Avenue, in Medical Room 3, Fort Myers, FL 33901.

(must check in at front desk with valid ID and receive a visitors pass)

February 5 and 19, 2019 - Sometimes communicating with your ill family member can be difficult and frustrating. Using shared experience and Class 8: Communication Skills Workshop as a guide, we will learn specific techniques that can help you communicate with your ill family member in a more positive, effective manner.

March 5 and 19, 2019 - Mental illness affects the whole family and a treatment plan should involve them too. Using concepts from Chapter 6 we will explore the challenges of HIPAA and how to work WITH health care providers to ensure your family member is being properly treated and supported in their recovery.

April 2 and 16, 2019 - Pulling from an array of information throughout the Family-to-Family manual we will discover and discuss what you can realistically expect from your ill loved one during an episode and also during recovery.

May 7 and 21, 2019 - Caring for an ill loved one takes a toll on individuals, families, and marriages. Including material from Class 9: Relative Groups and Self-Care we will be discussing the importance of self-care and some different ways we can care for ourselves and our healthy family members while caring for our ill loved one.

The time is from 7-8:30 PM on the above dates. Since space is limited, call the office to register at 239-337-9024. Education of the family is often a predictor of recovery in mental illness so please try to get the word out.



Confirmation/Reception

Sunday February 24, 2019

Welcome Bishop Barry Howe



The sacrament of Confirmation in the Episcopal Church is defined in our Book of Common Prayer as, "A sacrament in which the candidate for confirmation expresses a mature commitment to Christ, and receive strength from the Holy Spirit through prayer and the laying on of hands by a bishop" (BCP, p. 860).

The Prayer Book rite for Confirmation also includes forms for Reception into the Episcopal Church. Often those who have already made a mature Christian commitment in another denomination are recognized as members of the one holy catholic and apostolic church, and received into the fellowship of the Episcopal Church and the Anglican Communion. For example, those who have been sacramentally confirmed in the Roman Catholic church or the Evangelical Lutheran Church (ECLA) are received. Preparation for Confirmation and Reception should help the candidates discover the meaning of Christian commitment in their lives, and explore ways that their Christian commitment can be lived.

Confirmation and Reception, are rooted in the baptismal covenant. The candidates reaffirm their renunciation of evil, and renew their commitment to Jesus Christ. They reaffirm the promises made by them or for them at the time of baptism. Those present in the congregation promise to do all in their power to support the candidates in their life in Christ. The bishop leads the congregation in renewing the baptismal covenant. The bishop lays hands on each candidate for Confirmation. The Book of Common Prayer provides specific prayers to be said by the bishop for Confirmation and for Reception. The bishop may shake hands with those who are being received to welcome them into this communion, and the bishop may lay hands on them in blessing.

The Episcopal Church's theology of Confirmation has continued to evolve along with its understanding of baptism. Confirmation is no longer seen as the completion of Christian initiation, nor is Confirmation a prerequisite for receiving communion. Baptism is full initiation by water and the Holy Spirit into Christ's body the church (BCP, p. 298). Accordingly, Confirmation has been increasingly understood in terms of a mature, public reaffirmation of the Christian faith and the baptismal promises. Some dioceses require that candidates for Confirmation be at least sixteen years old to insure that the candidates are making a mature and independent affirmation of their faith. There is considerable diversity of understanding and practice concerning Confirmation in the Episcopal Church.

And easier definition may be: Confirmation is a public affirmation of your baptism. To be received means you have been baptized in another denomination, and you want to be received by the bishop into the Episcopal Church. Preparation includes classes that explore the Bible, the Book of Common Prayer, church history, liturgy, the Episcopalian faith, and whatever other topics are of interest. Both Confirmation and Reception are sacramental rites only performed by a bishop and are open to ALL adults and young people usually 16 years or older who desire to take this step.

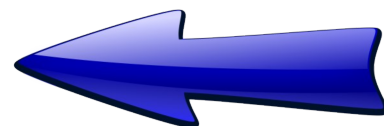
At Iona Hope, Confirmation and Reception are held once a year, when one of our Bishops makes a visit to the parish. This year, Bishop Howe will be visiting us on Sunday, February 24, we will have confirmation that day during our 9:30 a.m. service.

Confirmation/Reception is a wonderful celebration in the Church. We hope you will all join us on the 24th as we welcome Bishop Howe and celebrate and welcome all our confirmands into the Episcopal

IONA-HOPE WEBSITE www.ionahope.org



Screen capture of what the bottom right of our home page on our website looks like.



We would like to share with you what part of the home page on our website looks like. Above is a screen capture of all the information that can be found on our website by clicking on each individual link. We will continue using newsletter and weekly bulletins for all information but we are also making it available online.

This time of year mail can get lost in the shuffle, especially when people are travelling to and from summer and winter homes. All mailings that go out will be available on our website, including stewardship letters, pledge cards, volunteer forms. We encourage you to use our website for any information or you can contact the church office if you feel that something needs to be added to the website. You can also contact Marnie in the church office if you would like her to show you how to navigate around the website to make it easier on you.

Please be reminded all schedules, bulletins, newsletters and weekly readings are also available on the website.

Volunteers for

Heights Elementary School

At the last fact finding meeting regarding the After School Program it was decided there would not be a program next year. We decided to explore the possibilities of tutoring and mentoring at the children's school. I have met with the Assistant Principal, Karen Wood and she has agreed to coordinate our volunteers to assist the teachers during school hours. She stated there are many needs such as reading to lower level students and tutoring in math and reading comprehension. We now have volunteer applications for background checks which need to be completed before we proceed. There is a space for you to state what your interests are. The applications will be in the church office and online in on our website. When the application is completed please bring it to the school's front desk attention to Miss Wood. You will be contacted when a background check is complete. The time frame should be a week .

Heights Elementary is located near the church off Gladiolus Drive. Donna Kress



Have you always wanted to learn to knit or crochet? Come and we will teach you. We will supply the yarn and needles and patterns!

Everyone is welcome. We have members who are not members of our church, and members who can not attend the meetings, but send us their completed projects.

We meet every Friday from 10-12 (except Summer time) here at Iona Hope and we'd love to have you join us.

May God's grace be upon this shawl...

warming, comforting, enfolding and embracing.

May this mantle be a safe haven...

A sacred place of security and well-being...

sustaining and embracing in good times as well as difficult ones.

May the one who receives this shawl be cradled in hope, kept in joy, graced with peace, and wrapped in love.

Fats, Oils & Sweets

- Jelly and jam, Honey
- Sugar
- Mayonnaise
- Vegetable oil
- Syrup
- Salad dressing

Milk, Yogurt & Cheese

- Infant formula
- Powdered milk
- Instant breakfast drinks
- Canned and boxed pudding

Meat, Poultry, Fish, Dry Beans & Nuts

- Canned Tuna, Canned Chicken
- Canned Beef Stew
- Bean soups
- Canned or dried beans, Baked beans
- Canned Chili
- Peanut Butter
- Canned Nuts

Vegetables

- Canned Vegetables, Vegetable Soup
- Canned Tomato products
- Spaghetti Sauce
- Baby Food Vegetables
- V-8 Juice

Fruits

- Canned Fruit, Raisins, Applesauce
- Dried Fruits
- Baby Food Fruit
- Fruit Leather (100% fruit)
- Canned & Boxed 100% Juice

Bread, Cereal, Rice & Pasta

- Rice and rice mixes
- Canned Pastas
- Noodle mixes, Dry noodles and pastas
- Macaroni and Cheese Mix
- Cold Cereals
- Bran Cereal Shredded Wheat
- Infant Cereal
- Hot Cereal Mixes, Oatmeal
- Bread & Muffin Mixes
- Pancake Mix
- Whole-Grain Crackers
- Granola Bars
- Graham Crackers
- Flour



Iona-Hope Episcopal Church - what does that mean?

SEASON OF EPIPHANY

As we begin a new year, we continue each month to pick out a topic or season of the Church and discuss what they mean, or why we do things a certain way in the Episcopal Church and here at Iona Hope.

We have moved through a joyful Christmas season. The Church year takes us into the Season of Epiphany. Epiphany is often overlooked in the Church and seen as a “break” between Christmas and Lent/Easter. The truth is the Epiphany season is an important time of transition and faith. We read in Scripture about not only the visit of the Magi, but also the baptism of our Lord and the beginning of His ministry and miracles. They are all referenced during this important season.

The Epiphany season, also known as Epiphanytide, is recognized as a liturgical period following the Christmas season (Christmastide). It begins on the day of Epiphany, and ends when the season of Lent begins.

The Church of England states: "The Christmas season is often celebrated for twelve days, ending with the Epiphany. Epiphany season thus begins at Evening Prayer on the Eve of the Epiphany, which may be celebrated on 6 January or the Sunday between 2 and 8 January. The Epiphany season is seen as in some sense a continuation of the Christmas season, and together they last forty days. The three main events focused on during the Epiphany season are the visit of the Magi, (The Three Kings, or also known as the Three Wise Men), the Baptism of Jesus, and Jesus' miracle at the Marriage at Cana. The visit of the Magi is traditionally interpreted as symbolic of God's revelation of himself to the Gentiles, and so one of the themes of the season is mission. The Season after the Epiphany continues through the Feast of the Presentation, which is usually sometime in February, after which the liturgy stops looking back to Christmas and begins looking forward to the Passion. The color for the season is green. The Epiphany season can last up to several weeks, depending on the date of Easter. This year the Season after the Epiphany will take us through the last Sunday of February, and then we begin the season of Lent the following week, on Ash Wednesday.



Midweek Service

From Mother Suzy

Wednesday mornings

Please remember our Wednesday morning service of healing and communion continues each Wednesday morning at 9:30 a.m. at the back of the Church by the River Jordan.

This is a smaller, quieter more intimate service that offers healing prayers and communion.



Prayer Group meets the first Wednesday

of every month at 9 - 9:30 a.m. in the Church.

Everyone is welcome. If you have a prayer request that you would like the group to include in their prayers, please let the office know or Mother Suzy.

Our next prayer group will be on February 6th, 2018.



What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from over one million organizations to support.

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

How do I select a charitable organization to support when shopping on AmazonSmile?

On your first visit to AmazonSmile smile.amazon.com, you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

How much of my purchase does Amazon donate?

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. The purchase price is the amount paid for the item minus any rebates and excluding shipping & handling, gift-wrapping fees, taxes, or service charges. From time to time, we may offer special, limited time promotions that increase the donation amount on one or more products or services or provide for additional donations to charitable organizations. Special terms and restrictions may apply. Please see the relevant promotion for complete details.



Welcome...
Iona-Hope Episcopal Church

LENTEN QUIET DAY

Please mark your calendars for Saturday, March 16 for our Iona-Hope Lenten Quiet Day. Father Ray Buchanan is presenter and facilitator of our Quiet Day. He will offer insights and meditations of interest as we begin our Lenten journey this year.

Quiet Day begins at 9:00 am with morning refreshments and coffee in The Gathering Place. Quiet music of the season is available in the church for those who wish to begin their day in reflection. The program begins at 10:00 with an opening meditation followed by Father Ray's presentation. Lunch is served at 12:00 noon. There is no cost for lunch, but, please, RSVP so we can plan accordingly. The day's program concludes at 2:00 pm.

Please join us for this wonderful opportunity to be still as we begin Lent. ALL ARE WELCOME to attend. Friends, neighbors, family are all welcome. This event is open to the public and we warmly love to meet new friends at our Quiet Day events ...

Lenten Program - Coming next month!!

“Theology and the Movies”

Mother Suzy will be leading a Lenten program this year called “Theology and the movies”.

The program will meet Tuesday nights in Lent. We will watch a movie together and then discuss. Everyone is welcome to any and all the session. We will meet in the Church Tuesday nights in Lent.

The program begins Tuesday, March 13 6 p.m. Popcorn will be provided!!

Movies that we will watch together will include - “In America”, “The Pursuit of Happiness”, “Green Book” and more...

*Lenten
program*

The ministry of the people at Iona-Hope
is supported by the church staff.



Vestry

The Rt. Rev. Dabney T. Smith,

Bishop

The Rev. Ray Buchanan

Rector

The Rev. Suzy Post

Associate Priest

Mr. Loren J. Strickland,

Music Director

Ms. Marnie Ike, Office

Cyndi Farmer, Office

Mr. Joseph Mulino - Senior Warden

Mr. Ray Zentis—Junior Warden

Mrs. Evelyn Reynolds

Mr. Craig Reitan, Mr. Bob Earl,

Mr. Robin Mills, Mrs. Margo Farrara and

Mr. Steve Walsh and Mrs. Debbie Prather

Mrs. Debbie Prather - **Treasurer**

Mr. John Thomas— **Assistant Treasurer.**

Ms. Patty Ingram- **Clerk of the Vestry**

IONA-HOPE



Episcopal
Church

PLEASE MARK YOUR CALENDARS

The next meeting of the
Vestry will be

Tuesday, February 12th

@ 5:00 P.M.

ALL ARE WELCOME

Finance Team Meeting will be on

Tuesday, February 12th

@ 11:30 a.m.



Small Groups:

Acolytes
Al-Anon
Alcoholics Anonymous
Adult Living Facilities
Altar Guild
Book Club
Bridge Club
Bridge Club
Choir
Children's Ministries
Friday Faithful
Greeters
Habitat for Humanity
Harlem Heights Hunger Ministry
Hospitality
Justice Ministry
Men's Breakfast Club
Newcomer Ministry
Office Angels
Parish Nurse
Pastoral Ministry
Quad Squad
Readers
Shawl Ministry
Spanish Class
Spirituality
Supper Club
Technology
Thrift Shop
Welcoming Ministry
Women's Breakfast
Wonderful Wednesday-Adults

Leaders:

Margo Farrara

Trish Kyser
Robert Hunt
Sheryl Winters
Diane Shorey
Charlie Champlin
Loren Strickland
Barbra Bowman
David Rauppius
Ken Ingram
Bruce Moden
Deb Studybaker
Ardis Uberti
Steve Walsh
Ray Zentis

Bill Shaw
Julie Vergin
RuthAnn North
Nancy Martins
Marnie Ike
Connie Walsh
Melida Escobar
Paula Paquette
Ardis Uberti
Michael Cunningham
Eileen Carrara

Gail Hamlett
Bruce George

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