

The New Hope



The Newsletter of IONA-HOPE EPISCOPAL CHURCH November 2019

November 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

 * *From the Rector* *
 *  *
 * Greetings. *
 * I am happy to let you know that on Tuesday, 10/29, I was notified that all permits for our reconstruction project have cleared. This means that we can proceed. *
 * Our original plans included carrying out the construction during the summer so that its impact on the congregation, services and community meetings would be minimized. The delay in permits means that we will be starting soon and will be conducting it during season. *
 * Our next steps will be to have pre-construction meetings and establish a construction schedule. We will update you with information as we receive it. Peace, Ray+ *



Coming in Advent - Theology and the Movies is back!!

“Christmas and the Movies.”

Join us Wednesday nights in Advent for a “Christmas at the Movies” program. We will gather each week, watch a movie and then have a short discussion. Popcorn provided!! Everyone welcome! Bring a friend!

Wednesday, December 4 – “A Christmas Memory”

Wednesday, December 11 – “Joyeux Noel”

Wednesday, December 18 – “Nativity”

Program begins at 6:00 p.m. in the Church! Everyone welcome to any or all the movies!

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* meets the first Thursday of each month from 9:30-11:00am in the multi-purpose room. Snacks and good conversation provided!

NOTE: The November meeting will take place on **Friday, November 8th** and we will attend a *Day Out For Caregivers luncheon event from 10am-2pm. Meet at Iona Hope to car pool at 9:15am. The event is free but registration is required.*

Contact Julie: parishnurse@ionahope.org or RuthAnn for more information on how to register.



Please visit our website
www.ionahope.org

Bulletins, Newsletters, Schedules, Calendars, Weekly Readings, Daily Devotionals and Parishioner Resources are all available at the click of a button.



THE SOUNDS OF Christmas
BPDT—Thursday, December 12, 2019 – Sounds of Christmas
Sounds of Christmas is perfect for everyone and will remind you why this is the most joyous time of the year! Bring your family and friends as we celebrate the season with festive production numbers, beautiful dancing and dazzling costumes! You'll hear over 30 holiday songs you know and love including Deck the Halls, We Wish You A Merry Christmas, Silent Night, Jingle Bells, Rockin' Around The Christmas Tree and more. And this holiday extravaganza wouldn't be complete without a visit from the big guy himself...Santa Claus!
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. Please do not put checks in the plate and expect to have a seat. You are not guaranteed a seat until you speak with someone in the office or send an email and you have received a response back. Thank you.

Remember our Wednesday morning service. As the busyness of the Fall and holiday season start, our Wednesday morning service offers a quieter more intimate service of communion and healing. We meet in the Church every Wednesday at 9:30 a.m.

Prayer Group also continues once a month. Our prayer group meets the first Wednesday of every month, 9:00 a.m. in the Church. We meet and pray together for all of those on our prayer list and anyone else who has asked for prayers, Everyone is welcome to join Mother Suzy and the prayer group. If you have a prayer request, please speak to her or call the Church office.

Upcoming prayer group meetings -

Wednesday November 6 and December 4. 9:00 a.m. in the Church.



Treasurer's CORNER

We are delighted that Iona-Hope has received the permits necessary to begin Phase One. We will soon be disbursing large sums of money from the capital campaign as the demolition and construction begin. If your capital campaign pledge is not up to

date, please consider making your payment. For those of you, who will have capital campaign balances due in 2020, please also consider paying them off in January and February 2020. Thank you all for your generosity. Debbie Prather.



Thank You for Serving!

Pretty soon the re-construction on the multi-purpose room will begin. Please remember the following.

- * If our office door is closed, assume that it means “do not disturb” unless we have put a sign on the door indicating otherwise.
- * If you are unsure, please knock and enter only when invited. Our offices have glass panes so that you can see us.
- * Do not be offended if we place white noise machines outside our doors. Sometimes our conversations with people require that we maintain confidentiality and this helps to mask our voices.
- * Please, whenever possible, call ahead for a time to meet with us, even if it is brief. If it is during office hours, we will meet with you if time permits. We give priority to folks on our schedules.
- * Additionally, please understand that we have various community groups and internal groups meeting in limited spaces. Often, these require privacy or confidentiality. If the door(s) entering a room is(are) closed, please assume that this is for privacy or confidentiality and do not enter. This is especially true of the multi-purpose room.



Iona-Hope Quiet Days 2019-2020

Please mark your calendars now for the Quiet Days which will be held at Iona-Hope this coming program year. Father Ray Buchanan presents topics which relate to the seasons of the church and the seasons of our lives. Please plan to attend these very meaningful days and enjoy the opportunity to pause for a moment of quiet reflection in your busy life.

Saturday, December 7—Advent Quiet Day
Saturday, February 29 - Lenten Quiet Day
Saturday, May 2 - Spring Quiet Day

All Quiet Days begin at 10:00 am with coffee and a light breakfast available at 9:30 am. Lunch is served at 12 noon. Quiet Days conclude at 2:00 p.m.



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

Nov 4	Maggie Minnick
Nov 10	Ann Cherie Dye
Nov 18	Nancy Buchanan
Nov 19	Ava Hanson
Nov 20	Nikki Kunkle
Nov 21	Conda Abbott
Nov 24	Cindy Havlichek
Nov 24	Nancy Martins
Nov 24	Tom Pastorius
Nov 25	Marjorie Kohut
Nov 27	Jim North
Nov 29	The Rev. Suzy Post
Nov 30	Patricia Rayburn

2020 Monthly Planners

Iona-Hope 2020 monthly planners are now available. The actual cost per planner is \$4.00. Donations would be greatly appreciated to help cover the cost.

HAPPY ANNIVERSARY

Nov 1	Rev. Z. Allen & Conda Abbott
Nov 17	William & Susan Roberts
Nov 25	Jacques and Joan Sammons
Nov 28	Jim & Ruth Ann North

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



IONA-HOPE'S ONE MORE TIME THRIFT STORE

Our Thrift Store continues to thrive in the heat of summer. Please remember us when you have items to donate. We accept all clothes, household goods, furniture and miscellaneous items at the back of the store Monday through Saturday from 10:00 until 3:30. Remember we cannot accept mattresses, TVs ,or computer equipment.

Check out our Facebook page to be aware of special sales. We always need people to volunteer helping to sort and price. Call Cindy at 239-489-3910 to volunteer for a 3 hour shift, either 10:00 to 1:00 or 1:00 to 4:00.

We thank you very much for your donations as the proceeds help to support our community outreach goals.

Donations
are Greatly
Appreciated!



PLEASE MARK YOUR CALENDARS

The next meeting of
the Vestry will be

Tuesday, November 12th at 5:00 P.M.

ALL ARE WELCOME

Finance Team Meeting will be on
Tuesday, November 12th at 11:30

KEEP US UPDATED

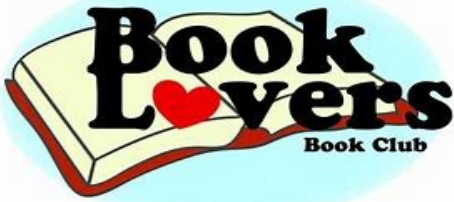
Please remember to keep the church office updated on any change of address, phone number, or e-mail address.

Contact the church office at 239-454-4778 or by e-mail at office@ionahope.org



Core Values

*All are welcome, Openness to risk,
change and growth,
Jesus is model
Strong, real, personal
relationship with Jesus
Disciples making disciples
Mission doing mission*



Dear Bookies:

Our next meeting will be **Friday, November 15th, 1:15 p.m.** at the church.

Next month we do **not** discuss any literary selection. We meet to **vote on the books we will read for next year.**

Please bring a couple favorite selections you have read or researched that would be worthy of a vote for us all to read and discuss.

Keep in mind that recent popular new releases may be difficult to get at the library or not yet available in paperback.

Hope to see you there with enthusiastic recommendations!

Bring a friend and help us grow our club...remember we heartily welcome bookie newcomers that share our passion for reading.

Sherry Winters, Book Club Chairperson

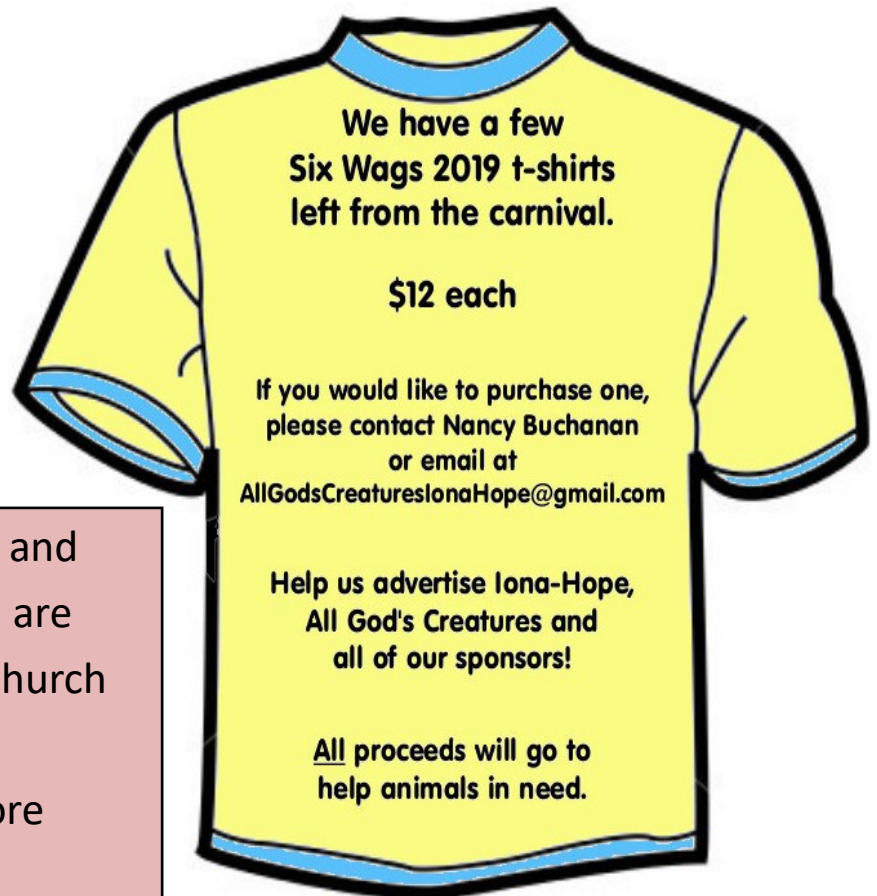
We are looking for welcomers and ushers at all 3 services. If you are interested, please contact the church office at 239 454 4778 or office@ionahope.org for more information.

**A
REALLY
BIG
THANK
YOU!**



To all who volunteered, cooked, baked, donated, and attended Six Wags Over Fort Myers.

You helped make our third pet carnival a great success! We couldn't have done it without you!





THANKSGIVING REQUEST

We want to thank you for your past support and want you to know what a difference you make in the lives of the families we serve. The holidays are soon approaching. Again this year, we are asking that you help us continue our tradition of helping families enjoy a Thanksgiving Dinner with all the trimmings including a turkey. Please consider making a donation of cash, check or turkeys for this project. We are also in need of instant mashed potatoes, stuffing mix, canned corn, green beans and canned or jarred gravy. Last year your contributions helped us provide 651 families with complete turkey dinners to enjoy in their homes. In addition, on Thanksgiving Day we were able to serve 249 individuals a complete hot turkey dinner.

All items will be picked up before the services start on the weekend of November 16th and 17th.

May God Bless you and your loved ones,
Miriam Ortiz, Founder/Executive Director

Women's Breakfast Group—

We would love to have you join us at Eggcetera on 16230 Summerlin Road 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 meeting every single Thursday at 8:30 A.M. at Eggcetera on 16230 Summerlin Road - 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.



SAVE THE DATE



**MARDI GRAS- FEB. 21,
2020**

**SAVE
THE DATES!**

Interfaith Workday

Sunday November 27th

Interfaith Thanksgiving Service

Sunday, November 24th—4:00 p.m.

Quality Life Center

Ecumenical Thanksgiving Eve Service

Wednesday, November 27th

7:00 p.m.—Faith United Methodist

***More information on all these events
will be provided in upcoming bulle-
tins and newsletters.***



Iona-Hope Vestry Meeting

October 8, 2019

Executive Summary

Attending the Vestry meeting were: The Rev. Ray Buchanan, Senior Warden Joe Mulino, Junior Warden Ray Zentis, Treasurer Deb Prather, Bob Earl, Steve Walsh, Patricia Ingram, Andi Jergen, Margo Farrara, Facilities Committee John Gamble, Church Staff Donna and Ken Owens, Clerk Paula Paquette, and Guest Douglass Lind. (Robin Mills, excused, with regrets)

All regular business was reviewed and conducted. Treasurer's report, year-to-date was reviewed. The church is right on track for actual revenues compared with expenses for the year so far. Progress on facilities redevelopment was discussed. The permitting process continues to move forward, albeit, somewhat slowly. Lee County is reviewing our plans for how construction will be done in stages and how issues like site safety and total number of available toilets for church occupancy will be managed during the construction process. Vestry development consultant Douglass Lind was on hand for the meeting and will be meeting individually with members of the Vestry as part of Vestry leadership development. Junior Warden Ray Zentis is heading up an effort to develop a comprehensive safety plan for the church. With a \$2,700 rebate received from the Diocese, we will be acquiring some promotional banners and materials to promote the church and welcome visitors and members.

Shining Our Light –

Iona-Hope Episcopal Church

As we prepare for the final phase of our Stewardship Campaign, let us consider the following;

“We have to make choices to give up some of our time and money to nurture the compassion and generosity that hold us together as families, communities, nations and the world.’

The choices we make can change the world and us.

- Choose how we see the world.
- Choose what’s important in your life.
- Choose how you see yourself.
- Choose how you value others.
- Choose invitation and inclusion.

This year the Vestry has presented a 2020 Spending Plan of \$365,000 which is down from the 2019 Spending Plan of \$385,000. Further details will be forthcoming when the Pledge Cards are distributed to everyone. We realize that some Parishioners have left the church and others are unable to Pledge this year due to changes in circumstances. We pray that the Light of Iona-Hope will continue to shine through all our efforts.

Please join us in our theology of Stewardship.

- Everything we have comes from God.
- Our highest calling is to be the steward of God’s amazing generosity.
- God’s abundance flows through us.

The In-Gathering for our 2020 Pledge Cards will be on Saturday, November 30th and Sunday, December 1st. We pray that your support will continue the Mission and Vision of Iona-Hope.

Faithfully yours,

The Stewardship Team Robert Earl Patrick Hunt Steven Minegar





SUBSCRIBE TO OUR
You Tube
CHANNEL

As most of you are aware we recently upgraded our Audio/Visual system in the church. The new system enables us to stream our weekend services live. We are in the process of testing this out.

In order to watch the services online you have to subscribe to Iona-Hope's you tube channel. To do this, please visit our website and click on the link on the bottom of our homepage for more instructions.

You can also follow the instructions from our Friday email.

Once you have subscribed and enabled the notifications you will then receive alerts when the services start.



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.

It's October and the Justice Ministry at Iona Hope is underway for 2019-2020. We have already had two House Meetings where 14 congregation members gathered to share stories get to know each other better.

These same meetings are taking place at congregations across the county. We have heard stories of parents paying over \$1,000 a month for childcare. We heard stories of rent increasing from \$450 a month to \$1,500 with only a few weeks notice. And, we've heard stories of people facing mental illness being arrested when in crisis because mental health services were unavailable.

Thank you to all who attended a house meeting and if you have not yet attended- Iona-Hope is hosting a few more on and you can RSVP to Gail Hamlett, Deb Prather, or Alex Chain at 239-645-6239.

From these gatherings, our congregation has committed to not just share in each other's hurt but also in being a part of the solution. We are anxious to join with the other congregations across the county to take action to address the problems in our community.

And, if you want to be a part of finding a solution to these serious community problems- please plan to join us at our research kick-off on Thursday, November 14th at 6:30 PM at the Unitarian Universalist Church of Fort Myers 13411 Shire Lane, Fort Myers. This is where we will move from identifying community problems and move into identifying solutions.

Mark your calendars for 2020, now:

Rally on February 24 at 7:00 pm

Nehemiah Action on March 9 at 7:00 pm

Celebration on April 6 at 7:00 pm

If you have not been approached to participate with the justice ministry, especially sojourners, please contact Gail Hamlett, Deb Prather, or Alex Chain at 239-645-6239.

In the words of our Bishop, Michael Curry, "Being a Christian is not essentially about joining a church or being a nice person, but about following in the footsteps of Jesus, taking his teachings seriously, letting his Spirit take the lead in our lives, and in so doing helping to change the world from our nightmare into God's dream."



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





KEEP CALM AND GO THRIFT SHOPPING

A quick hello and welcome back to our returning volunteers.

We are gearing up for the joyful holiday seasons.

Don't forget our weekly sales.

They run from Friday to Thursday,. Every week we have different products on sale. For everything you might need for your home come on down and see what we have. You can find our weekly sales on the Friday email, facebook and sometimes the weekly bulletin.

We always need people to volunteer helping to sort and price. Call Cindy at 239-489-3910 to volunteer for a 3 hour shift, either 10:00 to 1:00 or 1:00 to 4:00.



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.

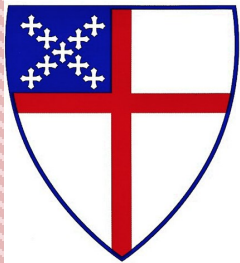
How do I select a charitable organization to support when shopping on AmazonSmile?

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.

VESTRY ELECTIONS



Your vestry is a key component of the operations and ministry of Iona-Hope according to the Canons of The Episcopal Church.

They are the legal representatives of the parish with the primary functions of overseeing the property (which is held in trust for the Diocese), seeing to the financial state including oversight of the budget and generating funds, and the call and care of the Rector. This is a tall order and requires regular communication and meetings to ensure the accomplishment of these tasks.

Three members are elected to the vestry each year to serve a three-year term. At our annual meeting in January we will need to elect three people, who are members of Iona-Hope and have pledged in 2019. We would like to have a full slate of six persons to stand for election at our annual meeting.

Please consider if you bring the skills, commitment and willingness to stand for election and serve on the vestry. If so, please talk with any vestry member and/or Fr. Ray. Our monthly meetings are on the second Tuesday of the month at 5:00 pm. Additionally, we will have at least one vestry retreat each year.



THANKS GIVING EVE

This year, we will join a Thanksgiving Eve Service at Faith United Methodist Church, 15690 McGregor Boulevard. This will be at 7:00 pm on Wednesday, November 27 and will involve participants from various faith groups. The Interfaith Service is a witness to others that in the midst of various divisions, we can and do stand together in thanksgiving.

**Please join us for our
Thanksgiving Day Service @ 9:30 a.m.**



**The Church office will be closed on
Thanksgiving day and the following
Friday.**

Blue Christmas

a service of healing and hope

Monday, December 16th, 6:00pm

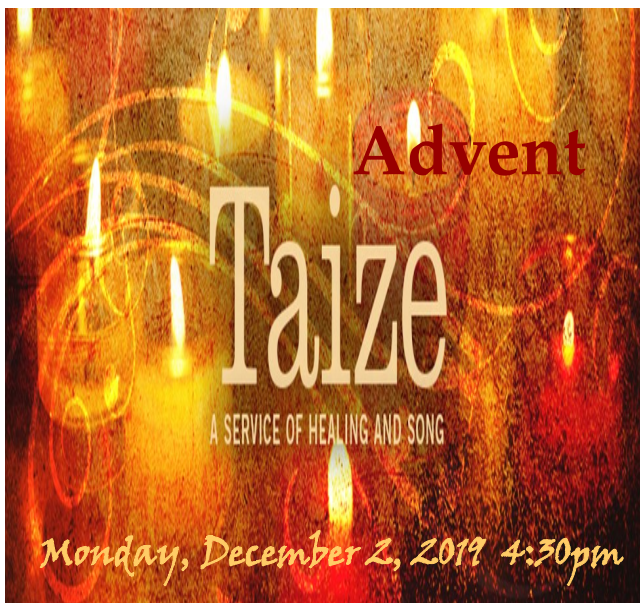
Iona Hope Episcopal Church

9650 Gladiolus Drive Ft. Myers, FL 33908

Christmas can be a painful time for some. It may be the first Christmas without a loved family member who has recently died; it may be a time that has always been difficult.

The constant refrain on the radio and television, in shopping malls and churches, about the happiness of the season, about getting together with family and friends, reminds many people of what they have lost or have never had. The anguish of broken relationships, the insecurity of unemployment, the weariness of ill health, the pain of isolation - all these can make us feel very alone in the midst of the celebrating and spending. We need the space and time to acknowledge our sadness and concern; we need to know that we are not alone. For these reasons, Iona Hope Episcopal will offer a special "Longest Night" or "Blue Christmas" service on Monday, December 16th at 6:00pm. This gathering provides a space for those who are having a difficult time during the holidays or simply need to acknowledge some pain or loss they are carrying in the midst of this season of celebration.

So come and join with us in sharing and hearing prayers, scripture, and music that acknowledge that God's presence surrounds those who mourn, for those who struggle - and that God's Word comes to shine light into our darkness. Everyone is welcome, bring a friend, neighbor or family member.



Taizé worship and prayer offer an experience focusing on reflection and reconciliation. This half hour service includes times of silent prayer, scripture readings and simple song. There is no sermon. The hope is that "in prayer and silence you will be enabled to drink the living water promised by Christ, to know his joy, to discern his presence, to respond to his call, then to set out again to witness to his love and to serve your brothers and sisters."

Come, stop and find rest and healing for your soul. Come and refresh your spirit.

Monday, December 2nd, 4:30pm and each first Monday of the month through April.



CHURCH LIFE

If you have access to an android phone, I-phone, computer or tablet you can download the church life app. With ACS Church Life™, you have instant access to the contacts and events in Iona-Hope's Access ACS™ databases anytime, anywhere, from your mobile phone, tablet or computer. You can

- ◆ View more member profile data with additional fields and better photo viewing.
- ◆ Look up phone numbers, addresses, and emails for each person in our church directory database.
- ◆ Look up your contribution records and access your statements.
- ◆ Easily add contact information to your phone's contact list.
- ◆ Send a text or call a contact while viewing their information from within Church Life™.
- ◆ Pull up directions and a map for home visits.

This is totally confidential and you will need a username and password to access this program. Please call Marnie in the church office if you would like to set up access to this program or click on the direct link in our Friday email.



What Service do you go to?

Typically, this is one of the most frequent sayings when you meet someone at church for the first time.

Iona-Hope is in the process of updating our parishioner records and we would like this information to be part of our published directory.

Please contact the church office or email office@ionahope.org with your name and the service time you attend and we can begin updating our records.

Wed. 9:30 a.m. Sat. 5:00 p.m. Sun. 8:00 a.m. Sun. 9:30 a.m.
Assisted Living Facility.



JOIN US BECOME A MEMBER

I Want To Be A Member of Iona-Hope

One of the great joys of ministry at Iona-Hope is when you approach us and say that you want to become a member. Membership in The Episcopal Church can seem a bit complicated, but we assure you that there is a place for you as a member.

Types of Membership

Prospect: This means that you have not indicated a desire to be a member. If you have completed a yellow card and/or made a financial contribution, you will be listed as a prospect and be placed in our parish directory.

Baptized Member: If you were baptized in another church or denomination that baptizes in the name of the Trinity, you can register with Iona-Hope as a baptized member. This membership indicates that you want this to be your spiritual home. It is hoped (not required) that all adult baptized members will be confirmed.

Confirmed Communicant: If you were confirmed by a bishop in The Episcopal Church you can transfer your membership to Iona-Hope as a confirmed communicant. Additionally, if you were confirmed by a bishop in the Roman Catholic or Evangelical Lutheran Churches, you can be received as a confirmed communicant by a bishop in The Episcopal Church. Confirmed communicants are full members who have made a “mature commitment to Christ” with laying on of hands by the bishop. You have voting privileges and can stand for election to the vestry.

Sojourner: This is a special category for Iona-Hope and includes people who want to maintain their membership at another congregation but make Iona-Hope their spiritual home while in Fort Myers. You may be a prospect or member, according to the categories above.

We hope that this information is helpful to you. Mother Suzy and Fr. Ray are happy to talk with you about membership at Iona-Hope. If you have not been baptized and want to consider this, please be in touch with us. You can call us at 239-454-4778.

Ray+

COLUMBARIUM INFORMATION

What is a columbarium?

A columbarium is a structure that is comprised of a group of compartments (known as “niches”) designed to repose cremation urns. Each niche can accommodate two urns.

The columbarium is retained within a wall (known as a housing structure) that is constructed of building materials complementary to the existing architecture of the church, allowing the project to look as if it is an intended part of the physical plant.

What are the benefits of a church columbarium?

Creating a columbarium ministry at Iona-Hope will allow us to fulfill the centuries-old obligation of serving from baptism to death. As the rite of baptism welcomed members into the church community, the centuries-old rite of Christian burial offered congregants a final homecoming and provided comfort to the living, with the knowledge their loved ones were near their spiritual gathering place. A columbarium will revive this churchyard tradition.

- It is a visible sign that the church cares for its members.
- It provides comfort to the family having a memorial to their deceased loved ones at the church.
- It provides a more favorable option as compared to other methods – it is economical, theologically sound and environmentally friendly.
- Offers a convenient way to handle pre-need concerns, relieving the surviving family of difficult decisions.

In addition to meeting these needs a columbarium ministry will strengthen ties between church and family. Family members are more likely to maintain their connection to the church, as visitations are now made easier. No longer will they have to pack up the station wagon and drive to a secular, often distant cemetery to visit a loved one’s final resting place. The family can visit and reflect before or after service.

This ministry unites the church, both past and present. Those who have come before us are once again part of the church and the entire community of faith can join in celebrating Christmas service, Easter sunrise service, weekly Sabbath services as well as weddings and other significant events.

More information and pricing will be announced in future bulletins and newsletters.

VOLUNTEER OPPORTUNITIES

Where can you accomplish all of the below? Recruiting is underway!

Where else can you spend time with family?

Where else can you do community service together?

Where else can you be with many of your friends and family all at the same time?

Where else can you be appreciated immensely for your service?

Small Group members and Lay Pastors are a significant part of who we are at Iona-Hope.

Please look carefully at the volunteer list below and try to help out in at least one area.

Welcomers / Newcomers Desk

Welcomers play an essential part in making worshipers feel welcome in our church, and in making them comfortable in attending our services again. Our Newcomer ministry provides name tags and a gift package for our guests at all three services.

Coffee Hour Volunteers

Volunteers for coffee hour after all services on Sundays. Duties include, setting up tables, making coffee and putting food and refreshments out on center table, clean up, emptying garbage, loading and unloading dishwasher etc. etc.

Audio/Visual Coordinators (Booth)

We need AV people every week to help out with the sound and projection systems. Training will be provided so if this interests you, please call the church office. This would require a commitment of not more than two services per month.

Readers

Two lessons are read at each worship service by one reader, and the Prayers of the People are read by another reader. The lessons reader and the POP reader are asked to come forward and read the lessons/POP from the lectern. The full texts of the lessons are provided to the reader weeks before the worship service. Periodic practice sessions will be held.

Quad Squad

Do you like working on the computer? Are you comfortable with Microsoft Word & Power Point? Would you like to learn to program the services at Iona-Hope that are projected on the big screens? Come join the Quad Squad! All your questions answered and one-on-one tutoring for as long as you think you need it. Please call Nancy Martins.

Training for service opportunities

We will provide training for you if you are interested in serving in any of these opportunities. We can also provide written job descriptions. Please call the church office at 239-454-4778.

Parish Nurse MINISTRY

Those who discover my words
live; body and soul, they're
bursting with health.
-Proverbs 4:22



“To be grateful is to recognize the Love of God in everything He has given us - and He has given us everything. Every breath we draw is a gift of His love, every moment of existence is a grace, for it brings with it immense graces from Him. Gratitude therefore takes nothing for granted, is never unresponsive, is constantly awakening to new wonder and to praise of the goodness of God. For the grateful person knows that God is good, not by hearsay but by experience. And that is what makes all the difference.” Thomas Merton

In our American custom Thanksgiving arrives on the fourth Thursday of November each year. We set aside time to intentionally count our blessings and give thanks. What would happen if we began *each* day with an attitude of gratefulness?

Research abounds on the benefits of expressing gratitude and how the state of being grateful can positively impact our whole selves: body, mind and spirit. Enjoy this article from TODAY, 2017:

Be thankful: Science says gratitude is good for your health

By Lauren Dunn

If you need one more reason to be thankful, here it is. More and more researchers are finding that gratitude doesn't just make you feel like a better person, it's actually good for your health.

“Clinical trials indicate that the practice of gratitude can have dramatic and lasting effects in a person's life,” said Robert A. Emmons, professor of psychology at UC Davis. “It can lower blood pressure, improve immune function and facilitate more efficient sleep.”

One recent study from the University of California San Diego's School of Medicine found that people who were more grateful actually had better heart health, specifically less inflammation and healthier heart rhythms. “They showed a better well-being, a less depressed mood, less fatigue and they slept better,” said the study's author, Paul J. Mills. “When I am more grateful, I feel more connected with myself and with my environment. That's the opposite of what stress does.”

Another study found that gratitude can boost your immune system. Researchers at the universities of Utah and Kentucky observed that stressed-out law students who characterized themselves as optimistic actually had more disease-fighting cells in their bodies.

People who keep a gratitude journal have a reduced dietary fat intake — as much as 25 percent lower. Stress hormones like cortisol are 23 percent lower in grateful people. And having a daily gratitude practice could actually reduce the effects of aging to the brain.

Parish Nurse MINISTRY

Those who discover my words
live; body and soul, they're
bursting with health.

-Proverbs 4:22



Being thankful has such a profound effect because of the feelings that go along with it, Emmons said. "Gratitude works because, as a way of perceiving and interpreting life, it recruits other positive emotions that have direct physical benefits, most likely through the immune system or endocrine system."

Research shows that when we think about what we appreciate, the parasympathetic or calming part of the nervous system is triggered and that can have protective benefits on the body, including decreasing cortisol levels and perhaps increasing oxytocin, the bonding hormone involved in relationships that make us feel so good. But if you're still not feeling the love, experts say gratitude is something you can learn.

"Some people may not be grateful by nature but it is a habit you can get accustomed to," said Dr. Norman Rosenthal. "One very good way is being aware of comparing up. It's a formula for unhappiness because you can always find a person who is more advantaged than you are."

Mills says all you have to do is think about being grateful and you'll become more grateful. A good way to do that is by journaling. "Some people say they don't have anything to be grateful for," Mills said. "If you take such a person to find one little thing to be grateful for and focus on that, you find over time that the feeling of gratitude can transform the way they see their lives."

Gratitude and the discipline of being grateful refine and grow with time and practice. It is easy for us to be grateful for the things we have, the things that are going smoothly in our lives, our obviously positive blessings. It is more difficult, however, to find gratitude in those circumstances and events that are challenging or hurtful. So, we rely on God's grace to summon us into that space that knows, from the inside out, that, as Merton says, we are able to *recognize the Love of God in everything He has given us. And He has given us everything.*

Be blessed and be well. Happy Thanksgiving,

Julie V. parishnurse@ionahope.org

No matter what happens, always be thankful, for this is God's will for you who belong to Christ Jesus.

1 Thessalonians 5:18

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

Ms. Andi Jerger,

Mr. Bob Earl, Mr. Robin Mills, Mrs. Patty

Ingram, Mrs. Margo Farrara and

Mr. Steve Walsh and Mrs. Debbie Prather

Mrs. Debbie Prather - **Treasurer**

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

Mrs. Paula Paquette- **Clerk of the Vestry**

IONA-HOPE



Episcopal
Church

PLEASE MARK YOUR CALENDARS

The next meeting of the
Vestry will be

Tuesday, November 12th

@ 5:00 P.M.

ALL ARE WELCOME

Finance Team Meeting will be on

Tuesday, November 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

E-mail Address:

ryfarrara@comcast.net
office@ionahope.org
office@ionahope.org
pnks47@comcast.net
bobhunt56@msn.com
sherylwinters@comcast.net
fshorey@aol.com
bcchamplin64@gmail.com
stricklandlj@hotmail.com
barbarab9192@gmail.com

brucemoden@yahoo.com
debstudybaker@earthlink.net
ardisub@gmail.com
connieandsteve33@verizon.net
ray@rayzentsis.com

wshaw3146@gmail.com
ridgeroll@hotmail.com
rsnort23@yahoo.com
nancygmartins@gmail.com
office@ionahope.org
connieandsteve33@verizon.net
meliescob@aol.com
paulapaquette@aol.com
ardisub@gmail.com
mjrenewal@yahoo.com
encarl@comcast.com

gail.hamlett@gmail.com
bfjegeorge@comcast.net