

The Covenanter



April 2024



Spring Has Sprung!



| | WEDNESDAY 1 | THURSDAY 2 | WEDNESDAY 3 | THURSDAY 4 | FRIDAY 5 | SATURDAY 6 |
|--|--|----------------------------------|--|---|--|-------------|
| | Tai Chi 11:30am, FH | Staff Meeting 10:30am, Rm 301 | Coalition Mix & Bake Brownies 9am/Kitchen PS Chapel 9:35am, Sanctuary Bereavement Grp 4pm, Rm 303 WPPC Handbells 6pm, Rm 102 Chancel Choir 7:15pm, Sanctuary | Coalition Prepare Meal 9:30am/Kitchen | Coalition Food Prep 9am/Kitchen Tai Chi 11:30am, FH Serve the Meal 3:30pm/FH-gather 4:00pm/Depart | |
| SUNDAY 7 | MONDAY 8 | TUESDAY 9 | WEDNESDAY 10 | THURSDAY 11 | FRIDAY 12 | SATURDAY 13 |
| Communion Worship Svc. 8:15am-Chapel 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am | Hannah Circle 6pm, Rm 301 | Staff Meeting 10:30am, Rm 301 | PS Chapel 9:35am, Sanctuary PS Board Mtg 10:30am, Rm 301 Bereavement Grp 4pm, Rm 303 WPPC Handbells 6pm, Rm 102 Chancel Choir 7:15pm, Sanctuary | | Tai Chi 11:30am, FH Kid's Night Out 5pm, FH | |
| SUNDAY 14 | MONDAY 15 | TUESDAY 16 | WEDNESDAY 17 | THURSDAY 18 | FRIDAY 19 | SATURDAY 20 |
| Worship Svc. 8:15am-Chapel 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am | Tai Chi II:30am, FH | Staff Meeting 10:30am, Rm 301 | PS Family Chapel 9:35am, Sanctuary Bereavement Grp 4pm, Rm 303 WPPC Handbells 6pm, Rm 102 Chancel Choir 7:15pm, Sanctuary | Communion Svc Westminster WP I I am Neighbors & Friends Lunch II:30am, FH Deacon Meeting 7pm, Rm 301 | Tai Chi 11:30am, FH | |
| SUNDAY 21 | MONDAY 22 | TUESDAY 23 | WEDNESDAY 24 | THURSDAY 25 | FRIDAY 26 | SATURDAY 27 |
| Worship Svc. 8:15am-Chapel 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am | Tai Chi 11:30am, FH | Staff Meeting 10:30am, Rm 301 | PS Chapel 9:35am, Sanctuary Bereavement Grp 4pm, Rm 303 WPPC Handbells 6pm, Rm 102 Chancel Choir 7:15pm, Sanctuary | Session Meeting 7pm, Rm 301 | | |
| SUNDAY 28 | MONDAY 29 | TUESDAY 30 | | | | |
| Worship Svc. 8:15am-Chapel 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am | Memorial Svc for Jane Munns 10am, Chapel Tai Chi 11:30am, FH | Staff Meeting 10:30am, Rm 301 | | | | |



April is upon us. Easter has happened. He is risen! We just celebrated this a few days ago. However, I'm writing this article prior to our observance of Maundy Thursday, Good Friday and Easter. Cindy has deadlines for me, don't you know.

Today, as I put this article together it's March 26th, 2024. I was planning on writing about Spring, new life, new opportunities to celebrate and upcoming events. Then I turned on the computer and there it was. Overnight, the Francis Scott Key Bridge collapsed. Of course, several people are injured, missing and or presumed dead.

What do we do when we hear of such tragedies? Well, we want to know the circumstances, the details of the tragedy and we definitely want to know who is responsible. Who is to blame? As we work through our paradigm of culpability, eventually, for many—God is to blame. Sure, there will be evidence of either human error or equipment failure, but God could have stopped this, right? So, what do we do?

Interestingly enough, we have an incident recorded in the Bible and Jesus is asked about these things. In the 13th chapter of Luke's gospel, we discover Pilate had some people from Galilee put to death in the temple. To be sure, a tragic event and something that demanded some answers. We get a clue concerning the nature of their questions from Jesus' response.

Jesus says, "Do you think these Galileans were worse sinners than other Galileans?" We want someone to blame. So sometimes we even blame the victims. As non-sensical as it is, humans sometimes surmise, that the people impacted by a particular tragedy must have been "bad" to begin with or else this wouldn't have happened. I was delivering relief supplies to tornado victims in Lake County several years ago and there was a man riding through the debris on a loud speaker telling people this happened to them, because they were wicked. According to Jesus, this misses this mark.

As the people are telling Jesus about this current event, He refers to some other breaking news. He says, "what about the eighteen construction workers who perished when the tower collapsed in Siloam, were they bad people, worse than all the others?" He then tells a story about a fig tree that is really not much of a fig tree. Its weak, not producing anything and so the land owner says, "cut it down." Then, somewhat surprisingly, the caretaker responds, "Let me work with it, give it another year and see what happens." So, the tree remained.

We want someone or something to blame in response to tragedy. It's our way of making sense of this thing that has happened. But Jesus doesn't cultivate our sense of blame or our tendency to assume suffering is in proportion to sinfulness or that tragedies are an act of God's judgment or bad things happen to bad people or that we even have the right to make such judgements. No, Jesus turns the table and uses tragedy as an opportunity to encourage self-reflection. He uses tragedy as an opportunity not to assign blame, but as an invitation to turn to God and be forgiven.

Like the fig tree, we are not cut down, we are allowed to remain—we're given more time. In response to the bridge tragedy and others, rather than assigning blame, I think Jesus would like us to be patient with each other, praying for the victims and their families, praying for those who survived and praying God will protect us and keep those we love from harm. Then examine our own hearts before God, turn to Him and ask forgiveness. Because the reality is: being cut down - tragedy - for any human, is as close as our next breath.

Grace and Peace,

Pastor Darren

MAGIC OF BRONZE PRESENTS

CELESTIAL CADENCES

A handbell voyage in space and time

Concert is free and open to the public.

Sunday, April 28th, 2024 at 4pm Winter Park Presbyterian Church 400 S Lakemont Ave, Winter Park, FL 32792

> MAGIC OF BRONZE www.MagicOfBronze.com



God is continuing to bless WPPC with new members! This month we are celebrating and welcoming Maria, Christina, and David Garton, and Jim and Alice Capps. If you haven't met these folks yet, please introduce yourself at the earliest opportunity, and make them feel welcome!

Maria Garton, Cristina & David Joined: December 3, 2023



Maria Garton, Cristina (12), and David (10) are thrilled to have joined WPPC in December 2023, after roughly a year of attending services and participating in church activities. The three, along with husband/dad Ryan, moved to Winter Park in June of 2022 from Fort Worth, TX. Maria is General Counsel of Signature Aviation, headquartered in Lake Nona, which is what brought them to the area. Ryan is a broker and realtor specializing in residential homes with Garton Realty Group. Cristina is in 6th grade at Trinity Prep, where she enjoys math, playing tennis, and acting in the thespian club, among other pursuits. David is in 4th grade at Park Maitland, where he enjoys science and P.E. He is active in a variety of sports, including taekwondo, soccer, baseball, basketball, and flag football. In their free time, the family enjoys watching UVA sports (go Hoos!), volunteering, spending time with friends and extended family, and exploring new places together, especially beach or mountain destinations.



Jim & Alice Capps
Joined: September 17, 2023



Alice and Jim moved to Winter Park in December 2022 to be close to their daughter, Becky, son-in-law, Austin and granddaughter, Dulaney, who live in Altamonte Springs. Married for almost 55 years, they have lived in Louisville, while Jim was in seminary, as well as the St. Louis and Indianapolis areas, where Jim served in three churches. After retirement, Jim was a transitional pastor in six churches in Texas, Indiana, Florida, New Jersey, and Missouri. Throughout these adventures of faith, Alice has been the most supportive wife imaginable. Both have become joyfully involved in the life of Winter Park Presbyterian.





As the pages of the calendar turn to April, we feel that Spring is in the air. Please Join us on Thursday, April 18th, for our next gathering. We will have a program on local gardens and gardening. Whether you are an active gardener or one who just appreciates the beauty of gardens and local landscapes, just come to celebrate the beauty of God's handiwork that surrounds us.

We will meet once again at 11:30am in Fellowship Hall for a catered lunch; cost is \$15.00. The RSVP deadline is Monday, March 18. To RSVP call the church office, 407-647-1467. If you need to bring your own lunch you are welcome to do so. Enjoying fellowship around the tables is a vital part of this ministry. You may also bring canned vegetables that we will share with a local food bank. Renewing friendships and welcoming our neighbors is an important aspect of sharing the love of Christ. So, come and share in this time together.

BEREAVEMENT GROUP

We all grieve because we have all lost someone or something in our lives. We grieve differently. Mourning is the outward expression of our internal grief. Our mourning is conditioned by a variety of factors. Some of them are healthy and others not so much.

How we mourn is directly related to how we are healed. Jesus said, "Blessed are those who mourn for they shall be comforted." The Bereavement Group meets weekly on Wednesdays as 4 p.m. in Room 303. Come for as many times as you want. For more information call the church office.

5 CENTS A MEAL

On Sunday, April 28th, we will take the second quarterly collection for 5 Cents A Meal this year. Please continue your support for P.A.T.H. (Presbyterian Answer To Hunger). Your contributions support the Second Harvest Food Bank, which distributes meals to partner feeding programs across our six-county area; Society of St. Andrew (SOSA), which coordinates gleaning events with volunteers to provide fresh, nutritious produce to local food banks; Alliance for International Reforestation (AIR) in Guatemala, which plants fruit trees to provide fruit and prevent mudslides, as well as building and installing fuel-efficient brick stoves in remote poverty-stricken villages; and Madagascar Project (Dan & Elizabeth Turk, PC(USA) missionaries, which allows Dan to train seminar students in the planting and cultivation of fruit trees, and help Elizabeth implement a community health program, teach AIDS awareness and advise the family planning program.

Your contributions in the past have helped our partners to combat hunger in many ways and in many places. The fishbowl will be on a table in the Narthex to accept your donations. You may also mark your Special Offering envelope for 5 Cents A Meal or go to our website (www.winppc.org/give/) to give online. Thank you for your continued support. ~Compassion Committee

RELATIONSHIPS IN ACTION (RINA) - ROOM 301 @ 9:15AM



Relationships in Action is a Sunday School class that studies "with the Bible in one hand and the newspaper in the other." They are interested in Biblical, historical, and current social issues in terms of how they affect the lives of others and how we, as followers of Christ, can be a factor in positive change. Everyone is welcome.

April 7th: WPPC Health Care Coordinator, Wendy Stafford

April 14th: Planning

April 21st: Faith Journeys, Anna Caparis April 28th: Social Division-Part 2, Jim Esch



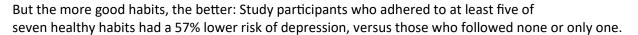
WENDY STAFFORD WPPC HEALTH CARE COORDINATOR

In these difficult times, I feel there is a need to address the problem of depression. Depression is no longer regarded as a stigma - depression doesn't mean you are "crazy" or even incompetent. It affects many people - young and old alike, but treatment is becoming common as families sometimes grow apart and the world becomes more and more troublesome.

A healthy lifestyle — especially getting enough sleep — may offer substantial protection against depression, new research suggests.

A recent study, of more than 287,000 adults, found that several lifestyle factors seemed to curb the risk of developing depression over the next nine years. Among them were eating a healthy diet, getting regular exercise, staying socially active, not smoking and most importantly — regularly having a good night's sleep.

Each healthy habit mattered on its own, the study found. People who exercised had a lower risk of future depression than couch potatoes did, for example.



In a recent study, researchers focused on over 287,000 participants who were depression-free when they entered the study between 2006 and 2010. All reported on their lifestyle habits at that time.

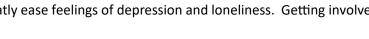
Over the next nine years, just under 13,000 people were newly diagnosed with depression. The risk was lower, however, among those who'd reported healthier lifestyles at the outset.

The big seven factors were:

- Sufficient sleep (7 to 9 hours a night).
- Regular exercise -- including moderate activities, like brisk walking, on most days of the week.
- Limiting screen time and other sedentary activities.
- A healthy diet high in foods like fruits and vegetables, fish and whole grains. The Mediterranean Diet is widely recommended to increase longevity.
- Not smoking.
- Regularly seeing family and friends and meeting new people.
- Drinking no more than moderate amounts (at most one drink per day for women, and two per day for men)

Sleep was the single most protective factor, according to research. People who got enough shut-eye were 22% less likely to develop depression than those with poor sleep habits. Not smoking was nearly as protective. But the most benefit occurs when multiple good habits are practiced together.

Loneliness can be a cause of depression, especially among older adults. Isolation and separation from family and friends can be a major factor. Being a part of a social circle such as shared hobby groups, exercise groups, church circles and other forms of interaction can greatly ease feelings of depression and loneliness. Getting involved with others is deeply healing.



Depression and Lifestyle Page 2

Pet owners have proven to be healthier and happier as well. A friendly, loyal pet can work wonders for enhancing happy feelings. It doesn't matter if it is a dog, a cat, a bird, guinea pig, hamster, ferret or rabbit – your pet can brighten your day and involve you in attention outside of yourself.

Stressful life events can act as triggers to many psychiatric disorders, in particular depressive episodes. Not everybody experiencing a stressful life event will experience a psychiatric disorder and among those who do, the severity may vary. Faith is not always mentioned as an antidote for depression, but the role of religiousness/ spirituality is also emerging as one of the important domains in resilience research. Religious activities such as attending services, singing, praying and listening to religious programs are important in enhancing mental health, with religious commitment or motivation being key factors.

There is also considered to be a link between genetics and familial depression. Major depression is a complex disease, with genetic vulnerability playing a key role. One of the important findings in this study was that a healthy lifestyle benefitted people, regardless of the genetic cards they've been dealt. Lifestyle has a strong protective role across different levels of genetic risk for depression.

Healthy habits appear to be powerful - guarding people against depression regardless of their genetic risk. Healthy lifestyle habits are correlated with a larger tissue volume in certain brain structures, including the hippocampus, amygdala and thalamus. But people can focus on the "small wins" each day.

Going for a walk in the park is doable for most people, even if they feel like they don't have the energy or the motivation. Small steps can lead to other changes: if you're more active, you might sleep better. A daily walk gets you out in the world, and possibly talking to more people.

These things all build on each other.

One more note – it can be normal to feel depressed for a time, relative to certain events such as a death of a loved one or the loss of a business or other catastrophic occurrence, but depression can at times be long lasting and severe enough to be incapacitating. Depression lasting longer than two weeks is classified as "clinical depression" and may require therapy and possibly medication. If you feel you are going through a crisis or a chronic state that you are unable to pull yourself out of, do not hesitate to get help. There is help available. You can contact your family physician for a referral, and I am also here to guide you if you need it.



Dear Winter Park Presbyterian Church,

Our family was overwhelmed by the pouring out of love shown to us at Christina's Celebration of Life. So many people played an intricate part in making sure it was a beautiful service, just like Christina. Thank you for your fervent prayers over many years for Christina and our family. We are so blessed to have a church family that's there to encourage us, love us, support us, rejoice with us, and mourn with us.

With sincere gratitude,

The Family of Christina Mercer



March ended with the Joy of Easter Morning! Now it's April, and what a glorious time of the year to focus on His Saving Grace. The gloomy, colder days of Winter have given birth to Spring, to *new life*. And it is in that HOPE we so joyously embrace that best describes the season of Spring.

Yet in the hope and the joy of this new season, may we never lose sight of the spiritual closeness, the importance, of our repentance and gratitude for His merciful Grace which we experienced through the 40 days of lent!

Amazing Grace, one of the world's most beloved hymns, written by John Newton, remains a beautiful illustration of God's transforming act of love. The lyrics John wrote reveal the life-changing story of his repentance from a rebellious sinner to a child of God! We know this from the words he wrote:

"T'was Grace that taught my heart to fear, and Grace, my fears relieve; How precious did that Grace appear, the hour I first believed"

God called to John, never giving up on him. John's spiritual blindness gradually began to see The Truth - the guilt, the shame, the fear, the sorrow of his sins and the need for forgiveness. That deep repentance led to his acceptance of Grace, a beautiful pace which comes from the assurance of God's love and mercy.

John's story is important because his story is every Christian's story - the story of our repentance and our faith in Christ's redeeming work on the cross.

The power of repentance opens hearts to receive the fullness of His loving mercy by acknowledging the truth that: only Jesus Christ is the Way, the Truth and the Life.

Let us always live spiritually in the Season of Spring, of new life, always remembering the joy of the hour we first believed and forever hold in our hearts the amazing truth of Grace, our gratitude, faith and love for Father, Son, and Holy Spirit, as we wait patiently ... to come home.

Deacons' Den Debbie Pauzar

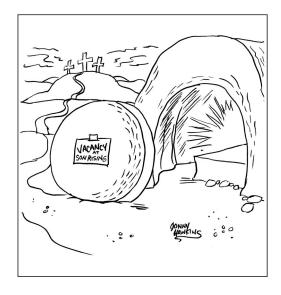
?? Bible Quiz ? ??

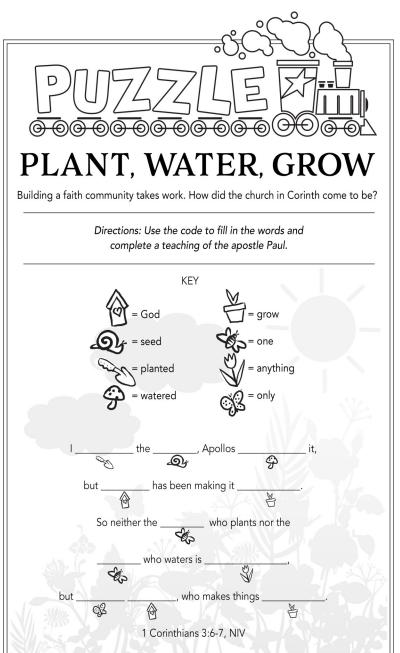
What does the newly risen Jesus tell his disciples — twice — when he appears in the locked room where they are hiding?

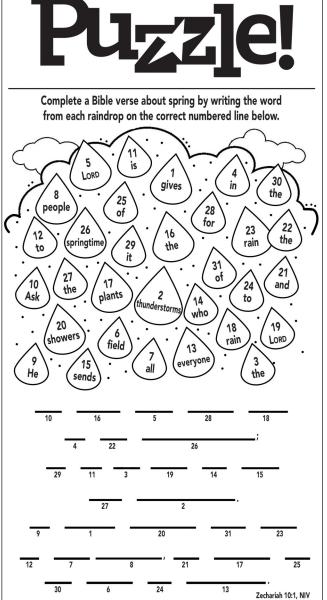
- A. "Love one another as I have loved you."
- B. "Peace be with you."
- C. "The last shall be first and the first shall be last."
- D. "I am risen!"



Answer: B (See John 20:19, 21.)











COALITION FOR THE HOMELESS - Here's How to Help

Winter Park Presbyterian Church has been involved in a feeding ministry even before the Central Florida Coalition for the Homeless was created in 1987. We serve on the 1st Friday of each month. If you would like to donate your time to prepare the food during the week before the 1st Friday, please review the information below and contact the Team Leader listed. If you would like to serve, please sign up on the Coalition serving list posted in the hallway near the office, or contact Anna Caparis at 707-889-4768/annafromal@yahoo.com.

| What | When |
|---|---|
| Bake brownies / Bonnie Gaughan 407-804-2565 | Wed 4/3 9:00-11:00 AM |
| Prepare meal / Anna Caparis 707-889-4768 | Thurs 4/4 9:30-11:30 AM |
| Bag brownies / Joann Robertson 407-678-8254 | Fri 4/5 9:00-10:00 AM |
| Donate reading materials: Magazines for men, women, & children (news, cars, sports, National Geographic, religious magazines/booklets, paperback books) | All month: Place in COALITION giant storage box in Fellowship Hall. |
| Prepare to transport: Gather supplies, load food & supplies into bus Anna Caparis 707-889-4768 | Fri 4/5 3:30-4:00 PM |
| Serve the Meal. Join us in the WPPC kitchen for departure to Coalition at 4:00 PM and return by 7:00PM. Volunteers please wear closed-toed shoes; it is a violation of health code to wear flip-flops. Please sign up in office hallway <u>and</u> call Anna Caparis (707-889-4768) by the Wednesday before if you would like to serve. The Coalition requires each volunteer to register. | Fri 4/5 4:00-7:00 PM NOTE: The church bus is reserved for this function. |
| Cleanup kitchen: Wash, sanitize items used; store supplies | Fri 4/5 7:00-7:30 PM |
| Financial Donation : Make check out to WPPC; note on the memo line "Coalition for the Homeless" - mail to WPPC or bring to the church office. | Anytime |

HOMELESS COALITION TEAM NEEDS VOLUNTEERS

Each month about 40 devoted WPPC volunteers handle the many tasks to provide and serve a wonderful meal to our guests at the Coalition. We are in need of additional volunteers for various projects, and backup volunteers when regulars must be absent.

Any of the above gifts, or your time, are so appreciated!

To help in any way, please contact: Anna Caparis

707-889-4768 or annafromal@yahoo.com



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------------------------|------------------|---|------------------------------------|-----------|--------------------------------|-------------------|
| | 1 Sara Spivey | 2 | 3 Doug Reece Porter Spangler | 4 | 5 Thomas Skelton | <u>6</u> |
| 7 | 8 Jim Capps | 9 Matt Groeteke Betty Johnston Tatiana Lampe | <u>10</u> | <u>11</u> | <u>12</u> | <u>13</u> |
| 14 Tom Chasser | <u>15</u> | <u>16</u> | 17 Carol Thompson | <u>18</u> | 19 Brad Erb Tom Thompson | 20 Beth Conner |
| 21 Maurice Pulliam Nelson Roe | <u>22</u> | 23 Jackie Groeteke Cameron White | 24 Allie Evans | <u>25</u> | <u>26</u> | 27 Anne Murray |
| 28 Ardyth Austin Phyllis Woods | <u>29</u> | 30 Caroline James | | | | |



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------|--------------------------------------|--------------------|---|---|--|------------------------------|
| | | | 1 Nancy Appich Shaheed Mohammed Marna Williams | <u>2</u> Marianna LaRue Lori Pantoliano | 3 Mary Ferguson | 4 Lee Corbett Dave Rea |
| <u>5</u> | <u>6</u> | 7 | 8 Lily Boyle Norlin Ham | <u>9</u> Dan Kittinger | 10 Susan Davis Lindsay Seel Woody Storey | 11 Jodi Tassos |
| <u>12</u> | <u>13</u> | <u>14</u> | 15 Beverly Salmon | <u>16</u> | 17 Almeda Dean | <u>18</u> |
| 19 Fred Murray | 20 Phil Ettinger Scott Frazier | <u>21</u> | 22 Joann Robertson | 23 | 24 Griffin Seel | 25 Beverly Carpenter |
| 26 Ryan Yadav | <u>27</u> | 28 Crystal Fern | 29 Alan Davis | <u>30</u> | 31 Stephen Boyle Sue Howard Margie Meliza | |







The Rev. Dr. W. Darren Bess, Senior Pastor
The Rev. Dr. James A. Capps, Senior Adult Ministry Coordinator
Justin Chase, Director of Music
Penny Walsh, Organist
Sandra Shafer, Pianist
Scott Beck, Director of Handbells
Carolyn Achenbach, Director of Operations/Accountant
Cindy Mitchum, Executive Assistant
Barbara Hordern, Administrative Assistant
Wendy Stafford, Health Care Coordinator
Nicole Fye, Director of Preschool Programs
Adam Davies, Sexton

SESSION

2024

Mike Galyean John Gehrig Jayne Leach Audrey Santiago Sara Van Arsdel

<u> 2025</u>

Theresa Coker Mary Ferguson Cathy House Glenn Riccio Ron Thompson

2026

Syd Davis Betty Johnston Shaheed Mohammed Nelson Roe

DIACONATE

2024

Lisa Dreasher Jerry Fitzgerald Nancy Galyean Andy Riccio

2025

Meg Baldwin Anna Caparis Lynne McKnight Debbie Pauzar Deborah Roberts

2026

Ernestine Beattie
Sue Howard

MISSIONARIES

Mark Hare & Jenny Bent - Costa Rica Dr. Dan & Elizabeth Turk - Madagascar