



The Covenanter

December 2025



Winter Park
PRESBYTERIAN CHURCH



Worship Services: 8:15 & 10:30 AM | Sunday School: 9:15 AM

400 S. Lakemont Avenue | Winter Park, FL 32792 | 407-647-1467 | www.winppc.org

Newsletter Submissions: cindym@winppc.org

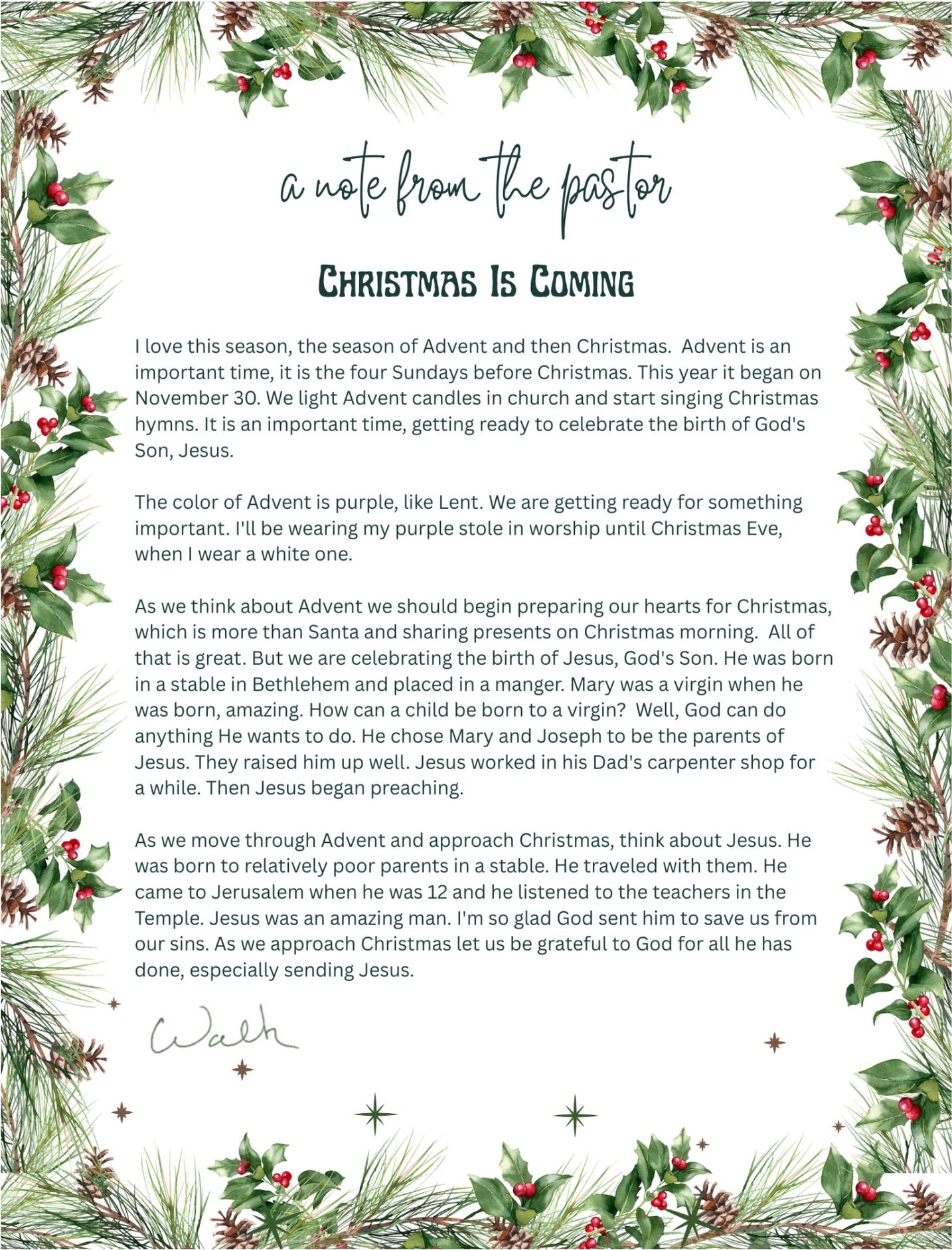


DECEMBER

	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	SATURDAY 6
	Tai Chi 11:30am, FH	Staff Meeting 1:30pm, Rm 303 Scout Troops Mtg 7pm, Rms 202/204 Pack 246 Mtg 7pm, FH	Coalition Mix & Bake Brownies 9am/Kitchen 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
Toy Collection 8:15 & 10:30am Communion Worship Service 8:15am-Chapel 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am	Hannah Circle 6pm, Rm 301	Staff Meeting 1:30pm, Rm 301 Scout Troops Mtg 7pm, Rms 202/204 Pack 246 Mtg 7pm, FH	PS Board Mtg 10am, Rm 301 WPPC Handbells 6pm, Rm 102 Chancel Choir 7:15pm, Sanctuary		Tai Chi 11:30am, FH Kid's Night Out 5:30pm, FH	
SUNDAY 14	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19	SATURDAY 20
Worship Svc. "Lessons & Carols" 10:30 am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am	Tai Chi 11:30am, FH	Staff Meeting 1:30pm, Rm 301 Scout Troops Mtg 7pm, Rms 202/204 Pack 246 Mtg 7pm, FH	WPPC Handbells 6pm, Rm 102 Chancel Choir 7:15pm, Sanctuary	Neighbors & Friends Lunch 11:30, FH	Tai Chi 11:30am, FH Living Nativity Performances at 6:30 & 7:15pm	
SUNDAY 21	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26	SATURDAY 27
Worship Services 8:15am-Chapel 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am	Tai Chi 11:30am, FH	Staff Meeting 1:30pm, Rm 301 Scout Troops Mtg 7pm, Rms 202/204 Pack 246 Mtg 7pm, FH	Office Closes at Noon Christmas Eve 5pm-Family Svc 7pm-Candlelight Svc		Office Closed	
SUNDAY 28	MONDAY 29	TUESDAY 30	WEDNESDAY 31	Mini Global Market December 7th & 14th After the 8:15am & before/after the 10:30am services Equal Exchange coffee, tea, and chocolate will be available for purchase. Audrey Santiago will also be there to represent Transitions Orphan Assistance Foundation. Please come and support these wonderful non-profit organizations.		
Worship Services 8:15am-Chapel 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am	Tai Chi 11:30am, FH		Office Closes at Noon 			

SERVICE OF LESSONS & CAROLS ONE SERVICE AT 10:30AM ON 12/14

Join us at 10:30am on December 14th as we worship together with a special service of Lessons & Carols. Scripture readings and beloved carols will tell the Christmas story and remind us of God's great Gift to the world!



a note from the pastor

CHRISTMAS IS COMING

I love this season, the season of Advent and then Christmas. Advent is an important time, it is the four Sundays before Christmas. This year it began on November 30. We light Advent candles in church and start singing Christmas hymns. It is an important time, getting ready to celebrate the birth of God's Son, Jesus.

The color of Advent is purple, like Lent. We are getting ready for something important. I'll be wearing my purple stole in worship until Christmas Eve, when I wear a white one.

As we think about Advent we should begin preparing our hearts for Christmas, which is more than Santa and sharing presents on Christmas morning. All of that is great. But we are celebrating the birth of Jesus, God's Son. He was born in a stable in Bethlehem and placed in a manger. Mary was a virgin when he was born, amazing. How can a child be born to a virgin? Well, God can do anything He wants to do. He chose Mary and Joseph to be the parents of Jesus. They raised him up well. Jesus worked in his Dad's carpenter shop for a while. Then Jesus began preaching.

As we move through Advent and approach Christmas, think about Jesus. He was born to relatively poor parents in a stable. He traveled with them. He came to Jerusalem when he was 12 and he listened to the teachers in the Temple. Jesus was an amazing man. I'm so glad God sent him to save us from our sins. As we approach Christmas let us be grateful to God for all he has done, especially sending Jesus.

Walt



Hope Community Center TOY DRIVE



TOY COLLECTION
Sunday
December 7th

TOY DELIVERY
Monday
December 8th

Suggested Toys

BICYCLES, SKATEBOARDS, SCOOTERS, HELMETS, TRICYCLES; DOLLS OF ALL COLORS; ARTS & CRAFTS KITS; PLAY "PRETEND" KITS, JEWELRY & MAKEUP; SPORTS BALLS OF ALL KINDS; EDUCATIONAL GAMES & BOOKS; NEW SOCKS, PAJAMAS, PLAY CLOTHES, UNDERWEAR FOR BOYS/GIRLS; CARS & TRUCKS (ESPECIALLY MEDIUM/LARGE VEHICLES); BOARD GAMES FOR CHILDREN OF ALL AGES; TOYS, CLOTHING & BLANKETS FOR INFANTS & TODDLERS; BABY DIAPERS (SIZES 2 TO 6)

PLEASE BRING NEW TOYS ONLY.

You can also help by ordering through their Amazon Wish List <https://a.co/jh6ilVv> and sending your order to:

Hope Community Center - Christmas Toy Sale
1016 North Park Ave., Apopka, FL 32712

Amazon Wish
List QR Code



Winter Park Presbyterian Church | 400 S. Lakemont Ave., Winter Park, FL 32792 | 407-647-1467

Tis the season for the Hope Community Center's Toy Drive. In support of this effort, the Relationships in Action class is continuing its tradition of collecting money for a bicycle fund. Donations may be deposited in the bike helmet on display by the church office or in the narthex. Your donations to the fund will be greatly appreciated!



NEIGHBORS
& FRIENDS

CHRISTMAS

Musical Program

THURSDAY
DECEMBER
11:30 AM

18

As we celebrate the Advent season, Neighbors & Friends invites you to a special musical program. Justin Chase, our very own Director of Music, will once again bring students from Lake Nona High School for a concert.

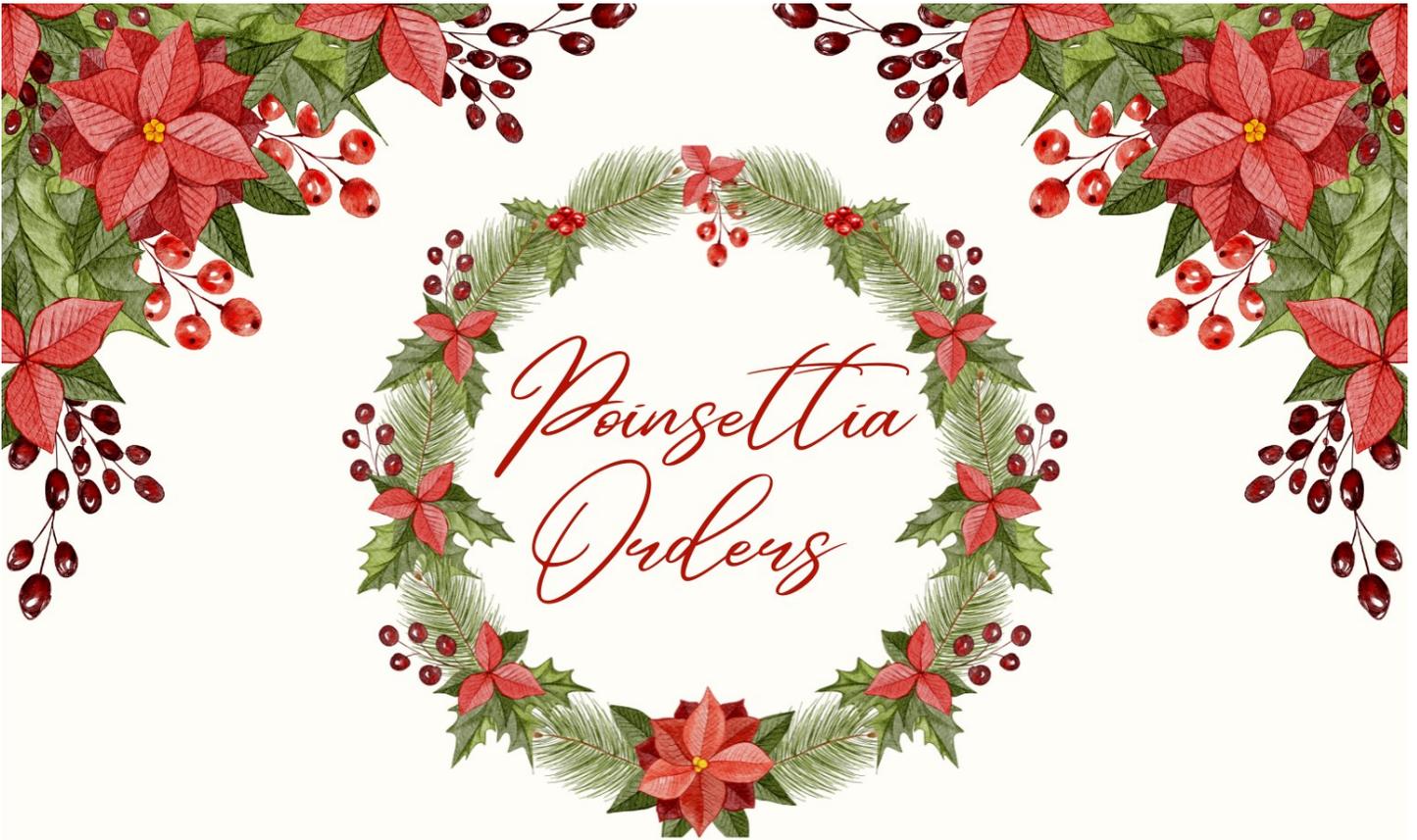
The concert will begin promptly at 11:30am in Fellowship Hall, followed by a catered lunch. The cost of the lunch is \$15. The students will join us around the tables as our guests. If you would like, you may purchase an extra meal or two to offset our expenses.

Reservations are due on Monday, December 15 and can be made by calling the church office, signing up on the bulletin board in the front office hall, or by looking for the "Sign Up Sisters" on Sunday mornings in the narthex. You are welcome to come for only the concert, and you are also welcome to bring your own meal.

All who attend will be enriched by the music from these amazing students, the fellowship that comes from sharing a meal, and the intergenerational conversation around the tables. Plan to come, and please invite your neighbors and friends to this celebration of the birth of Christ.

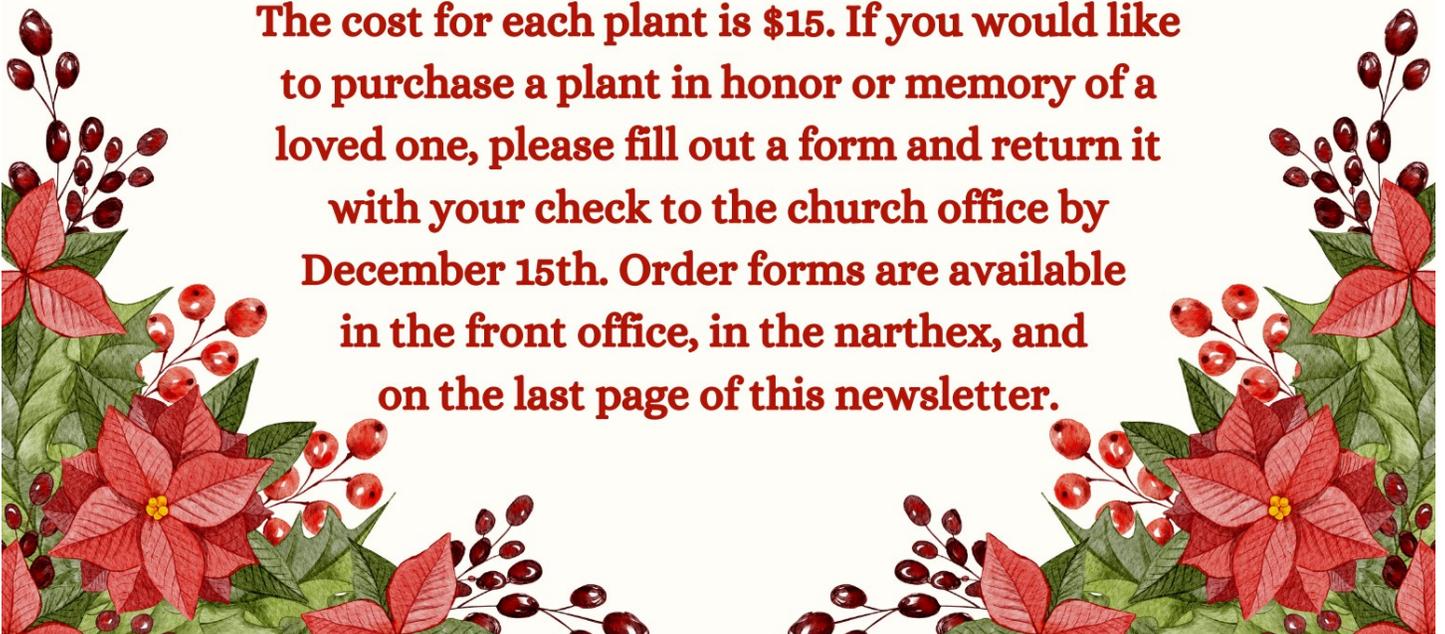


400 S. LAKEMONT AVENUE, WINTER PARK, FL 32792 | 407-647-1467



Our WPPC sanctuary will once again be decorated with beautiful poinsettias. The plants will be distributed to the sick and shut-ins, or you can pick up your plant after the 7pm Christmas Eve Service.

The cost for each plant is \$15. If you would like to purchase a plant in honor or memory of a loved one, please fill out a form and return it with your check to the church office by December 15th. Order forms are available in the front office, in the narthex, and on the last page of this newsletter.





Living Nativity

Friday, December 19

Two Performances
6:30 & 7:15 PM

Live Animals | Refreshments | Candlelit Sanctuary



Winter Park
PRESBYTERIAN CHURCH

400 S. LAKEMONT AVENUE, WINTER PARK, FL 32792 | 407-647-1467 | WWW.WINPPC.ORG



No Greater Gift

No Greater Love

“The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.” – John 1:14

*Merry Christmas Dear Church Family
the Deacons*

Line Dance Class

JANUARY 11 & 25, 2026

1:30 PM

Never say you're too old, or too young to Line Dance!



We have found a wonderful young woman named Bethany to teach Line Dancing to those of us who are interested. This will be a lot of fun as well as being good for our bodies, general health and mental well-being. No dance partner needed, and no dance skills required. All you need is an interest in having fun and maybe a desire to work off some of those holiday pounds!

There will be two classes every month to be held in Fellowship Hall on Sunday afternoons at 1:30pm. We need a minimum of 10 adventurous folks who would like to be part of this new fun group. The cost per weekly class is a total of \$75 to be split between those attending. The more the merrier and less expensive.

We have signed up our instructor for two weeks in January, the 11th and 25th. Please let Syd Davis know if you would like to attend, or sign up on the bulletin board in the Admin Building hallway.

Syd Davis | sydd@winppc.org



Anne Hallum, Founding President of A.I.R.

(Alliance for International Reforestation) visited the Relationships in Action Sunday School class on November 17, along with Cecilia Ramirez, Executive Director of A.I.R. in Guatemala. A large crowd of 22 guests from WPPC and 2 two other local churches attended.

Winter Park Presbyterian Church is one of three charter churches that helped Anne to start A.I.R. in 1996. Since then, A.I.R. has won 2 international prizes including an award from the Congress on Climate Change and the Equator Prize honoring A.I.R. as the most impactful organization in a developing country. According to Charity Navigator, A.I.R. has a 99% rating (99% of funds raised go to the mission, 1% is administrative) and is considered a Four-Star Charity.

A.I.R. received \$1,200 from WPPC Compassion Committee in 2025 and will receive \$1,800 in 2026 as one of our 9 International Missions Supported by WPPC. All International Missions are listed on the back of each Sunday bulletin.



Pictured above are 8 members of the WPPC Compassion Committee along with guests from A.I.R.: Debby Roberts, Fran Morrisey, Anna Caparis, Wendy Jamison, Cecilia Ramirez, Anne Hallum, Carol Pickler, Reta Jackson, Nancy Galyean and Sue Rudolph.



WPPC NEWS

RELATIONSHIPS IN ACTION SUNDAY SCHOOL CLASS 12/14 SPECIAL HARP PERFORMANCE

Join us for a memorable morning of music and inspiration!

You are warmly invited to attend the Relationships in Action class on Sunday, December 14 at 9:10am in room 301.

We are excited to welcome back Vicky Schultz, a beloved harp player, and Graig Thomas, a master on antique instruments, for our annual special music program. Don't miss this uplifting morning of fellowship, faith, and beautiful music. All are welcome!

WHITE SOCKS

Please bring **NEW WHITE SOCKS** and deposit them in the marked containers in the front office. We will be accepting the socks through the end of December. The Hannah Circle will be folding and packing them for the January Meal. The recipients of these socks are the people that come to the Coalition for the Homeless for an evening meal, or they are residents in the program. Our church has been doing this drive for over 20 years and have dispensed literally thousands of pairs of socks. It's hard to describe the joy and thanks that is expressed for these simple gifts!

CHRISTMAS JOY OFFERING | SUNDAY, DECEMBER 21 THE SEASON OF ADVENT AND CHRISTMAS

In a season when we are considering the perfect gift, the gift that says how much we know and love our family and friends—we are reminded of God's perfect gift to us. Jesus came to live among us, bringing light into darkness, and reconciliation to God and to one another. Jesus Christ was God's perfect gift.

During Advent we celebrate the gift of leaders—past, present and future—through the Christmas Joy Offering. Leaders greatly impact our faith, serving as models for our own journey of faith. We need well-equipped leaders for the church and world, like those educated at our Presbyterian-related schools and colleges to reflect the wideness of God's intended diversity. We want church leaders and their families who find themselves dealing with dire financial needs to receive assistance. For those leaders the Christmas Joy Offering is truly a gift from above. For those who give, your gift will be a reminder of the One whose birth we celebrate, the one truly perfect gift.

Fifty percent of the offering received is sent to the Assistance Program of the Board of Pensions, offering critical financial assistance for current and retired Presbyterian church workers in their time of need.

Fifty percent provides opportunities for education through Presbyterian-related schools and colleges, equipping communities of color and leadership development efforts of the Racial Equity Office of the Presbyterian Mission Agency.

Thank you for your participation in the Christmas Joy Offering, which will be taken on Sunday, December 15. If we all do a little, it adds up to a lot! ~ *The Compassion Committee*



Flavanoids Protect Heart During Prolong Sitting

-Article submitted by Wendy Stafford

A hot cup of cocoa or tea, an apple or a bowlful of berries might help protect the heart health of couch potatoes or desk jockeys, a new study suggests.

Those foods and drinks are all rich in plant chemicals called flavanols, and a lab experiment showed that they might prevent blood vessel problems caused by too much sitting, researchers reported Oct. 29 in [The Journal of Physiology](#).

“Consuming high-flavanol foods and drinks during periods spent sitting down is a good way to reduce some of the impact of inactivity on the vascular system,” said senior researcher [Catarina Rendeiro](#), an assistant professor of nutritional sciences at the University of Birmingham in the U.K.

“Given how common sedentary lifestyles have become and the increased risk this can have to vascular health, using flavanol-rich food and drink, especially in combination with breaking up periods of inactivity by going for a short walk or standing up, could be a good way to enhance long-term health, no matter the individual’s fitness level,” she said in a news release.

Previous studies have linked hardened arteries to an increased risk of heart disease, [strokes](#) and [heart attacks](#), researchers said in background notes. Prolonged sitting is known to at least temporarily impair blood vessel flexibility, increasing blood pressure.

“Whether we are sitting at desks, behind the wheel of a car, on a train, or on the sofa reading a book or watching TV, we all spend a lot of time seated,” Rendeiro said. “Even though we are not moving our bodies, we are still putting them under stress.”

Flavanols occur naturally in some fruits, tea, nuts and cocoa beans, researchers said, and have been shown to protect blood vessel health during periods of mental stress.

To see whether flavanols might help protect blood vessel health, researchers recruited 40 healthy young men – 20 with a higher level of fitness and 20 who were less fit. All the men consumed either a high-flavanol or low-flavanol cup of cocoa, and then sat still for two hours.

Everyone who drank the low-flavanol cocoa experienced a reduction in the flexibility of their arm and leg arteries, suggesting that better fitness won’t necessarily protect people from the detrimental effects of sedentary behavior, researchers said.

However, everyone who drank the high-flavanol cocoa did not experience such reductions, regardless of their fitness levels, the study showed.

“Importantly, after the high-flavanol drink, both fitter and less-fit participants kept their (arterial elasticity) the same as it was before sitting for two hours,” researcher [Sam Lucas](#), a professor of cerebrovascular, exercise and experimental physiology at the University of Birmingham, said in a news release.

This is the first study to show that flavanols might protect against blood vessel problems related to sitting around and that this protection is independent of a person’s physical fitness, researchers said.

“It is actually quite easy to add high flavanol foods to your diet,” lead researcher Alessio Daniele, a doctoral student at the University of Birmingham, said in a news release.

“There are cocoa products available in supermarkets and health stores which are processed through methods that preserve flavanol levels,” Daniele said. “If cocoa isn’t your thing, fruits like apples, plums and berries, nuts, and black and green tea are all common kitchen staples and are readily available.”

So go ahead and consume those wonderful flavonoids – to good health!

SOURCE: University of Birmingham, news release, Oct. 29, 2025

KID'S NIGHT OUT

CHRISTMAS

Fun Night!

JOIN US FOR AN EVENING FILLED WITH CHRISTMAS
GAMES, CRAFTS AND HOLIDAY TREATS!



DEC. 12TH

5 PM - 8PM

AGES 4 MONTHS - 11 YEARS OLD | \$25 PER CHILD | DINNER
+ SNACK INCLUDED



Winter Park
PRESBYTERIAN CHURCH

400 S. LAKEMONT AVE, WINTER PARK

Kid's Night Out!

PLEASE SUBMIT PAYMENT WITH YOUR REGISTRATION.
PAYMENT NEEDS TO BE MADE BY CHECK OR CASH.
NO ONLINE PAYMENT OPTION IS AVAILABLE.

NAME:

AGE:

ALLERGIES:



NAME:

AGE:

ALLERGIES:



NAME:

AGE:

ALLERGIES:



PARENT'S NAME:

E-MAIL:

CONTACT PHONE:

EMERGENCY CONTACT:



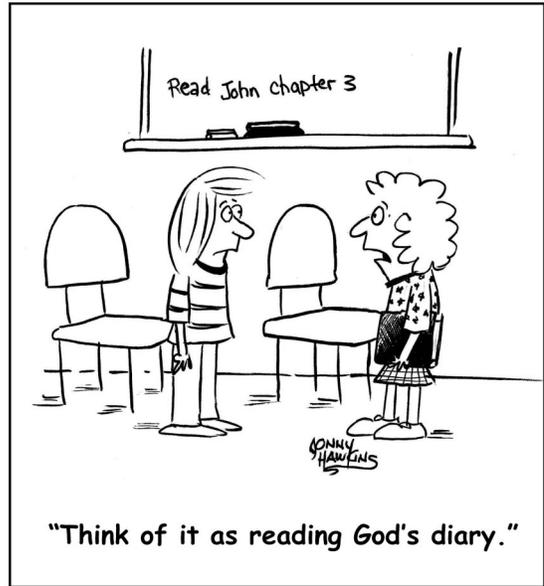
Bible Quiz



Who told Mary that her child would be called "the Son of the Most High"?

- A. Zechariah
- B. Gabriel
- C. Simeon
- D. Joseph

Answer: B (See Luke 1:26-32)



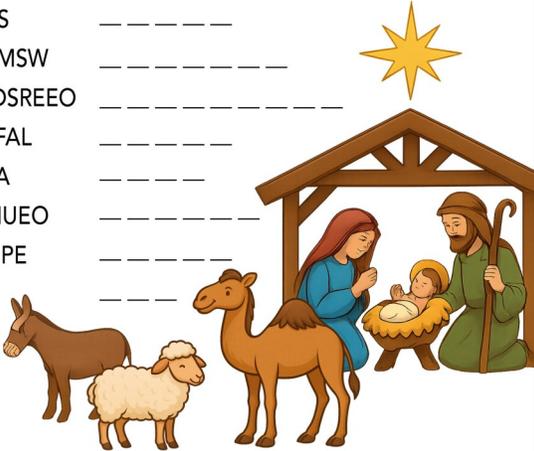
"Think of it as reading God's diary."

Puzzle!

The Christmas Story

Unscramble each set of letters to form a word from the Christmas story. One letter in each set doesn't belong. Write each extra letter below, on the line above the correct number. Then answer the question: What did we all receive at Christmas?

- (1) TGLBEHHEME _____
- (2) NEAGLO _____
- (3) NRMEDAG _____
- (4) ODEKSNY _____
- (5) AMGYR _____
- (6) OHESJIP _____
- (7) EFJSUS _____
- (8) ITEENMSW _____
- (9) SPHHSREEO _____
- (10) EMCFAL _____
- (11) TLSRA _____
- (12) CSSNUEO _____
- (13) HEVSPE _____
- (14) ENIN _____



1 2 3 4 5 6 7 8

9 10 11 12 13 14

Answers: Bethlehem (G), Manger (D), Donkey (S), Mary (G), Joseph (I), Jesus (F), Wise men (T), Shepherds (O), Camel (F), Star (L), Census (O), Sheep (N), Inn (E), God's gift of love

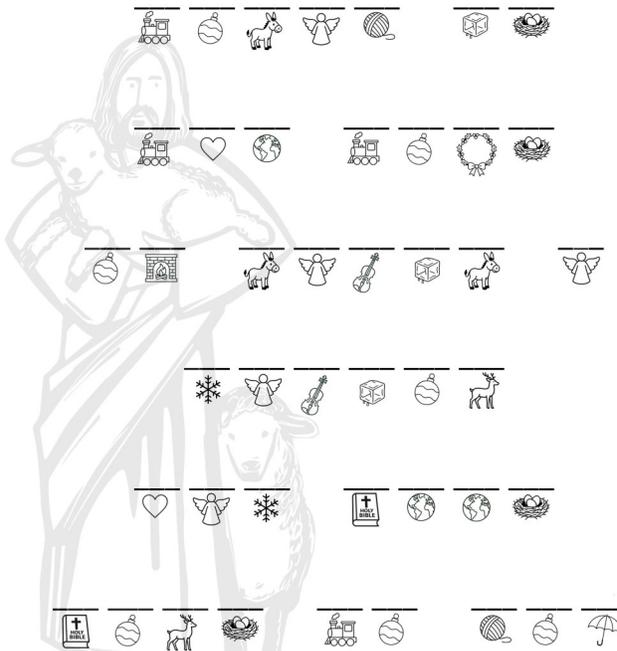
PUZZLE

GOOD NEWS TO THE SHEPHERDS

What did the angel of the Lord say to the shepherds?

Directions: Write the first letter of each picture on the lines.

“



”

Luke 2:11, NIV

Answer: "Today in the town of David a Savior has been born to you." Luke 2:11, NIV



December

COALITION FOR THE HOMELESS OF CENTRAL FLORIDA

-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 / Anna Caparis 707-889-4768	Wed 12/3 9:00-11:00 AM
Prepare meal / Anna Caparis 707-889-4768	Thurs 12/4 9:30-11:30 AM
Bag brownies / Wendy Jamison 407-739-7858	Fri 12/5 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 12/5 3:30-4:00 PM
Serve the Meal. Join us in the WPPC kitchen for departure to Coalition at 4:00PM 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 12/5 4:00-7:00 PM NOTE: The church bus is reserved for this function.
Cleanup kitchen: Wash, sanitize items used; store supplies	Fri 12/5 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**



DECEMBER *birthdays*

12/3

Sara Woodward

12/8

**Terry Irwin
Sylvia Reaves
Dawn Sumrall
John Trexler**

12/10

**Reta Jackson
Robert Walker**

12/11

Linda Morse

12/12

David Lee

12/13

Berta Hall

12/17

**Melinda MacDade
Ann McDonald**

12/18

Betty Gale Case

12/19

**Julie Kent
Holly Small
Stephen Smith**

12/23

Cynthia Nants

12/25

**William Darcy
Julie Frazier
Tasha Lampe**

12/26

Julie Rankin

12/27

**Judy Mitchell
Clark Ranson**

12/28

Howard Evans

12/29

**Lil Rea
Ellen Skelton**

12/31

**Patrick LaRue
Glenn Riccio**



JANUARY *birthdays*

1/1

Rick Davis

1/2

**John Gehrig
Claudia Hafich
Carole Reece
Audrey Santiago**

1/4

Joseph DiSanti

1/5

Nancy Johnson

1/6

Lucienne Lee

1/7

John Bartholomew

1/9

**Jo Davidson
Johnnie McCarter
Joseph Workman**

1/17

**Vicki Blanchfield
Dennis Schmalstig**

1/18

Debbie Workman

1/20

Meg Baldwin

1/21

Lindsay Blood

1/22

Matthew Walker

1/26

**Drew Byrne
Rita Chasser
Patricia Kiester**

1/28

Flo Tuck

1/30

Tommye Violette





Winter Park
PRESBYTERIAN CHURCH



The Rev. Dr. Walk Jones, Interim Pastor
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
Valerie Beltrán, Children's Ministry Coordinator
Adam Davies, Sunday Sexton
Nicole Fye, Director of Preschool Programs
Rosaura Velazques, Assistant Director of Preschool Programs
Katie Daniels, Preschool Administrative Assistant

SESSION

2025

Theresa Coker
Mary Ferguson
Cathy House
Glenn Riccio
Ron Thompson

2026

Syd Davis
Betty Johnston
Shaheed Mohammed
Nelson Roe

2027

Maria Garton
Carel Thompson
Phyllis Woods

DIACONATE

2025

Meg Baldwin
Anna Caparis
Lynne McKnight
Debbie Pauzar
Deborah Roberts
Paula Smathers

2026

Ernestine Beattie
Sue Howard

2027

Cynthia Nants
Robert Nevill

MISSIONARIES

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

For Covenanter or Sunday bulletin submissions, please fill out a publicity request online at <http://winppc.org/publicity-request/> or contact Cindy Mitchum at cindym@winppc.org or 407-647-1467.



The Sanctuary will once again be decorated with beautiful poinsettias. The plants will be distributed to the sick and shut-ins, or you can pick up your plant after the 7pm Christmas Eve Service.

If you would like to purchase a poinsettia in honor/memory of someone, please fill out the form below and return it to the church office by December 15th.

The cost for each poinsettia is \$15.

I would like to purchase _____ poinsettia(s)
(Qty)

Attached is my check in the amount of \$ _____

Donated by

In Loving Memory of

In Honor of

In Appreciation of
