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The Grapevine

DECEMBER 2016



SCRIPTURES FOR THE MEANING OF THE CANDY CANE

Hard Candy - Reminds us that Jesus is like a "ROCK", strong and dependable Psalm 31:3

Peppermint Flavor - Is like the gift of spices from the wise men. Matthew 2:11

White Candy - Stands for Jesus as the holy, sinless Son of God 1 John 1:7

Cane - Is like a staff used by shepherds in caring for sheep. Jesus is our "Good Shepherd". John 10: 1-18, 27-30

The Letter J. - Is for the name of Jesus, our Savior. Matthew 1: 21

The Color Red - Is for God's love that sent Jesus. and for Jesus' love in giving His life for us on the cross. John 3: 16 and Revelation 1:5

The Stripes - Reminds us of Jesus' suffering - His crown of thorns, the wounds in His hands and feet, and the cross on which He died. John 19: 1-30





Winter Park Presbyterian Preschool **400 South Lakemont Avenue**

Winter Park, FL 32792 407-629-0727



WINTER PARK PRESBYTERIAN PRESCHOOL CHRISTMAS PROGRAM You are invited to join the teachers and children in the Fellowship Hall for refreshments following the Christmas program on Wednesday, December 16, 2016. This will be a regular school day. The children will eat an early lunch and then gather in the Sanctuary for the program which will begin at 12:00. Following the program, refreshments will be served until 1:15. There will be NO EXTENDED DAY. We will send a flyer prior to the event with more information.

Music at 11:50- Yancy Christmas video at 12:00

Lighting the Co

The Kittens

The Little Lamb

The Ladybugs- Oh

The Alligators-H

The Dolphins- The

All VPK Classes- We W

Everyone-Happy

Conclusion Then Enjoy "H



www.winppc.org



Candles and Prayer
s- Feliz Navidad
os-Bells Are Ringing
What a Special Night
lush, There Is a Baby
ere Was a Little Baby
/ish You a Merry Christmas
Birthday to You Jesus
Happy Birthday Jesus!" Cake

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How to Keep the Holidays Happy (and Why Sometimes They Are Not) by Anne Bensinger



He's Back! The Grinch that sometimes steals our holiday happiness is STRESS. We look forward each and we end up with fussy toddlers who refuse to kiss Great Aunt Margaret, children who beg for the current most popular toy and do not seem to appreciate what they have, babies who spend their first

year to the family togetherness, time off work and school, and cherished moments of shared rituals of faith. We try hard to make wonderful memories for our children, but somehow that green guy pops up holiday celebrations enjoying the boxes more than the costly, hard-to-find gifts you fought over with fifteen other moms and dads on Black Friday, exhaustion, tears, and illness!

Here's what we need to remember about children and STRESS. Excitement and over stimulation lead to stress and misbehaviors, so try to be calm, go outside and take walks, have talks about relatives visiting, and about what kinds of things are going to take place — immunize against stress.

If your child will be taking part in a holiday program in which he must sing, dance, recite or perform, do not be upset, surprised, disappointed, embarrassed, or angry if he does want to join in or if he sees the crowd of relatives, teachers, friends, and parents with their expectant faces and phone cameras rolling, and either bursts into tears or runs for the nearest exit. Great "Hamilton" Broadway performances are not always developmentally appropriate. We know parents love them, but we all need to understand the angst of live theater. This goes for the Sit on Santa's Lap experience, too. It's not always a wonderful memory.

Talk to your out-of-town relatives about the stress their visit may cause — new faces, new sleeping arrangements, new dining experiences, nap times, and sugar — welcome them, but try to stick to normal routines as much as possible.

Know your child's limitations and remember that the times of natural "edginess" sometimes even fearfulness, in children is 18 months, $2\frac{1}{2}$, $3\frac{1}{2}$, 5, and 7 years. Fours and sixes are a little easily overstimulated (that's putting it nicely) most of the time and may get out of bounds, but they generally LOVE the holidays. Eight, by the way (and sometimes even older) is often the limit on the belief in Santa, so tread lightly there. Stress is caused by both good and bad things that happen to a child. It happens when they are terribly overstimulated by fun events as often as it does when uncomfortable, sad, or disappointing things occur. It may seem like you cannot win with this Grinch.

This season there may still be parents upset over the recent election results. Try to stay calm. Show your feelings and voice your opinions, but let your children stay free of them.

Try to use this time to model the real reasons for these seasons. Let your child help donate toys, clothes, or food to others — but keep in mind the natural tendency for some children to become very sad at the needs of others (fives and sevens) sometimes to the point of big worry and sleep troubles.

So, walk and laugh and swim and ski and look at the lights and take part in the rituals of your faith as you celebrate the December holidays. Sharing your faith and family celebrations is one of the most basic things you can do to help your child grow in the wholeness of Body, Mind, and Spirit.

Dear Preschool Families,

As this calendar year comes to an end, I would like to express my sincere appreciation for your involvement in our preschool. Our Director, Tricia Wilson, and excellent teachers create a wonderful atmosphere for children to grow and develop through play and exploration. It is an honor to be entrusted with caring for your children. From the "Meet your Teacher" event at the beginning of the school year to classes this past week, it has been a year full of excitement, fun and learning. Thank you for allowing us to be a part of your family's life this past year; we look forward for what is to come as the school year continues.

Church Page

Winter Park

As you make plans for the holidays, I invite you to join us for the 53rd Annual Christmas Celebration of the Living Nativity, Friday, December 16th and Saturday, December 17th at 7:00, 7:30, 8:00 & 8:30 nightly and our Christmas Eve services at 5:00 (family service), 7:00 (traditional service), or 11:00 (Communion service). Wherever your family spends this Christmas season, may it be filled with hope, joy, peace, and love.

Sincerely,

Rev. Dr. Jason T. Micheli Senior Pastor, Winter Park Presbyterian Church







