

The Covenanter

January 2025



Winter Park
PRESBYTERIAN CHURCH

Happy
NEW YEAR!

"FOR I KNOW THE PLANS I HAVE FOR YOU,"
SAYS THE LORD.

"THEY ARE PLANS FOR GOOD
AND NOT FOR DISASTER,
TO GIVE YOU A FUTURE AND A HOPE."

JEREMIAH 29:11

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



January			WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4
			Office Closed Coalition Mix & Bake Brownies 9am/Kitchen	Coalition Prepare Meal 9:30am/Kitchen	Coalition Food Prep 9am/Kitchen Serve the Meal 3:30pm/FH-gather 4:00pm/Depart	
SUNDAY 5	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDAY 11
Communion Worship Svc. 8:15am-Chapel 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am	Tai Chi 11:30am, FH		WPPC Handbells 6pm, Rm 102 Chancel Choir 7:15pm, Sanctuary		Tai Chi 11:30am, FH	
SUNDAY 12	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18
Worship Svc. 8:15am-Chapel 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am	Tai Chi 11:30am, FH Hannah Circle 6pm, Rm 301	Bible Study 10am, Rm 301 Rene Cuthill Memorial Service 2pm, Sanctuary Bible Study 7pm, Rm 301	PS Board Meeting 10am, Rm 301 WPPC Handbells 6pm, Rm 102 Chancel Choir 7:15pm, Sanctuary	Communion Svc Westminster WP 11am Neighbors & Friends 11:30am, FH Deacons Mtg 7pm, Rm 301	Tai Chi 11:30am, FH	Boelzner Private Family Service 10:30am, Chapel Ann MacDiarmid Memorial Service 2pm, Sanctuary
SUNDAY 19	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	SATURDAY 25
Worship Svc. 8:15am-Chapel 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am Concert Series: Merrie Melodies Sax Quintet 3pm, Sanctuary	Tai Chi 11:30am, FH	Bible Study 10am, Rm 301 Bible Study 7pm, Rm 301	WPPC Handbells 6pm, Rm 102 Chancel Choir 7:15pm, Sanctuary	Trustee Mtg 6pm, Rm 303 Session Mtg 7pm, Rm 301	Tai Chi 11:30am, FH Family Game Night 5pm, FH	Philip Ettinger Memorial Service 1pm, Sanctuary
SUNDAY 26	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31	
Worship Svc. 8:15am-Chapel 10:30am-Sanctuary "The King's Brass Concert" 10:30 am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am New Member/ Inquirer Lunch 11:45pm, Rm 301	Tai Chi 11:30am, FH	Bible Study 10am, Rm 301 Bible Study 7pm, Rm 301	WPPC Handbells 6pm, Rm 102 Chancel Choir 7:15pm, Sanctuary		Tai Chi 11:30am, FH	



HAPPY *New Year*

A few years back, I was handed a prayer on New Year's Day. Since then, I've kept it tucked away until each January. As it was shared with me, so I now share it with you.

*God of all time, help us enter the new year quietly,
thoughtful of who we are to ourselves and to others,
mindful that our steps make an impact and our
words carry power.*

May we walk gently.

May we speak only after we have listened well.

*Creator of all life, help us enter the New Year
reverently, aware that You have endowed every
creature and plant, every person and habitat
with beauty and purpose.*

May we regard the world with tenderness.

May we honor rather than destroy.

*Lover of all souls, help us enter the New Year joyfully,
willing to laugh and dance and dream, remembering
our many gifts with thanks and looking forward
to blessings yet to come.*

*May we welcome Your lavish love. In this New Year,
may the grace and peace of Christ bless us now and,
in the days ahead. Amen.*

—Vinita Hampton Wright

Happy New Year!

Grace, Mercy and Peace,

Pastor Darren

Tim Zimmerman and The King's Brass



Tim Zimmerman and the King's Brass provide innovative worship for young and old alike through the "best in sacred brass music." By teaming together, these Christian professionals from around the United States perform their original arrangements as heard on their eight recordings.

For more than twenty years **The King's Brass** have performed over one hundred concerts each season with three trumpets, three trombones, a tuba, keyboards, and percussion. Playing a wide variety of music from Gabrieli to hymn classics, from Handel to jazz spirituals, from Christmas carols to patriotic marches, **The King's Brass** uses all corners of the concert hall to lift hearts and spirits in praise.



announcing their concert at

Sunday, January 26 @ 10:30am

Winter Park Presbyterian Church
400 S. Lakemont Avenue
Winter Park, FL
407-647-1467

The Merrie Melodies

Saxophone Quintet

PRESENT:

Music Live

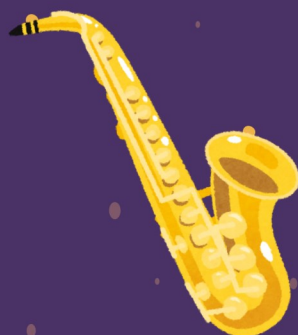
MUSIC TO FEED THE SOUL



19 JANUARY | 3 PM

WINTER PARK PRESBYTERIAN CHURCH

400 S LAKEMONT AVE, WINTER PARK



FAMILY GAME NIGHT!

Be ready for some friendly competition and laughter in your pj's!

**Play old favorites or learn a new game!
We will have a concession stand with
snacks and drinks!**

ALL AGES ARE WELCOME!

JANUARY 24TH, 2025
6:00 PM - 9:00 PM

This is a family event open to Winter Park Presbyterian
Preschool, Church and the community.

Winter Park
PRESBYTERIAN CHURCH
400 S. Lakemont Ave.
Winter Park, FL 32792

Hope CommUnity Center Toy Drive was a huge success to help families of Central Florida's immigrant and working poor communities. Thanks to all elves who participated by:

- ordering toys on Amazon that were delivered directly to Apopka
- purchasing toys and delivering to WPPC
- helping to collect money and purchase bicycles
- helping to collect toys and box them up for delivery
- loading the entire collection onto the WPPC bus for delivery to Apopka
- traveling to Hope CommUnity Center to unload and deliver the toys



The toys were collected Sunday, December 8 during the 10:30 service by Santa's Elves including Anna Caparis, Wendy Jamison, Carol Pickler, Reta Jackson, and Nancy Galyean.

Gene Pickler had spearheaded a drive to raise money from the congregation and purchase bicycles for this cause; he delivered 8 bikes and helmets to Room 301. Thank you, Gene.

On Tuesday, December 10, volunteers from the Compassion Committee and the RiNA (Relationships in Action) class loaded the toys on the WPPC bus; they barely fit! Elves doing the heavy lifting were Woody Story, Carol and Gene Pickler, Mike and Nancy Galyean.

We had a near catastrophe when we learned Adam had the flu and we had no bus driver. Problem solved when we contacted "Supreme Elf" Dick Ferguson, who showed up in 15 minutes, to save the day! Thank you Dick.

On arrival at Hope CommUnity Center in Apopka, 5 or 6 of their dedicated elves greeted us and helped unload our treasures. What enthusiasm and dedication these young ladies showed as they began sorting the toys and clothing we brought into appropriate sections to be displayed at their Christmas Store the week of Dec. 16th.

Members of Winter Park Presbyterian Church can feel very proud of your efforts to support our less-fortunate neighbors and help to bring them a joyful Christmas morning.





The beginning of a new year brings New Year's Resolutions. The Neighbors and Friends Ministry is no exception to this time honored tradition as we resolve to grow and strengthen our commitment to providing opportunities for both spiritual and social growth. Our first gathering of the new year is on Thursday, January 16. Pastor Darren will provide the program with a "State of the Church (WPPC) Address." He will discuss and outline the vision for 2025. A question and answer time will follow his presentation. Mark your calendars for this special event.

We will meet for a catered lunch at 11:30am in Fellowship Hall. The cost of the meal is \$15. Reservations need to be made by January 13th by calling the church office (407-647-1467) or signing up in the front hallway. You are welcome to bring your own lunch and join us at the tables or you may come for only the program. We welcome all to come and hear this presentation.

We, the Neighbors and Friends planning team, resolve to continue to provide our members with meaningful programs and outings. If you are interested in being a part of the planning team, we welcome your participation as that also provides opportunities for growth. We look forward to seeing you on January 16th as we gather to celebrate a new year.



CLOC ...
Let's break it down!

CLOC, what does this mean? Is it just a misspelling of the word clock, or does it have a significant meaning to the WPPC members? CLOC is an acronym for the Community Life Outreach Committee. Now that you know what it stands for, do you know what this committee does? This committee is a vital ministry of WPPC, providing a variety of opportunities for the congregation. Let's break down the acronym:

CL is for Community Life -

The life of a church is a community where people can gather for social and spiritual support. Examples of duties at WPPC include planning luncheons, providing support for preschool events, presenting the annual Easter Egg Hunt, ensuring that the Living Nativity tradition lives on, supporting Christian education by helping with meals, and other gatherings that bring the congregation together. The tasks are many, from setting up rooms, especially Fellowship Hall, decorating tables, sometimes preparing and serving food, to greeting members on Sunday mornings. Have you seen the "Sign Up Sisters" who gather in the narthex to invite members to attend a function? They are a part of Community Life.

O is for Outreach -

This is Outreach within our church and Outreach to the community at large. Within our WPPC community this includes membership responsibilities. The Visitor Table is hosted by this committee, along with following up on new and prospective members. New member luncheons are also a part of outreach to our congregations. The Neighbors and Friends ministry is a good example of outreach to those outside our congregation as we invite those who live around us. Outreach includes inviting outside groups or speakers to gather with us to present informative programs. Such programs lead to service to others in the community at large.

C is for Committee -

The word committee can be intimidating to some who may think of it as just one more meeting. Not so with this Committee! It is made up of around 12 individuals who offer their unique gifts and talents to provide meaningful opportunities for WPPC. Some members help out with everything, and others give of their time for only a special event. This is a very creative group who can take one small idea and make it into a grand gathering. The Committee meets once each month and is currently under the capable leadership of Steve House. This group of people are a working definition of teamwork, a team that serves with joy in serving Christ by serving others.

Now you know what CLOC is all about. If you need a place to serve, consider this Committee. You will be enriched by forming new relationships and most importantly, you will experience the love of Christ by working together to honor Christ.

Inquirer/New Member Lunch January 26th

If you joined our church since March 2024, or have visited with us and would like to know more, the Community Life committee is hosting an Inquirer/New Member Lunch on Sunday, January 26 following the 10:30am service. The lunch will be in room 301 in the church administration building, across from the Delgado chapel. New members should have received an email invitation, so please just respond to that email with a yes or no, and that's all you need to do. If you have not yet joined our church but would like to attend, just call our church office at 407-647-1467 by Monday, January 20 to register. We look forward to seeing you there!

How Travel Can Slow Down the Aging Process



Instead of reaching for the Botox, check with your travel agent and book a vacation to help turn back the clock on premature aging! New research shows that tourism affects our health in a positive way.

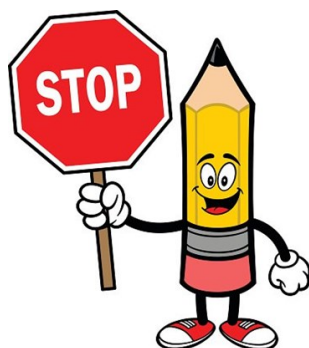
Positive travel experiences help protect against signs of aging, both mentally and physically. Stepping out of your daily routine and exposing yourself to new cultures and experiences can improve mental clarity and emotional health. Experiencing new settings and environments elevates metabolic rates, which helps boost your body's metabolism. This research shows that people can be motivated to see travel not just as a leisure and recreation activity but as a valuable part of a healthy lifestyle.

Here are some of the benefits the researchers found:

- **Mental stimulation.** Traveling awakens the brain to new experiences, providing mental stimulation. This can stave off cognitive decline.
- **Increased physical activity.** Getting away from your desk and on your feet to explore new regions helps to maintain physical strength and mobility. Whether it's taking a stroll throughout new towns and cities or a hike along the beach, your body will benefit.
- **Increased energy.** The stimulus of traveling and having new adventures can naturally boost energy levels, making you feel more youthful.
- **Lower stress levels.** The research paper noted significant reduction in stress for those who ventured into novel experiences, away from the daily grind of work and housework. Traveling helps you recharge and relax away from the pressures of daily life.
- **Increased resilience.** Exposure to new challenges helps the body's adaptive stress response, which makes us more resilient and youthful. This in turn, helps reduce signs of aging.

While not everyone has the time or resources to travel extensively, you can even use your vacation days to plan weekend getaways to nearby towns or booking three-day retreats to savor the benefits of rest and restoration. Even a short trip to discover a new environment, savor new foods, and meet new people can give you a sample of the magic of travel. With the holiday season before us, we can find that there are many interesting places to go to and things to see, not only to celebrate the holidays but to increase our feelings of happiness and contentment. So go ahead – plan a fun excursion, whether in another country, another state or just around another city!

Wendy Stafford



If you are one of our faithful volunteers that regularly bring groceries for Deacons to deliver to Redeemer Lutheran Church, please notice these changes:

- The food we collect must be items that do not need cooking or preparation.
- The food will be used entirely by unhoused folks living on the streets.
- They can pick up a bag on Monday, Wednesday and Friday that will last 2 days.
- These folks are happy to let a can of beef stew warm in the sun before opening and eating from the can.
- The most important thing they want and need is protein.
- RLC will divide boxes of cereal and crackers into smaller servings.
- Suggestions:

- | | | | |
|------------------|----------------|------------------------------|---------------------------|
| ✓Beef Stew | ✓Peanut Butter | ✓Soups with Protein | ✓Chef Boyardee |
| ✓Beany Weeny | ✓Chicken | ✓Individual Fruit/Applesauce | ✓Mac & Cheese (microwave) |
| ✓Vienna Sausages | ✓Tuna | ✓Cereal | ✓Water |
| ✓Spam | ✓Sardines | ✓Crackers | ✓Can Opener |
| ✓Chili | ✓Granola Bars | | |



*Christian sympathy is extended to the family
and friends of those who have recently passed.*

Ann MacDiarmid

8/27/1940 - 12/9/2024

Philip Ettinger

5/20/1942 - 12/11/2024

Rene Cuthill

12/3/1944 - 12/18/2024

What a blessing it is that Christians have access to the Presence of the Lord, to Hope, 24-7!

Prayer is truly the greatest wireless connection.



No matter what our circumstances, whether they be ordinary, joyful or difficult, we need to continually seek and spend time in the Presence of the Lord.

In very challenging and difficult times, His Presence is vital!

Ps 11:3-4, 7 tells us, *"When the foundations are being destroyed, what can the righteous do...The LORD is in His holy temple...For the Lord is righteous, He loves justice; the upright will see his face."*

We are to look up, to pray, and to stay connected with the Lord...at all times!

Our HOPE, our renewed strength, our "home" is found only in Him.

We are also blessed that "the good" in today's technology provides so many avenues to explore and deepen our Christian faith. We can read and listen to the Bible, view church services, explore a variety of Pastor sermons and commentaries, enjoy beautiful Christian music, research topics, seek answers to questions and even communicate with other Christians all over the world, *just to name a few of the many choices available!*

One of my favorite websites is www.biblegateway.com/ From their home page, I can search any topic or part of the bible with the option of choosing any bible version I want to read! How amazing that each version's verse of the bible expresses the same core message, yet many times, the different paraphrasing of that core message helps me to understand the meaning more fully.

There is also an option to listen as well! Type in the Book and chapter or verse you wish to listen to and then click on the sound icon, the picture of a megaphone, for a new page to open where the default reader, Max McLean, will begin reading the bible from that point on. However, if you look next to Max's name, you'll see a down arrow. Click on that, scroll down, and choose a different voice and/or different bible version to try! My favorite reader is David Suchet, a British actor who reads with beautiful expression. Some selections do not read the entire bible, but this reader will continue reading beyond the selection you chose and will keep reading all the way to the end of the bible. Simply click off this new page to stop listening.

I love to listen to God's Word, especially in the "ordinary", when I am getting ready to go out, folding the laundry, or just resting with my feet up. God's Word fills my heart with joy and with peace! Frequent listening to favorite passages also helps me to memorize them! What is even more powerful is that when I pray, God's Words naturally become part of my prayer... His Words and my thoughts so beautifully aligned.

But when very frightening circumstances come my way and my hope desperately needs nourishment, I listen to the book of Revelation, *from Chapter 19 to the end of the bible*. This is where we are assured that His promises to wipe every tear from our eyes, where there will be no more death, mourning, crying or pain will be fulfilled. Jesus is the Alpha and the Omega. The end made known from the beginning. Where:

The King of Kings and Lord of Lords returns and Reigns in all His Glory!

The Spirit and the Bride say, "Come!"

And the Grace of the Lord Jesus

will be with God's people.

happily
EVER
after!

When we will be forever

HOME

with the Lord.

January 2025

Happy New Year!

WELCOME TO THE NEW YEAR

As the new year approaches, we are filled with gratitude and joy. With all the fun activities that we've had, it seems as if time has flown on by. Let's bring on the year with joy and love for new traditions and experiences.

SPRING AFTER SCHOOL ENRICHMENT CLASSES

Spring after school enrichments begin January 27th. Enrichment teachers for this semester are a mix of preschool staff that will teach Spanish and Art, as well as outside vendors teaching Soccer, Tee Ball, Gymnastics, Karate, and Ballet/Tumbling.

FAMILY GAME NIGHT

An exciting event that you are invited to is Family Game Night, which is a great time to bring families together and to explore new games. Ms. Valerie has set this up and will be held on the 24th of January. Hope to see you there!

PRESCHOOL HAPPENINGS

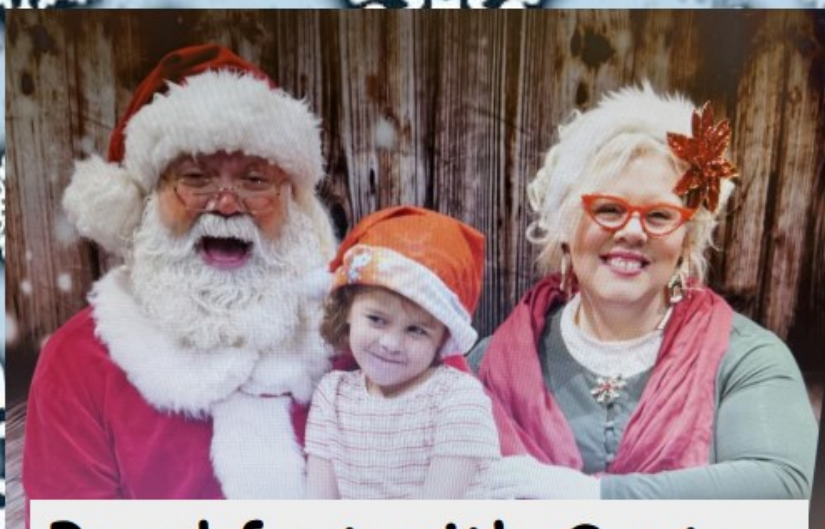
- January Monthly Mission - New Hope for Kids, Wear Green on Tuesdays and Fridays
- Summer Camp Registration begins 1/13
- Family Game Night—1/24
- Chinese Lunar New Year—1/29
- 100th Day of School—1/31



We have opened up a new infant room and are accepting new registrations for children ages 4 months - 1 years old!

"The Lord your God is with you" Zephaniah 3:17.

Oh What Fun!!!



Breakfast with Santa



Snowing in Florida!



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 / Anna Caparis 707-889-4768	Wed 1/1 9:00-11:00 AM
Prepare meal / Anna Caparis 707-889-4768	Thurs 1/2 9:30-11:30 AM
Bag brownies / Wendy Jamison 407-739-7858	Fri 1/3 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 1/3 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 1/3 4:00-7:00 PM NOTE: The church bus is reserved for this function.
Cleanup kitchen: Wash, sanitize items used; store supplies	Fri 1/3 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**

1/1

Rick Davis
Tom Russell

1/2

John Gehrig
Claudia Hafich
Carole Reece
Audrey Santiago

1/5

Nancy Johnson

1/6

Lucienne Lee

1/9

Jo Davidson
Johnnie McCarter
Joe Workman

1/1

Vicki Blanchfield

1/18

Debbie Workman

1/20

Meg Baldwin

1/21

Lindsay Blood

1/24

Jean McGuire

1/26

Drew Byrne
Rita Chasser
Patricia Kiester

1/28

Alyssa Kittinger
Flo Tuck

2/1

Eileen Silvers
Ron Thompson

2/6

Susan Walker

2/7

Cathy House
Jayne Watkins

2/8

Jim McKinney
Jeanne Vinci

2/9

Jan Hall
Mike Yost

2/10

Sara Van Arsdel

2/14

Mike Mitchell
Sally Naylor
George Sutton

2/15

Jack Watkins

2/16

Ed Matrick
Judy Schmalstig

2/18

Anna Caparis

2/19

Martha Sutton
Jyme Smith

2/20

Lenore Dillard

2/25

Linda Schindler

2/26

Cindy Bowles

2/27

Michelle Stills

2/28

Barbara Edwards
Craig Uttley

2/29

Denise Riccio

Bible Quiz

When 12-year-old Jesus stayed at the Jerusalem temple as Joseph and Mary started traveling home, after how many days did his parents find him?

- A. 1 day
- B. 2 days
- C. 3 days
- D. 7 days

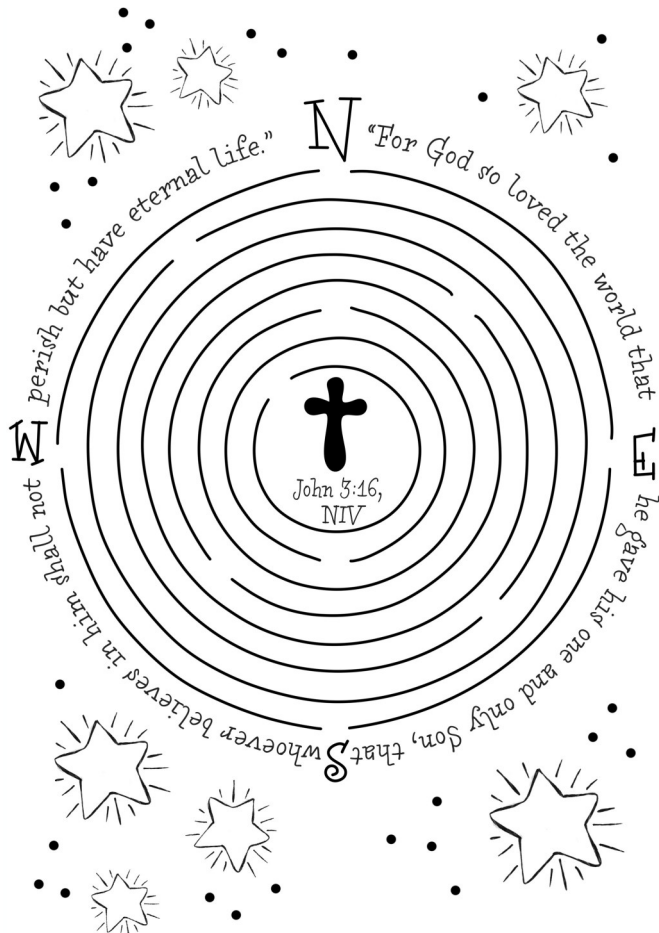


Answer: C (See Luke 2:46.)



Puzzle!

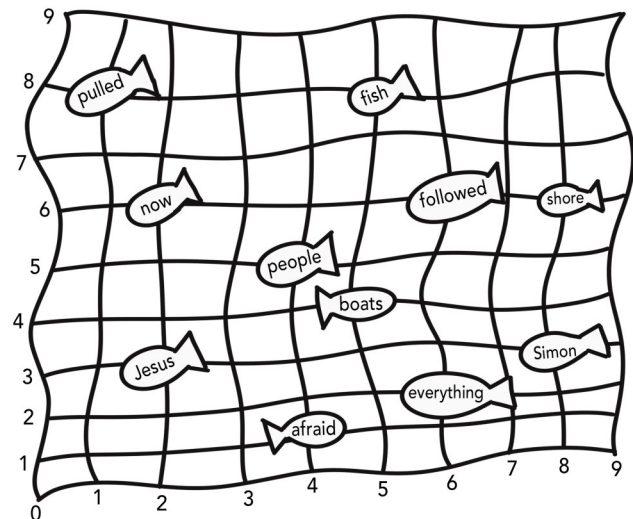
Complete the maze to help people from all directions hear the good news. Then, starting at the N (north) and going clockwise, read John 3:16, NIV.



FISHING DIRECTIONS

When fishermen obeyed Jesus and let down their nets, they caught so many fish that their boats began to sink! Simon Peter fell at Jesus' knees. What happened next?

Directions: Use the coordinate clues to locate the correct words and complete Luke 5:10-11 (NIV) below. The first number in each clue pair goes across, and the second number goes up.



Then Jesus said to _____, "Don't be _____; from _____
 on you will _____ for _____." So they _____ their
 _____ up on _____, left _____ and _____ him.

Luke 5:10-11, NIV

Answers: Jesus, Simon, afraid, now, fish, people, pulled, boats, shore, everything, followed



The Rev. Dr. W. Darren Bess, Senior Pastor
 The Rev. Dr. James A. Capps, 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
 Valerie Beltrán, Children's Ministry Coordinator
 Adam Davies, Sexton
 Nicole Fye, Director of Preschool Programs
 Rosaura Velazques, Assistant Director of Preschool Programs
 Katie Daniels, Preschool Administrative Assistant

SESSION

2024

Mike Galyean
 John Gehrig
 Jayne Leach
 Audrey Santiago
 Sara Van Arsdel

2025

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

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.