

The Covenanter

Winter Park

March 2025



			***	****		SATURDAY 1
**	****		MARC	Н	**	***
Communion Worship Svc. 8:15am-Chapel 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am	MONDAY 3 Tai Chi II:30am, FH	TUESDAY 4 Bible Study 10am, Rm 301 Bible Study 7pm, Rm 301 Scout Troops Mtg 7pm, Rms 202/204	WEDNESDAY 5 Coalition Mix & Bake Brownies 9am/Kitchen Ash Wednesday 6:30pm, Sanctuary	THURSDAY 6 Coalition Prepare Meal 9:30am/Kitchen	FRIDAY 7 Coalition Food Prep 9am/Kitchen Tai Chi II:30am, FH Serve the Meal 3:30pm/FH-gather 4:00pm/Depart	SATURDAY 8 DON'T FORCE TO SPRING FORWARD
SUNDAY 9 Worship Svc. 8:15am-Chapel 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am	MONDAY 10 Tai Chi I1:30am, FH Hannah Circle 6pm, Rm 301	TUESDAY 11 Bible Study 10am, Rm 301 Bible Study 7pm, Rm 301 Scout Troops Mtg 7pm, Rms 202/204	WEDNESDAY 12 PS Board Meeting 10am, Rm 301 WPPC Handbells 6pm, Rm 102 Chancel Choir 7:15pm, Sanctuary	THURSDAY 13	FRIDAY 14 Tai Chi II:30am, FH Kid's Night Out 5pm, FH	SATURDAY 15
SUNDAY 16 Worship Svc. 8:15am-Chapel 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am Deacons Mtg 11:45am, Rm 301	MONDAY 17 Tai Chi II:30am, FH	TUESDAY 18 Bible Study 10am, Rm 301 Bible Study 7pm, Rm 301 Scout Troops Mtg 7pm, Rms 202/204	WEDNESDAY 19 WPPC Handbells 6pm, Rm 102 Chancel Choir 7:15pm, Sanctuary	THURSDAY 20 Communion Svc Westminster WP Ilam Neighbors & Friends Il:30am, FH	FRIDAY 21 Tai Chi II:30am, FH	SATURDAY 22
SUNDAY 23 Worship Svc. 8:15am-Chapel 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am	MONDAY 24 Tai Chi II:30am, FH	TUESDAY 25 Bible Study 10am, Rm 301 Bible Study 7pm, Rm 301 Scout Troops Mtg 7pm, Rms 202/204	WEDNESDAY 26 WPPC Handbells 6pm, Rm 102 Chancel Choir 7:15pm, Sanctuary	THURSDAY 27 Session Mtg 7pm, Rm 301	FRIDAY 28 Tai Chi 11:30am, FH PS Daddy/ Daughter Dance 5:30pm, FH	SATURDAY 29
SUNDAY 30 Worship Svc. 8:15am-Chapel 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am	MONDAY 31 Tai Chi II:30am, FH					***
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Wednesday, March 5 6:30pm

WPPC will mark the beginning of Lent with an Ash Wednesday worship service. Imposition of the ashes will be offered as a part of the service for those who would like to receive them.



EASTER

Please join us for an eggstraordinary event you won't want to miss!

The Easter program will begin promptly at 10am followed by a light brunch for all, craft activities for the children and of course, the Easter Egg Hunt for children through age 8.

Saturday, 19 April 2025









We are asking the congregation to support the Easter Egg Hunt by purchasing large plastic eggs as well as individually packaged sweet or savory snacks to fill the eggs. In light of April's temperatures, we respectfully request no chocolate. Eggs and treats can be left in baskets that will be placed near the front office and fellowship hall.

We welcome anyone who would like to volunteer to help with the festivities. There will be an Egg Stuffing "Party" on Wednesday, April 16 at 9:30am in fellowship hall. Once the eggs are filled and organizational tasks completed, we'll gather in a circle for a time of spiritual fellowship.

The Easter Egg Hunt provides a heartwarming intergenerational opportunity to serve as we tread our individual paths through Lent and Holy Week. Please call the office (407-647-1467) with questions or to volunteer.



We are once again catching up on honoring and introducing our new members!

This month we are celebrating the Walker family and Janet Hope.

If you haven't already, please get to know these folks and make them feel welcome! And stay tuned for more in the coming months!



Walker Family: From left Alex, Annalise, Abby, Sue, Ward, and Adrian (front)

Joined: September 15, 2024

Ward, Susan, their daughter, Abigail and her children, Alexander, Annalise and Adrian are excited to have become WPPC church members after attending services and participating in the church activities for the previous year. They feel very blessed to have found such a warm and welcoming church family at WPPC.

The Walkers have lived at their present address in Winter Park for the past 27 years. Ward is a utility power plant operator. Susan has been dog grooming for 17 years. Abigail is presently a manager at Einstein Bagels. Alexander is in 10th grade at Orangewood Christian School. He plays varsity baseball for OCS and for the Winter Park Babe Ruth Senior League. Annalise is in 7th grade at Pace Brantley Preparatory School. She plays softball on the Winter Park Babe Ruth Raptors team. Adrian is in 3rd grade at Brookshire Elementary School. He plays on Winter Park Babe Ruth Dodgers team. When the Walkers are not at a ball field, they enjoy traveling, taking trips to the beach and to the mountains.

In addition, the Walkers also have two four legged children, Otismir, a one year old Basset Hound and Bay, a sweet older black lab. Otismir keeps everyone on the go with his constant energy. Bay is very motherly with him and keeps him in check. Who would think that a 70 pound Basset Hound would have that much energy!



Janet Hope Joined: October 6, 2024

Many years ago, Janet was married in Detroit Michigan in the Presbyterian Church and her three children were baptized there. They moved to Florida many years ago and have just loved being here. After her husband and a son passed away, she looked for a church that she would be comfortable with and was lucky to find WPPC. Janet calls this "the friendliest church." She is also a member of the Winter Park Garden Club. While she enjoys all flowers and plants, she considers herself more of an admirer of gorgeous things than a superb grower.

Janet retired from Florida Hospital 10+ years ago from the Radiology Mammography Department.



March 20th @ 11:30am

Come and join us on Thursday, March 20 to celebrate our partnership and mission outreach with our Cuban brothers and sisters. John Gehrig will present the program from his recent trip to Central Cuba. This trip continues the tradition of showing solidarity with our Cuban friends. Many of you may have contributed medical or craft supplies for this trip, so come and learn about the mission outreach. John and Matt Straub are joining members of the Central Florida Presbytery for this trip.

We will meet in Fellowship Hall at 11:30am for a catered meal. The cost is \$15 and reservations can be made by calling the church office (407-647-1467) or signing up on the list located on the bulletin board in the front office hallway. Reservations must be made by Monday, March 17. As always, you are welcome to bring your own meal or just come for the program.

The Neighbors and Friends ministry encourages you to come and bring a neighbor or friend with you as we look outside the walls of WPPC and reach out to others. We look forward to seeing you as we find more ways to share God's love by serving others.





The Christian Education Committee is planning to celebrate 2025 high school graduates. They are looking for any students who have participated in any of our church activities, including WPPC Preschool and also grandchildren of our members, to let us know they would like to be honored during the 10:30am worship service. A cake reception will follow the service. Please call the church office (407-647-1467) to let them know the names and contacts of any interested students.





In February we welcomed Alexander Christopher Jimenez Walker, Annalise Marie Jimenez Walker, Adrian Angel Jimenez Walker, and Joseph Vincent DiSanti, into our worldwide family of faith through the sacrament of baptism.

Welcome to the family, Alexander, Annalise, Adrian, and Joseph!

How Napping Can Boost Cognition

Taking a nap can boost brain power the easy way! Researchers found that as much as a 10-minute nap can boost cognition and learning capabilities, as well as reducing heart attack risk.

The greatest benefits of napping include increased vigilance and memory. Researches show that naps can improve mental processing speed, mood, and alleviate sleeplessness. The benefits of napping mimic the health benefits of sleep. Along with diet and exercise, sleep is often called the third pillar of health.

Not only does taking an afternoon nap recharge your batteries but it is also good for your brain. One study found that daytime napping could slow the rate at which the brain shrinks as we age. Researchers have found that brain volume between people who napped regularly and those who didn't was equivalent to 2.6 to 6.4 years of aging. For some, short daytime naps may be part of the puzzle that could preserve the health of the brain as we get older.

Not everyone can nap, even if they are tired. But for those who can get some shut eye during the day, here are some tips:

- Nap for between 20 to 30 minutes. We hit deep sleep after around 30 minutes which can induce what's called sleep inertia upon waking. Sleep inertia refers to a temporary state of drowsiness, disorientation, and impaired cognitive function that occurs immediately after waking up from sleep. It is recommended not to jump into serious activities right after a longer nap.
- Allow time to fall asleep. Consider the time it takes you to drift off when setting your alarm. Experts say it takes about 10 minutes to ease into slumber.
- Create a restful environment. Make sure the room is dark, quiet, and at a comfortable temperature. Use earplugs or a white noise machine to block out distracting sounds, if necessary.
- Choose the right time. The optimal time for napping is usually in the early to mid-afternoon, when there is a natural dip in alertness. Napping too late in the day can interfere with nighttime sleep.



- Be consistent. Try to take naps at the same time each day to help regulate your body's internal clock and improve the quality of your sleep.
- Try a "nappuccino." You can stave off sleep inertia by drinking a cup of coffee or consuming caffeine. You can take caffeine before or after your nap to rejuvenate, says the Post.

Following these tips can help you maximize the benefits of napping to enhance your cognitive health.

Wendy Stafford

Deacons' Den Bebbie Pausar

We all realize through our experiences that faith is so easy to have when things are going well and so hard when circumstances are difficult. We know that we love and trust in the Lord, that we can count on Him to be there with us through all those hard times, for in the past, He has shown us His love and care for us many times. Yet, when trouble comes upon us suddenly, our faith can become wobbly! Worry and fear creep in. And I wonder, how can the faith I know I have become so fragile at such times. God is doing His part. He is right where He has always been.

It is at such times that I am reminded of my sweet little dog, a Maltese. My husband, son and I decided to name him Einstein because he was very smart, and his white hair was always in disarray. What a blessing from God for all those 16 yrs before he passed away, but the lessons he taught me continue to live on.

Whenever I had to take Einstein to the vet, as soon as we got into the car and headed in that direction, it was as if he knew where we were going, and he started to get agitated. He never did that in the car when we went somewhere else. When we would arrive at the Vet's office, he would pull on the leash, trying to drag me away from entering. The fear he felt made him need to relieve himself in the grassy area many times before we even got through the front door. Though once inside, he would become curious about his surroundings, his fear distracted somewhat.

When we were called to the examination room, his fear would return full force. I knew that being there was the best thing for him, but he could not understand why I would subject him to this. I would try to reassure him that I was there but when the vet began to examine him, I was astounded by the faith Einstein had in me.

He was in such a scary place, completely out of his comfort zone, and a strange man was doing strange things to him *that hurt*. AND YET, Einstein clung to me for comfort. I was right there by him, with my hands embracing him, soothing him, as best I could.

As his whole body shook,

he would lean into me for support. His eyes clouded with worry and yet so trusting as he looked up at me.

Even though he did not understand why I had taken him to such a place and allowed this to happen to him, he never faltered in his trust in me. He loved me and wanted my loving support, no matter "why" this was happening to him.

When it was all over and we were on our way home, he was always so happy.

He never held it against me that I had taken him there.

Now, often whenever I become so afraid, I think of the trust Einstein had in me, even though he was so scared and did not understand. And I take comfort in those memories, because they illustrate so well my own human journey in trying to understand how I can have faith in the Lord and still be so scared, all at the same time.

The parable lesson I learned through Einstein helps me to understand the depth of God's unconditional love, how to trust in Him even when I don't understand, "The Why". And most importantly, that the best course of action is to make the choice to lean upon the One that Loves me so compassionately. Jesus understands my fear because He Himself felt fear in the garden of Gethsemane while still having faith in the One who loved Him. He is my comfort, my strength, the way to counter the fear and to move forward in stronger faith.

Jesus, though afraid in the garden on the night of His arrest, leaned upon His Father, fear and faith intertwining into the glorious Victory of Grace. And if we let Him, God's plan for our lives will always lead us to find victory through Him, even in those times when fearful circumstances force us into situations where we live through things we do not understand, when our battles are strange, out of our comfort zone, fearful and trying... He remains our Hope and our Victory!

But thanks be to God! He gives us the victory through our Lord Jesus Christ. 1 Corinthians 15:57

For the Lord takes delight in his people; he crowns the humble with victory.

Psalm 149:4



Dr. Anne Hallum, Founder of A.I.R. (Alliance for International Reforestation) will speak to the Relationships in Action class on March 30 in Room 301 at 9:15 a.m. Please join us to hear the latest information about this award-winning nonprofit that improves human and environmental health in Guatemala.

When Anne felt called to start AIR's work in Guatemala in the 1990s, only THREE churches took that first "leap of faith" with her: First Presbyterian in DeLand, FL; St. Luke's Presbyterian in Dunwoody, Georgia, and. . . . Winter Park Presbyterian Church. AIR was only a dream, with three employees and a rented office back then.

In 2024 AIR opened a Second Training Center and we now have 12 employees, including 2 in Nicaragua. More importantly, AIR has trained at least 6,000 farmers, built 900 clean stoves, and produced almost 9 million trees for the mountains of Guatemala. Winter Park Presbyterian has been a major partner in God's work through AIR.

"AIR's mission is to implement educational programs, reforestation, and regenerative farming methods in Central America in order to protect water sources, build soil health, prevent mudslides and erosion, prevent lung disease and provide more nutritious crops—while protecting the Earth. We choose Hope."

Choosing Hope SINCE 1993





Below Audrey Santiago shares her latest newsletter from Transitions Orphan Assistance Foundation in Odesa, Ukraine.



February 23, 2025

Dear Friends,

Tomorrow is February 24. To many people across the globe, that is just an ordinary day. However, every Ukrainian living in country or abroad, and every Ukraine supporter anywhere in the world, recognizes that tomorrow marks three years since Russia ruthlessly attacked Ukraine, beginning a terrible war in which Ukraine fights to preserve its freedom and sovereignty.

Three years of relentless attacks throughout one's country might leave one discouraged and defeated. Ukraine and Ukrainians are neither, although recent events have left all feeling stressed to the max. Very recently, our folks in Odesa have withstood two serious attacks. An historic hotel (listed with UNESCO) in the city center was bombed, and the historic philharmonic hall across the street from the hotel also sustained significant damage. Even more recently, a residential building in the city was hit, taking down a children's polyclinic and a kindergarten and leaving 250,000 citizens without heat and light. It is still winter in Odesa and it is cold and dark.

A letter from one of our coworkers in Odesa describes the current conditions as "a very difficult period." He goes on to say, that not only do they worry about daily attacks, additionally, they worry that there is a very real possibility that they may lose their lands and their independence. Worse, they worry that Ukraine may cease to exist. Imagine waking up to those thoughts every morning for three years.

Despite all this, all of the things we were doing to assist before the war are still being done as war wages on. We continue to house older orphans, either in transitional homes with family support or in cottages built for independent living, also with surrounding support. Our team continues to visit the children in the orphanage in Pishana, as well as making home visits to orphans in the surrounding villages. We continue to serve pensioners and widows. To those in need, we offer food, clothes, and daily necessities as well as community, connection, and care. Perhaps greatest of all, we offer our love in very tangible ways.

Whether you read this today, tomorrow, or next week, please continue to pray for and to support these folks who have become our friends and extended family across the years. And, as always, thank you for all you do to make this happen.

With gratitude and love,

Audrey

Donation Information

Checks may be written to:

Transitions Orphan Assistance Foundation, Inc.
541 Evening Sky Drive, Oviedo, FL 32765 OR 3530 Diamond Leaf Lane, Oviedo, FL 32765
Online options to donate can be found on our website: www.transitionsoaf.org





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 3/5 9:00-11:00 AM
Prepare meal / Anna Caparis 707-889-4768	Thurs 3/6 9:30-11:30 AM
Bag brownies / Wendy Jamison 407-739-7858	Fri 3/7 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 3/7 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 3/7 4:00-7:00 PM NOTE: The church bus is reserved for this function.
Cleanup kitchen: Wash, sanitize items used; store supplies	Fri 3/7 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



3/1

Curtis Koon Steve Walker

3/4

John Dreasher

3/5

Nancy Galyean

3/8

Bill Cuthill Fran Morrissey Nancy Schieber

3/9

Kathy Anderson

3/13

Alice Capps

3/15

Gregory Seel

3/17

Meg Thomas

3/19

Carol Hunt

3/20

Robin Danley Fred Kittinger

3/21

Shelby Reaves

3/22

Wendy Ethridge Ethan Thomas 3/23

Marilyn Bryant Sara Ann Hiatt

3/24

Nolan Seel

3/26

Chris Lane Solange Yost

3/27

Yvonne Cobb

3/30

Charlie Anderson

<u>4/1</u>

Sara Spivey

4/3

Doug Reece Porter Spangler

4/4

Abigail Walker

4/5

Thomas Skelton

4/8

Jim Capps

4/9

Betty Johnston Tatiana Lampe 4/10

Betty McKay

4/14

Tom Chasser

4/17

Carol Thompson

4/19

Brad Erb

4/20

Beth Conner

4/21

Maurice Pulliam Nelson Roe 4/23

Cameron White

4/27

Anne Murray

4/28

Ardyth Austin Phyllis Woods

4/30

Caroline James



Kid's Night Out

PIRATE NIGHT!

elle

Friday, March 14th, 2025

5:00 PM - 8:00 PM

elle

4 months - 11 years old

\$20 per child

Dinner and Snack will be provided

elle



400 S. Lakemont Ave. Winter Park, FL 32792



KID'S NIGHT OUT!

REGISTRATION

Please submit payment with your registration. Payment needs to be made by check or cash. No online payment option is available.

a	vailable.
Child's name:	
Age:	
Miles	Child's name:
	Age:
	Aller gress
Child's name:	
Allergies:	
	Parent's name:
The state of the s	E-mail: Contact Phone:
	Emergency Number:



WINTER PARK PRESBYTERIAN PRESCHOOL NEWS

March 2025



MARCH IS HERE

March will be filled with exciting activities for all the preschool to learn and enjoy. Allowing each child to express through their own creativity and their desire to learn about the word. Our staff are dedicated to ensuring that each child receives the love and care that God also shows us through his grace.

WPPP is offering registration for the upcoming 2025-2026 school. We are looking forward to seeing lots of returning families and excited for the new families that will be joining us.

Pre-registration guarantees your child's enrollment into the preschool. Please share with your families and friends so that they may schedule a tour if interested.

During Dr. Seuss week at WPPP, we will be reading, dressing up and doing lots of fun activities centered around the wonderful works of Dr. Seuss. We will also celebrate Dr. Seuss birthday with some cake.

UPCOMING EVENTS

- 3/3-3/7 Dr. Seuss Week
- 3/17-3/21 Spring Break
 NO SCHOOL
- 3/28/25 Daddy/Daughter
 Dance 5:30pm 7:30pm

"But the Lord is the one who is marching before you! He is the one who will be with you!" Deuteronomy 31:8



SO MUCH FUN...

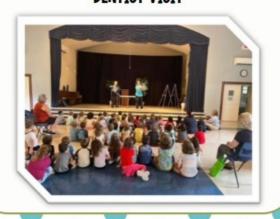


100TH DAY OF SCHOOL





DENTIST VISIT





PATRIOTS DAY PARADE

CHAPEL TIME! WE LOVE LISTENING TO GOD'S WORD!



Bible Quiz

Complete this sentence which introduces a well-known Bible story: "The hand of the Lord was on me, and he brought me out by the Spirit of the Lord and set me in the middle of a valley; it was full of ____."

- A. flowers
- B. sheep
- C. rocks
- D. bones



Answer: D (See Ezekiel 37:1, NIV.)



FROM WORD TO WORLD

Words are important! God spoke and created all things. What does the psalmist declare about creation?

Directions: Using the word clues, unscramble the letters to complete Psalm 102:25, NIV.

A preposition	NI	\
An article	HTE	
Genesis means this	NINBGEIGN	
A second-person pronoun	OUY	
Past tense of to lay	IDAL	
An article	HET	}
A plural noun meaning base	SODTAINFONU	
A preposition showing possession	r FO	
An article	TEH	
A concrete noun meaning world	HRTEA	
	Psalm 102:	:25, NIV ——·





Fill in the blanks with the tiny creatures mentioned in each verse (all NIV). Then search for those words in the puzzle below.

(75)

	М	0	Т	Н	S	G	Ν	Α	Т	В	Н
	А	Ν	Т	Α	L	L	С	Н	Р	Е	0
	G	R	Α	S	S	Н	0	Р	Р	Е	R
	G	F	С	R	Ī	С	K	Е	Т	S	N
	0	L	S	Р	Ţ	D	Е	R	S	В	Е
	Т	Е	С	L	0	С	U	S	Т	D	Т
	S	Α	Е	F	K	Α	Т	Υ	D	1	D
A OF	G	F	L	T	Е	S	W	0	R	М	S







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

2025

Theresa Coker Mary Ferguson Cathy House Glenn Riccio Ron Thompson

<u> 2026</u>

Syd Davis Betty Johnston Shaheed Mohammed Nelson Roe

<u> 2027</u>

Maria Garton Brandon St. John 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