



The Covenanter

November 2024



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

NOVEMBER 2024

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

In Loving MEMORY

Nancy Boelzner

10/19/1930 - 9/14/2024

Carla Gehrig

3/27/1944 - 10/26/2024

Alma Gordon

12/4/1933 - 7/21/2024

FRIDAY 1

Coalition Food Prep
9am/Kitchen

Tai Chi
11:30am, FH

Serve the Meal
3:30pm/FH-gather
4:00pm/Depart

SATURDAY 2



SUNDAY 3

MONDAY 4

TUESDAY 5

WEDNESDAY 6

THURSDAY 7

FRIDAY 8

SATURDAY 9

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
Bible Study
7pm, Rm 301
Chancel Choir
7:15pm, Sanctuary

Tai Chi
11:30am, FH
Kid's Night Out
5pm, FH

SUNDAY 10

MONDAY 11

TUESDAY 12

WEDNESDAY 13

THURSDAY 14

FRIDAY 15

SATURDAY 16

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

WPPC Handbells
6pm, Rm 102
Bible Study
7pm, Rm 301
Chancel Choir
7:15pm, Sanctuary

Tai Chi
11:30am, FH

Carla Gehrig Memorial Svc
10:30am, Sanctuary

SUNDAY 17

MONDAY 18

TUESDAY 19

WEDNESDAY 20

THURSDAY 21

FRIDAY 22

SATURDAY 23

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
Bible Study
7pm, Rm 301
Chancel Choir
7:15pm, Sanctuary

Communion Svc
Westminster WP
11am
Neighbors & Friends
11:30am, FH
Trustee Meeting
6pm, Rm 303
Diaconate Meeting
7pm
Session Meeting
7pm

Tai Chi
11:30am, FH

FALL FESTIVAL
PS CHILDREN'S
PERFORMANCE @
10:30AM SERVICE
FOOD & FUN
FOLLOWING THE
SERVICE.

SUNDAY 24

MONDAY 25

TUESDAY 26

WEDNESDAY 27

THURSDAY 28

FRIDAY 29

SATURDAY 30

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
6pm, Rm 102

Office Closed



Office Closed





GIVE Thanks

Greetings amid Fall,

Of course, it is November, and a time when we give thanks for God's faithfulness in our lives. Indeed, we have so many blessings. Sometimes, when the world around and within becomes increasingly dark, a good exercise is to sit and begin to count one's blessings while giving God thanks. No matter our circumstances - circumstances that are constantly changing - God is the same yesterday, today, and tomorrow and His Word is alive, active, and unfolding moment by moment. A saying I've heard over the years is, "If all around it looks like the days of Elijah, then it's time for God's people to be the Elijah's of the day." To be God's people. To be called and to serve, these are all reasons for thanksgiving.

I'm also grateful for God's work among us. I'm grateful for all those who labored during our stewardship season, a time for us to come together in "sowing seeds of hope." All in all about 40 people gave of their time and ability to help us organize and meet the financial needs of our ministry. Thank you to all those who helped. Thank you to so many more who have generously given. Thank you for those who are still considering how to respond to God's faithfulness to you, and thank you for your partnership as we seek to meet the needs of others.

I'm thankful for an opportunity to celebrate Communion, Bible Studies, Kid's Night Out, our prayer warriors, the upcoming Fall Festival with our Preschool families, Neighbors and Friends, and of course Thanksgiving the holiday. A time with family, turkey, stuffing, gravy, green beans, sweet potatoes and of course, cranberry sauce in its naturally canned shape.

Finally, I'm thankful for God's grace, mercy provision, patience, persistence, presence and power in our lives.

What are you thankful for?

Grace and Peace,
Pastor Darren

COMMUNITY LIFE & WPP PRESCHOOL PRESENT TO YOU

FALL FESTIVAL

SUNDAY, NOVEMBER 17TH @ 10:30AM

CHILDREN WILL HAVE A LIVE PERFORMANCE WITH THE OPPORTUNITY TO ALSO PARTICIPATE IN THE CHILDREN'S CHURCH LED BY MS. VALERIE.

COME SEE AND LISTEN TO THE CHILDREN PERFORM ON STAGE FOR THE CONGREGATION!



Bounce House

LIVE MUSIC

Hamster Wheel Snow Cone Machine

crafts

COTTON CANDY



Petting Zoo



Face Painting

Bubble Machine



Games & Prizes

HAY RIDES



POPCORN

RSVP



HOPE TO SEE YA'LL THERE

ADVENT

Booklet

For our Advent booklet this year, we are asking people to reflect on and write about one of the four themes that are associated with Christmas: Hope, Peace, Joy, and Love. You may write about special Christmases over the years when you especially thought about these words, or just write about what these important words mean to you in general.

Here are some suggested meanings of these words:

Hope is often associated with a trust in God's faithfulness, and a belief in His promises.

Peace is often seen as relying on God's presence in the often chaotic events going on in the world, the "peace that passes understanding."

Joy is the feeling of gladness, rejoicing, and gratitude that is often so present at Christmas, a trusting in the goodness of the Lord in spite of circumstances that may be difficult.

Love is especially shown in the profound love shown in God's gift to us of Jesus Christ, and the power of this love to transform ordinary human beings.

Also welcome are photos and artwork of meaningful Christmas scenes and images. Please send to Phyllis Woods at phylliscw@cfl.rr.com no later than November 25th. Looking forward to receiving the always beautiful contributions from our congregation.





Winter Park
PRESBYTERIAN CHURCH



APOPKA COMMUNITY



PLEASE BRING NEW TOYS ONLY.



TOY COLLECTION
Sunday
December 8th



TOY DELIVERY
Tuesday
December 10th

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)

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



NEIGHBORS & FRIENDS

THURSDAY, NOVEMBER 21 • 11:30AM

November has arrived and with it comes the joy of being thankful for Friends and Neighbors who will gather for the monthly luncheon. During this time together we will share the many blessings for which we are thankful. We have a special program. Heather Case, founder and CEO of *One Purse* will give a presentation. *One Purse* is an organization that provides care for vulnerable women and victims of human trafficking. Come and join us as we learn about this vital program. This program will enlighten us on more opportunities to serve our community.

We will gather and greet each other at 11:30am in Fellowship Hall followed by a delicious meal prepared by Chef Scott. As a special touch, our own Preschool children will provide the table decorations. The cost of lunch is \$15. You may bring your own lunch if you choose or just join us for the program which will begin at 12:30pm.

Please come and celebrate the joy of giving thanks for the fellowship that Neighbors and Friends provides.

Please make your reservation by Monday, November 18th by calling the WPPC office at 407-647-1467, or put your name on the list located in the front office hallway.

If you would like, bring canned meat as a donation for the food party.

The N&F ministry is a part of the Community Life Outreach Committee. Our primary purpose is to provide social opportunities for fellowship that encourage and promote Christ centered interactions. Come and be a part of this growing and exciting ministry and do remember to bring a neighbor or friend!





HOW MUSIC CAN HELP YOU AFTER SURGERY



Whether you enjoy pop tunes, smooth jams or banging beats, a new study finds that music can help people more easily recover from surgery with fewer painkillers.

Music therapy in the inpatient setting has demonstrated positive outcomes worldwide. Increasing attention to music therapy in clinical practice shows that the effectiveness of music therapy in improving the negative emotions of patients, relieving pain, and adjusting the physiological state has also been receiving increasing recognition. Moreover, music therapy as an additional therapy for conventional treatment can achieve a better improvement in patient satisfaction. General surgery is criticized for its long treatment cycles and postoperative pain, but music therapy is now receiving more attention in general surgical treatment.

Researchers found that listening to music reduces the anxiety, pain and heart rate of patients waking up from surgery. As a result, surgical patients provided music tended to need less than half the amount of morphine required by those who weren't listening to tunes.

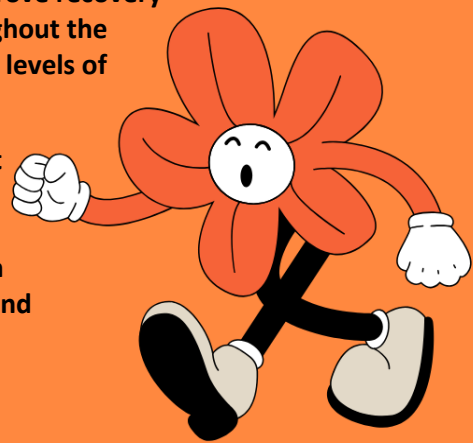
When patients wake up after surgery, they sometimes feel scared and may not even know where they are. Music can help ease the transition from the waking up stage to a return to normalcy and may help reduce stress around that transition.

Data showed that patients who listened to music had significant reductions in pain and anxiety the day after surgery. Listening to music enables you to disassociate and relax. You don't have much to do or focus on, and you can more easily calm yourself down.

Patients with music also had a lower heart rate, which can improve recovery by allowing effective circulation of oxygen and nutrients throughout the body, researchers said. Listening to music causes a reduction in levels of cortisol, the stress hormone.

Music can also be added to a recovery room without much cost or effort, and the researchers added that the best music for a patient likely is whatever they enjoy most - one type of music is not necessarily better than another. Music can help people in different ways after surgery because music can be comforting and make you feel like you're in a familiar place.

Wendy Stafford, WPPC Health Care Coordinator
wendys@winppc.org or 321-422-8883



Deacons' Den The Body of Christ Debbie Pauzar

The Deacons are filled with thankful hearts for God's Grace and our Beloved Church Family.

Together, we all love and want what is best for our church. Though sometimes, we find ourselves in disagreements. If we do not choose to work together, as the body of Christ, by having hearts full of forgiveness & Christ-like love, those disagreements can cause disunity.

Dear Ones, we love the Lord. He is The Authority in our lives. No where in this life, do we ever get to have our way in every circumstance, in every decision, as seen through our own experiences with family members, friends, and as citizens.

We are the Body of Christ. When we chose to accept God's truth and His gift of Grace, we made the commitment to love, worship and serve the Lord. Therefore, our goal should be to do everything we can to **unite in love for Him, for one another, and for a world that is witnessing what we say and do.**

Let's listen to what God's Word has to say about our being united:

2 Chronicles 30:12

¹²Also in Judah the hand of God was on the people to give them unity of mind to carry out what the king and his officials had ordered, following the word of the LORD.

Matthew 12:25

²⁵Jesus knew their thoughts and said to them, "Every kingdom divided against itself will be ruined, and every city or household divided against itself will not stand.

1 Corinthians 1:10

¹⁰I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought.

Together We are

1 Corinthians 12:27 TLB

²⁷All of you together are the one body of Christ, and each one of you is a separate and necessary part of it.

Philippians 2:1-3

Imitating Christ's Humility

²Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, ²then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind.

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves,

Colossians 2:1-3

²My goal is that they may be encouraged in heart and united in love, so that they may have the full riches of complete understanding, that they may know the mystery of God, namely, Christ, ³in whom are hidden all the treasures of wisdom and knowledge.

Psalm 133:1

How good and pleasant it is when God's people live together in unity!



Below is a letter from Audrey Santiago with the latest news from Transitions Orphan Assistance Foundation in Odesa, Ukraine.



ORPHAN
ASSISTANCE
FOUNDATION
www.transitionsoaf.org

October 13, 2024

Dear Friends,

In a blink of an eye, summer has transitioned into fall, and it is time again for me to share a thing or three with you.

First, I want to let you know that the donations we received for the Vatan family are very much appreciated. Misha's dental procedures will be provided for and, in addition, we've been able to begin to make a dent in the debt towards their new van. We all thank you so much for your generosity, your love, and your care for this family as they continue to navigate life as Ukrainian refugees in Germany.

Next, back on this side of the ocean, I am happy to report that my family and I weathered hurricanes Helene and Milton well. Many thanks to those who checked in on us and offered positive thoughts and prayers. I couldn't help but think, as we huddled on the couch at the height of Milton, listening to the pounding rain and the howling wind, that my storm would soon pass, yet the storm of war in Ukraine has shown little promise of resolution in more than two and a half years. And even while drones and missiles were flying over their heads, our folks in Odesa were checking in on me and asking after my safety in the hurricanes. I was humbled.

Finally, I want to share that I will be traveling to Odesa again in a few days, and I ask for your prayers for traveling mercies and for our safety in the midst of war. The way to Odesa has become long and rather grueling. We now need to travel from Orlando to New Jersey to Vienna to Chisinau. Then we must board a bus to Odesa that has, in the past, taken six hours.

Despite the length of the journey ahead, I am more than excited to be back in Odesa. It will be a joy to work with our families and staff side by side again rather than just seeing their faces on Zoom. Our main goal is to plan and prepare for another upcoming winter, including our Christmas Project, and to decide how we can best assist for the next six months.

Happily, it won't be all about work. I'll also be visiting and catching up with the friends who are my family in Odesa. I'll get to meet three new babies, because somehow, even in the midst of war, life goes on.

I've learned across the years that what we do makes a difference. Even the smallest gesture can change a life. Our folks in Odesa are grateful to us for our support. And I remain ever grateful to you who make this mission and this assistance possible. Stay tuned for more news in November. When I return I will share details of this trip and the particulars of our Christmas project with you.

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

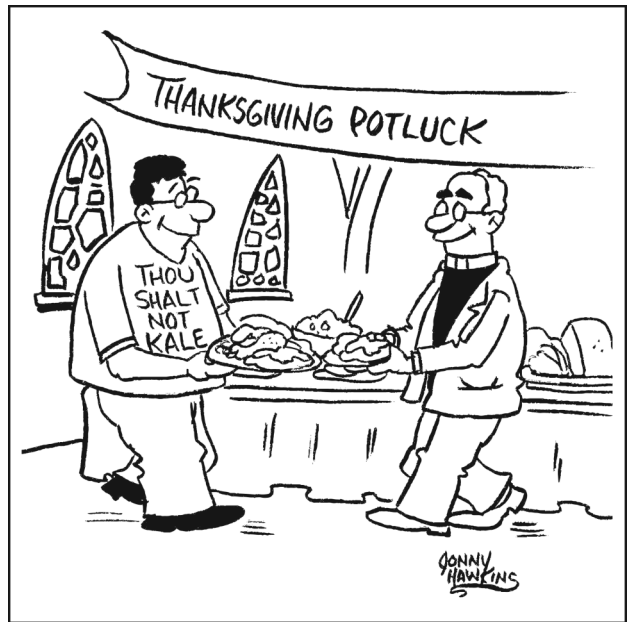
Bible Quiz

Shortly after the birth of the church at Pentecost, which apostle(s) taught an Ethiopian official about Jesus and then baptized him?

- A. Philip
- B. Peter and Andrew
- C. James
- D. Paul and Silas



Answer: A (See Acts 8:26-40.)



Puzzle!

Discover a psalm of thanks from David by matching the words in the list to the shapes below.

WORD LIST

nations proclaim the what to make done Give name among Lord known the he praise has his

Give praise to the Lord, proclaim his name; make known among the nations what he has done.

1 Chronicles 16:8, NIV

Answer: Give praise to the Lord, proclaim his name; make known among the nations what he has done. 1 Chronicles 16:8, NIV

PUZZLE

BECAUSE OF WHO GOD IS

Thanks to who God is, we can talk to him in prayer.

Directions: Unscramble the descriptions of God, using the Bible references as clues. Then write the circled letters below to complete Psalm 109:26, NIV

Psalm 145:8	SGAICURO	□ _ _ _ _ _
Job 36:5	HGIYMT	□ _ _ _ _
Psalm 90:2	LTAVREENISG	_ _ _ _ _ □ _ _ _
2 Peter 3:9	INETTPA	_ _ _ _ _ □
1 Thessalonians 5:24	FUFHIATL	□ _ _ _ _ _
Isaiah 40:25	OYHL	_ □ _ _

Help me, Lord my ___od;
 save ___e ___ccording ___o
 your un___ailing l___ve.

Psalm 109:26, NIV

Answers: gracious, mighty, everlasting, patient, faithful, holy; Help me, Lord my God; save me according to your unfailing love. Psalm 109:26, NIV



NOVEMBER

CLASS NEWSLETTER



November Highlights

You are invited to join us on Sunday, November 17th from 10:30am-1:30pm for our Fall Festival and Performance after our special Church service. We will have so many exciting things for the entire family to enjoy.

Our monthly mission for September was a heartfelt reminder about spreading cheer, kindness and hope to others. The classes decorated lovely cards that will be sent St. Jude's Hospital.



Give Thanks

"Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!"

Psalm 100:4

Happy Thanksgiving!

November's Monthly Mission

Feeding America to help those in need with non-perishable items. Just in time for Thanksgiving.



NOTES



Upcoming Events:

- Birds of Prey - 11/6
- Kids Night Out - 11/8
- Fall Festival & Performance - 11/17
- Thanksgiving Break - 11/25-11/29



KID'S NIGHT OUT!

A MOVIE UNDER THE STARS!

**FRIDAY, NOVEMBER
8TH, 2024**

FROM 5:00 PM - 8:00 PM

**AGES 3 (POTTY TRAINED) - 11 YEARS OLD
\$20 PER CHILD**

**DINNER AND SNACK WILL BE PROVIDED!
JUST BRING A COZY PILLOW AND BLANKET!**

**RETURN REGISTRATION FORM &
PAYMENT BY NOVEMBER 6TH,
2024**

MOVIE: MY FATHER'S DRAGON



Winter Park

PRESBYTERIAN CHURCH

400 S. Lakemont Ave.
Winter Park, FL 32792

407-647-1467



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.

CHILD'S NAME: _____

AGE: _____

ALLERGIES: _____

CHILD'S NAME: _____

AGE: _____

ALLERGIES: _____

CHILD'S NAME: _____

AGE: _____

ALLERGIES: _____

PARENT'S NAME: _____

EMAIL: _____

CONTACT PHONE: _____

EMERGENCY NUMBER: _____

NOVEMBER AND DECEMBER



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 10/30, 12/4 9:00-11:00 AM
Prepare meal / Anna Caparis 707-889-4768	Thurs 10/31, 12/5 9:30-11:30 AM
Bag brownies / Wendy Jamison 407-739-7858	Fri 11/1, 12/6 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 11/1, 12/6 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 11/1, 12/6 4:00-7:00 PM NOTE: The church bus is reserved for this function.
Cleanup kitchen: Wash, sanitize items used; store supplies	Fri 11/1, 12/6 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**

11/5

**Martha Heine
Edmund Short**

11/6

Debbie Pauzar

11/7

Wendy Stafford

11/10

Becky Manuel

11/11

Gay Jung

11/12

**Amanda Frallicciardi
Christine Rich**

11/13

**Allen Shaw
George Sumrall**

11/14

Helen Ammerman

11/18

Gayle Ernst

11/19

Avery Erb

11/20

**Martha Campbell
Sevilla Morse
Reta Peterson**

11/21

Dail Pribil

12/1

Lucy Martin

12/3

**Rene Cuthill
Sara Woodward**

12/5

Beverly Tavel

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

12/14

**Alissa Mahoney
Connie Swensk**

12/15

Linda Beaty

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

**Jessica Conner
William Darcy
Julie Frazier
Tasha Lampe**

12/26

Julie Rankin

12/27

**Judy Mitchell
Clark Ranson**

12/28

Howard Evans

12/29

**Gary Henderson
Lil Rea
Ellen Skelton**

12/31

**Patrick LaRue
Glenn Riccio
Brandon St. John**



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
 Valerie Beltrán, Children's Ministry Coordinator
 Wendy Stafford, Health Care 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.