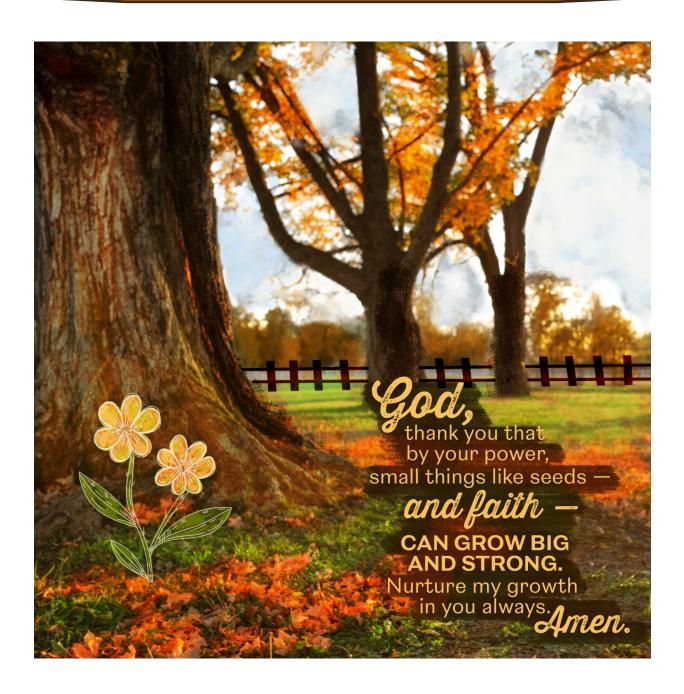


# The Covenanter

Winter Park
PRESBYTERIAN CHURCH

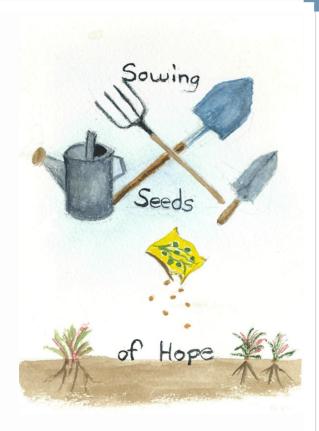
October 2024



		Oct	ober 20	024		
		TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5
Oct.	llo ober	Staff Meeting 10:30am, Rm 301	Coalition Mix & Bake Brownies 9am/Kitchen PS Chapel 9:35am, Sanctuary WPPC Handbells 6pm, Rm 102 Bible Study 7pm, Rm 301 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 6	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11	SATURDAY 12
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	Staff Meeting 10:30am, Rm 301	PS Chapel 9:35am, Sanctuary PS Board Mtg 10:00am, Rm 301 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 13	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19
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	Staff Meeting 10:30am, Rm 301	PS Family Chapel 9:35am, Sanctuary WPPC Handbells 6pm, Rm 102 Bible Study 7pm, Rm 301 Chancel Choir 7:15pm, Sanctuary	Communion Svc Westminster WP I lam Neighbors & Friends I 1:30am, FH Diaconate Meeting 7pm, Rm 301		
SUNDAY 20	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25	SATURDAY 26
One Worship Svc. 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am Consecration Sun. Luncheon 11:30am, FH Concert Series: Licorice Sticks 3pm, Sanctuary	Tai Chi 11:30am, FH	Staff Meeting 10:30am, Rm 301	PS Chapel 9:35am, Sanctuary WPPC Handbells 6pm, Rm 102 Bible Study 7pm, Rm 301 Chancel Choir 7:15pm, Sanctuary	Trustee Meeting 6pm, Rm 303 Session Meeting 7pm, Rm 301	Tai Chi 11:30am, FH	
SUNDAY 27	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31		
Worship Svc. 8:15am-Chapel 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am	Tai Chi II:30am, FH	Staff Meeting 10:30am, Rm 301	PS Chapel 9:35am, Sanctuary WPPC Handbells 6pm, Rm 102 Bible Study 7pm, Rm 301 Chancel Choir 7:15pm, Sanctuary 6pm, Rm 102			

"That same day Jesus went out of the house and sat by the lake. Such large crowds gathered around him that he got into a boat and sat in it, while all the people stood on the shore. Then he told them many things in parables, saying: "A farmer went out to sow his seed. As he was scattering the seed, some fell along the path, and the birds came and ate it up. Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. But when the sun came up, the plants were scorched, and they withered because they had no root. Other seed fell among thorns, which grew up and choked the plants. Still other seed fell on good soil, where it produced a crop—a hundred, sixty or thirty times what was sown. Whoever has ears, let them hear."" Matthew 13:1-9

The Parable from Matthew's gospel has puzzled and intrigued many over the centuries. However, it is most commonly interpreted that the farmer is God are those called by God and the seed is God's Word. The parable communicates that when it comes to God's Word, it should be sown generously. The parable is an encouragement for us to sow the Word of God.



This also translates into our response to God's Word and what type of crop is produced in us, as we seek to "Go and make disciples of all nations." (Matthew 28: 19a) Sometimes the seed falls on the path where people walk and so it just gets trampled, ground back into the earth. Other times, it falls on rocky soil. There the seed springs up quickly because of the warmth of the soil, but it cannot sustain itself, for there is no depth in the soil to put down roots. Still, other seed falls in places where the soil is good, but the weeds are present. Any gardener will tell you, weeds always grow faster than the crop. The weeds cover over and choke the life out of the crop. Finally some seed lands in the right place. It grows and produces a crop—which by definition then feeds many.

As we think about **Sowing Seeds of Hope**, our faithful response to God's love for us and His Word, we're encouraged to share of our time, talent and treasure. The first gleaning revealed from the passage is generosity. That underscores the farmers approach. It takes copious amounts of seed to produce a reasonable crop. Sometimes as we seek to sow God's Word in our community, the garden in which God has placed us, some of that seed falls in places where it gets trampled. Other times, we see a ministry or an outreach spring to life, but it fades just as quickly. Some seed that we sow, gets choked out by the weeds of the world, but because the farmer is generous—some seed finds the good soil and then produces a harvest.

Note that the final harvest includes more seed than was initially sown. In other words, those trampled seeds, those with shallow roots and those choked out are made up for in the harvest. They are not wasted seeds, but necessary scatterings that allow for a harvest "a hundred, sixty or thirty times what was sown."

As we consider how we'll respond to God's grace and mercy, I encourage you to take no step, but rather bend your knees and ask of the "Farmer" (God) what He would have you do. Then together, our generosities will combine, and although not all of our efforts to sow God's Word will succeed - the crop that is harvested will be proportionate with our generosity coupled with the generosity of God.

Blessings during this Harvest Season,

**Pastor Darren** 



Gospel of John

Oct. 2 – Nov. 20 7pm Rm 301

Beginning October 2nd, you are invited to join Jim Capps in a study of the Gospel of John. We'll meet in room 301 at 7pm every Wednesday for eight weeks. John was the youngest disciple and the only one who wasn't martyred for his faith. He makes Jesus both winsome and relatable. This promises to be an exciting and enjoyable opportunity for us to better know Jesus.



# THURSDAY, OCTOBER 17TH 11:30AM

Please join us at 11:30am for lunch followed by a special speaker. We will learn about community service opportunities. Our delicious cuisine will once again be prepared by Chef Scott.

The cost of the lunch is \$15. You may bring your own lunch if you choose to or just join us for the program.

All are welcome to come and enjoy the fellowship around the tables.

Please make your reservation by Monday, October 14th by calling the WPPC office at 407-647-1467, or put your name on the list located in the front office hallway.

Neighbors and Friends (N&F) welcome anyone who seeks to renew friendships and make new friends.

If you would like, bring breakfast items as a donation for the food panty.

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!







# WPPC News

# Peacemaking Offering World Communion Sunday October 6th

World Communion Sunday is October 6th. It's exciting to think we'll be sharing the Sacrament of the Lord's Supper with Christians worldwide!

On that day we will collect your offering for Peacemaking, one of the four Special Offerings of the PC(USA). Our partners in the Presbytery, Synod and General Assembly will us 75% of this offering for various peacemaking projects throughout the world. The Compassion Committee has selected IDignity to be the local recipient of 25% of our collection. This program was founded by members of five downtown Orlando churches in 2008 to assist the disadvantaged in Central Florida to navigate the complexities of obtaining their personal identification. The documents IDignity obtains on behalf of their clients enable them to apply for employment or school, secure access to shelters, vote, seek help from social service programs, open a bank account or cash a check, secure housing, or overcome many obstacles to becoming selfsufficient. The cost to obtain these documents is high and demand for these services has yet to ebb. More than 120 volunteers service 200-250 people in need every month. This connects to the global witness of Christ's peace.

Thank you for your generosity and donating to this Special Offering, furthering our Christian connection to these in our community who are less fortunate than we are. Please check the Peacemaking Offering on your pew envelope. The church office will also accept your donations by mail or online.

-Compassion Committee



Peace I leave you,
My peace I give to you.

-20hn 14:27

# Reformation Sunday & Kirkin' o' the Tartans Celebration October 27th @ 10:30am

On October 27th WPPC will celebrate Christian unity, courage, and commitment to our Lord. It is reformation Sunday when Martin Luther in the service of Christian truth, nailed a list of 95 theses to the door of All Saints Church in Wittenburg, sparking the Protestant Reformation. We will also observe the "Kirkin o' the Tartans." This ceremony was first conducted by the Rev. Peter Marshall, pastor of the New York Avenue Presbyterian Church in Washington, DC during the 1940's and also, chaplain of the US Senate, Rev. Marshall was a native of Scotland and held the service as a symbol of solidarity with the British and Scots during the Second World War. Proceeds from that service were used to fund a mobile kitchen for those who had been displaced by the bombings of Nazi Germany. When celebrated today it not only recognizes the Scottish roots of Presbyterianism, but it is also a call to people of every nation and heritage to come together in love and commitment to faith and truth.





Unfortunately, the Christian Service Center closed their food pantry at Redeemer Lutheran Church in April; clients now pick up food in downtown Orlando at Central Avenue location. CSC provided large bags containing a week's supply of food for up to five people. It was open Monday-Friday from 9am to 1pm. The CSC felt there are other volunteer groups providing weekly groceries in this area.

Redeemer Lutheran Church has provided a small food pantry on their campus for many years. It is open three days per week (M W F) from 10-11:30am. Guests can pick up a bag containing two days of food on each of those days; guests find other food resources on Sunday.

The food pantry at Redeemer Lutheran is faithfully managed by Trudy Laquiere and her team of volunteers. She refers to her guests as "unhoused" rather than "homeless".

Deacons voted in May to give WPPC's twice-monthly donations to Redeemer Lutheran food pantry so we can continue to support our local community. We no longer donate food to Christian Service Center although our church does provide regular financial support through our Compassion Committee.

Because our focus has changed from families to primarily unhoused individuals, we need to adjust our donations to meet their needs. Trudy suggests we avoid donating any items that must be cooked. 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. You can find a list of her suggestions below. Trudy and her team



also accept large boxes of cereal and crackers that they divide into baggies to distribute to guests.

Extra milk and juice are collected from Lakemont Elementary each Friday and is available to guests on Monday.

Trudy says cans with flip tops are ideal but donations of can openers are also welcome. They also try to include a bottle of water in each two-day bag.

# Suggestions:

✓ Beef stew	✓ Peanut butter	✓ Soups with Protein	✓ Chef Boyardee
✓ Beany weeny	√ Chicken	√Individual fruit/applesauce	✓ Mac & Cheese (microwave)
√ Vienna sausages	√Tuna	✓ Cereal	√Water
<b>√</b> Spam	✓ Sardines	✓ Crackers	✓Can Opener
√Chili	√Granola bars		•

You may place all donations in the basket by the stairs in the front office or in the bin just inside Fellowship Hall.





If you find it hard to sleep at times, know that many of the foods we eat can give us heartburn, which could be the reason for our difficulty in sleeping. Heavy meals and desserts can disrupt digestion, leading to bloating and discomfort. This can interfere with our sleep pattern, adding to discomfort during the night, which impacts our ability to wake up feeling refreshed and energized, affecting the mind and mood.

Here are some suggestions on what to eat before bed, ensuring a better night's sleep:

- Lean protein, such as salmon, eggs, beans and nuts. These nutrient dense foods are low in fat and easily digestible. Consuming lean proteins help promote stomach acid that breaks down food, aiding digestion, while leaving you satiated.
- Ginger. Ginger is very useful in helping digestion and can be found in some foods and in teas. Ginger root is a common spice used throughout the world to help with digestive disorders. Ginger can reduce the likelihood of stomach acid flowing up into the esophagus. It can be peeled and grated for use in cooking or steeped in hot water to make ginger tea. The most important thing to remember about consuming ginger is moderation, says the expert. Sticking to four grams a bit less than a fourth of a cup— should be enough to give you relief.
- Leafy greens. Kale, spinach, and arugula are examples of healthy leafy greens that contain specific sugars that promote healthy gut bacteria. They also provide nutrients and fiber to help with digestion and also can boost energy. Lightly steam the greens or use them raw in salads.
- Herbal teas drinking herbal teas like ginger, peppermint or chamomile after dinner can soothe the digestive tract and promote better digestion. Make a hot cup of herbal tea a nighttime ritual not only for digestion but also to help you relax before sleep.
- Probiotic sodas. These trendy beverages are delicious and great for digestion. They are full of fiber and help you digest foods more efficiently while boosting the immune system. They aren't a substitute for fiber found in food but are a great addition for aiding digestion and soothing the stomach, and a few brands such as Olipop, are low in sugar and carbs.

Practice these good habits before bed and you should see good improvement in your ability to get a good night's sleep!

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







In accepting Jesus Christ as our Savior, we make a commitment to Him by entrusting our lives to His Authority. God's Faithful and Loving commitment to us is proclaimed throughout in His Word, revealed in our lives each day.

Psalm 37:5-6

<sup>5</sup> Commit your way to the LORD; trust in Him and He will do this: <sup>6</sup> He will make your righteous reward shine like the dawn, your vindication like the noonday sun.

Everyday we face conflicting choices: our will or God's Will. We struggle to fulfill our commitment to Him. However, we can find assurance, comfort and resolve, in remembering His commitment to us in the vast number of bible verses too numerous to include in this short message. But these verses stand out when we come to Him in repentance, in need of reassurance, when we've faltered in our commitment to Him:

1 John 1:9

<sup>9</sup> If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

John 10:28-30

<sup>28</sup> I give them eternal life, and they shall never perish; no one will snatch them out of my hand. <sup>29</sup> My Father, who has given them to me, is greater than all; no one can snatch them out of my Father's hand. <sup>30</sup> I and the Father are one."

Romans 8:38-39

<sup>38</sup> For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, <sup>39</sup> neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

2 Corinthians 3:18 (TLB)

<sup>18</sup> But we Christians have no veil over our faces; we can be mirrors that brightly reflect the glory of the Lord. And as the Spirit of the Lord works within us, we become more and more like him.

These verses are powerful declarations that repair our shame and fortify our trust in Him as we strive to fulfill our commitment to the Lord. He who is faithful and true, loves us. He will sustain us. He will accomplish His work in our lives. May we come to realize the depth of His loving commitment to us, may we grow in our ability to deepen and succeed in our commitment to Him.

Standing on the promises of Christ the Lord, Bound to Him eternally by love's strong cord, Overcoming daily with the Spirit's sword, *Standing on the promises of God*.

Standing, Standing on the promises of God my Savior;



# **Bible Quiz**

When Jesus asks a Samaritan woman for a drink, at which site related to the ancient Israelites is he resting?

- A. the edge of the Jordan River
- B. beside the Red Sea
- C. Jacob's well
- D. the Pool of Bethsaida



Answer: C (See John 4:6.)



"Whew...the three T's stand for 'Time, Treasure and Talents.' I thought you might ask me to give my Telephone, TV and Teddy."

Use the words provided to complete the puzzle. Then write the numbered words in the correct blanks below to complete Psalm 104:24, NIV.

### **WORDS**

EARTH, CREATURES, MADE, THEM, FULL, HOW,

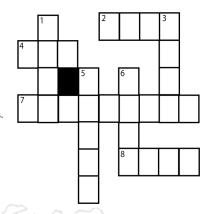
LORD, YOUR

# **ACROSS**

- 2. Rhymes with gem.
- 4. Rhymes with cow.
- 7. Rhymes with features.
- 8. Rhymes with cord.

# DOWN

- 1. Rhymes with pour.
- 3. Rhymes with fade.
- 5. Rhymes with worth.
- 6. Rhymes with pull.



4 m	any are _	1	works,	8 !
In wisdom	you	3	2	all;
the5	is	6	of your	7
5		6		7



# SAVED BY GRACE

Leaders of the early church discussed whether newly converted Gentiles must keep the Law of Moses. How did Peter answer?

Directions: Cross out every third letter. Then write the remaining letters in the blanks below to complete Acts 15:11, NIV.

> NO WEGBEKLIBEVGEITIYS TUHRCOUJGHRTHOEGPRAH CEIOFXOUKRLHORCDJSESP USGTHWATYWEOARBESPAVLED RJUCSTQASHTHBEYFAROE

." Acts 15:11, NIV



# KID'S NIGHT OUT!

A MOVIE UNDER THE STARS!

FRIDAY, OCTOBER 11TH, 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 OCTOBER 9TH, 2024

**MOVIE: MY FATHER'S DRAGON** 





Winter Park

400 S. lakemont Ave. Winter Park, FL 32792

407-647-1467



# **OUT!**



# REGISTRATION

HITTE

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

CHILD'S NAME:  AGE:  ALLERGIES:	
	'S NAME: AGE: ERGIES:
CHILD'S NAME:  AGE:  ALLERGIES:	PARENT'S NAME:  EMAIL:
	CONTACT PHONE:  EMERGENCY NUMBER:



# Winter Park Presbyterian Preschool News

October 2024



# October is here!

Lots of exciting things have taken place in September and a lot more coming in October. We had our first family chapel and the Sanctuary was radiating with God's love.

Enrichments, music and art have begun, and many family fun-filled events have taken place. Our very first mommy & son dance was amazing.

The children experienced an astonishing educational experience through our community helper week, where they learned about safety, reading books, how artists create masterpieces, and pastoral work.

Monthly missions in October is St. Jude Children's Hospital.

We are seeking volunteers to hand out goodies to the children for our Halloween Parade. If interested, please sign up.

# **Upcoming Events:**

Fall Scholastic Book Fair - 9/30-10/4

International Food Day Event - 10/16

Mr. Richard - 10/24

Halloween Parade - 10/31



"See that you do not despise one of these little ones. For I tell you that their angels in heaven always see the face of my Father in heaven"

(Matthew 18:10)









# **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 10/2 9:00-11:00 AM
Prepare meal / Anna Caparis 707-889-4768	Thurs 10/3 9:30-11:30 AM
Bag brownies / Wendy Jamison 407-739-7858	Fri 10/4 9:00-10:00 AM
<b>Donate</b> 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.
<b>Prepare</b> to transport: Gather supplies, load food & supplies into bus Anna Caparis 707-889-4768	Fri 10/4 3:30-4:00 PM
<b>Serve</b> the Meal. Join us in the WPPC kitchen for departure to Coalition at 4:00 PM 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 10/4 4:00-7:00 PM <b>NOTE:</b> The church bus is reserved for this function.
Cleanup kitchen: Wash, sanitize items used; store supplies	Fri 10/4 7:00-7:30 PM
<b>Financial Donation</b> : 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



10/2 Abigail Lee

10/9

Jerry Fitzgerald Frank Jamison

10/10

Karen Plater

10/14

Rusty Baldwin

10/17

**Shirley Portz** 

10/18

Carolyn Boyle

10/19

**Camden Dreasher** 

10/20

Ann McIntosh

10/26

Carolyn Arnold

10/27

Alan Woods

10/29

**Bette Blanchfield** 

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







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

# <u>2026</u>

Ernestine Beattie Sue Howard

# **MISSIONARIES**

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