



The Covenanter

October 2026



Winter Park
PRESBYTERIAN CHURCH



Worship Services: 8:15 & 10:30 AM | Sunday School: 9:15 AM

Newsletter Submissions: cindym@winppc.org

Watch us online at <https://www.youtube.com/@audio-visualministryatwppc5595/streams>

400 S. Lakemont Avenue | Winter Park, FL 32792 | 407-647-1467 | www.winppc.org

October

				THURSDAY 1	FRIDAY 2	SATURDAY 3
				N&F Outing to Morse Museum & Panera 10am, Meet at WPPC	Tai Chi 11:30am, FH	Food Packing 10am, FH
SUNDAY 4	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	SATURDAY 10
Communion Worship Services 8:15am-Chapel 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am	Tai Chi 11:30am, FH	Women's Bible Study 2pm, Rm 301		Budget/Fin Mtg 4pm, Rm 303 Worship Mtg 6pm, Library Compassion Mtg. 7pm, ZOOM	Tai Chi 11:30am, FH KNO 5pm, FH	
SUNDAY 11	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	SATURDAY 17
Worship Services 8:15am-Chapel 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am CE Mtg 11:45am, Rm 303 CLOC Mtg 11:45am Personnel Mtg 11:45am, Rm 315 Line Dancing 1:30pm, FH	Tai Chi 11:30am, FH Hannah Circle 6pm, Rm 301	Women's Bible Study 2pm, Rm 30	PS Board Mtg 10am, Rm 301	N&F Lunch 11:30am, FH	Tai Chi 11:30am, FH	
SUNDAY 18	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24
Worship Services 8:15am-Chapel 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am Deacon Mtg. 11:45am, Rm 301	Tai Chi 11:30am, FH	Women's Bible Study 2pm, Rm 30		Session Mtg 7pm, Rm 301		
SUNDAY 25	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	SATURDAY 31
Worship Services 8:15am-Chapel 10:30am-Sanctuary Sunday School 9:15-10:15am Children's Church 10:30am Line Dancing 1:30pm, FH	Tai Chi 11:30am, FH	Women's Bible Study 2pm, Rm 30			Tai Chi 11:30am, FH	

SEEKERS SUNDAY SCHOOL CLASS, SUNDAY MORNINGS AT 9:15 A.M. IN RM 315

We are beginning a new Bible study on Christian Community and welcome you to join us 9:15 a.m. on Sunday mornings in the History Room at any time during this ten-week study. Learn about the foundation of a Christian Community and several of its characteristics.



Get your hairnets ready! WPPC is hosting a food packing event. All food will go to *No Child Hungry* for local distribution,



Open to all ages and abilities. The more volunteers, the more fun!

Help us meet our goal of 10,000 meals for food-insecure members of our community.

10AM - NOON
FELLOWSHIP HALL

Saturday
10/3/2026





Winter Park
PRESBYTERIAN CHURCH

WOMEN'S BIBLE STUDY

2:00 PM

ROOM 301

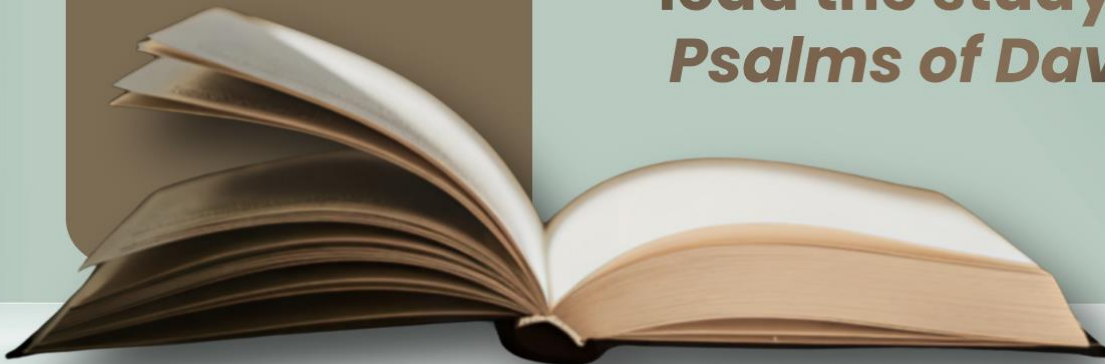
EVERY TUESDAY
IN OCTOBER

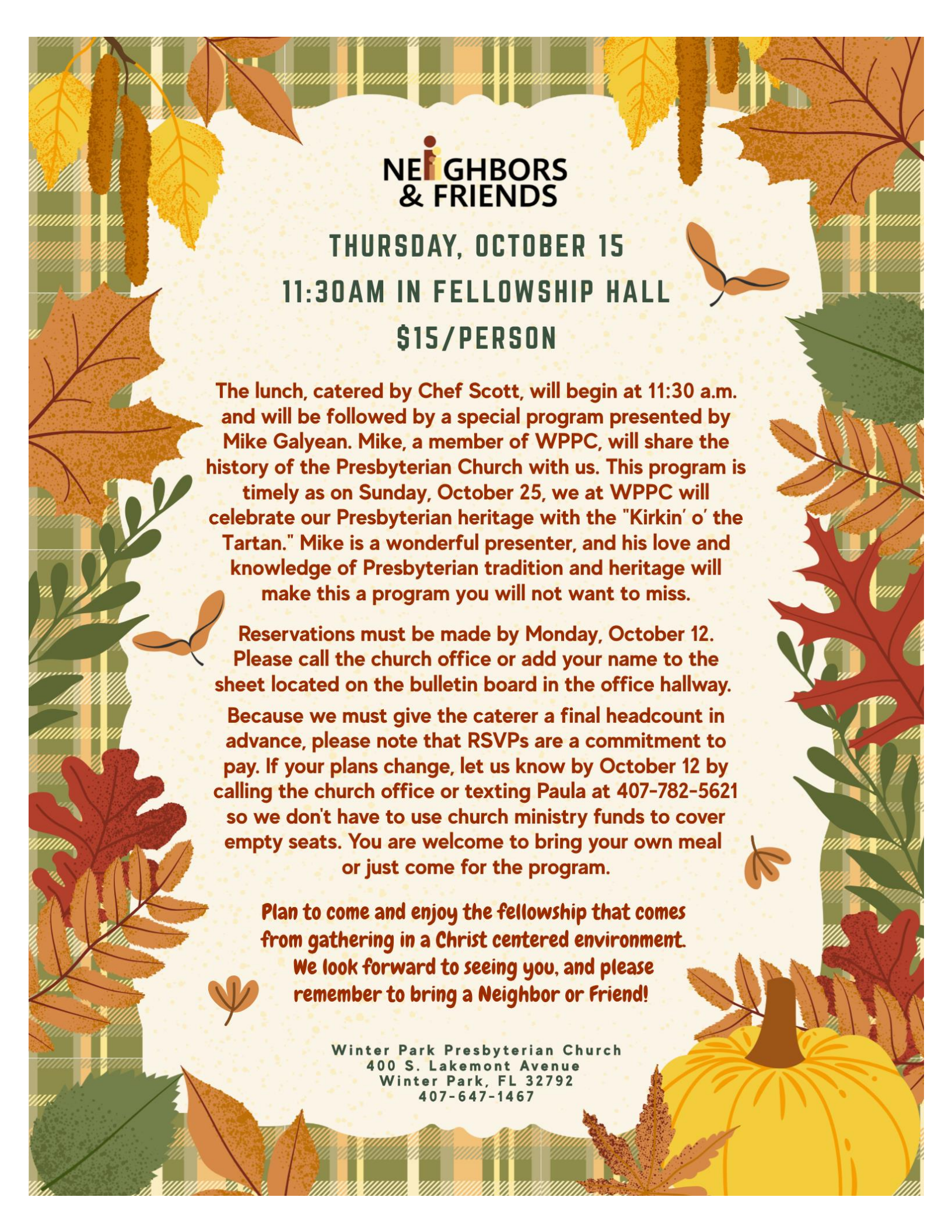
FOUR WEEK STUDY

OCTOBER

6, 13, 20, 27

**Phyllis Woods will
lead the study on
*Psalms of David.***





NEIGHBORS & FRIENDS

THURSDAY, OCTOBER 15
11:30AM IN FELLOWSHIP HALL
\$15/PERSON

The lunch, catered by Chef Scott, will begin at 11:30 a.m. and will be followed by a special program presented by Mike Galyean. Mike, a member of WPPC, will share the history of the Presbyterian Church with us. This program is timely as on Sunday, October 25, we at WPPC will celebrate our Presbyterian heritage with the "Kirkin' o' the Tartan." Mike is a wonderful presenter, and his love and knowledge of Presbyterian tradition and heritage will make this a program you will not want to miss.

Reservations must be made by Monday, October 12. Please call the church office or add your name to the sheet located on the bulletin board in the office hallway.

Because we must give the caterer a final headcount in advance, please note that RSVPs are a commitment to pay. If your plans change, let us know by October 12 by calling the church office or texting Paula at 407-782-5621 so we don't have to use church ministry funds to cover empty seats. You are welcome to bring your own meal or just come for the program.

Plan to come and enjoy the fellowship that comes from gathering in a Christ centered environment. We look forward to seeing you, and please remember to bring a Neighbor or Friend!

Winter Park Presbyterian Church
400 S. Lakemont Avenue
Winter Park, FL 32792
407-647-1467

PASTORAL SURVEY



Have a voice in the future of Winter Park Presbyterian Church!



Take the Pastoral Survey. It's easy to do online, takes only a few minutes, and is entirely confidential.



The Pastoral Survey will open on October 2 and remain open until October 19. But don't wait!



Go to: <https://forms.gle/FuyooySuBVnwA2b8>
Or scan the QR Code below and let the PNC know what you think.





³⁴I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. ³⁵By this everyone will know that you are my disciples, if you have love for one another.” (John. 13:34-35)
Jesus teaches that the relationship we enjoy with God and the blessings we receive from God are to be freely shared in our relationships with others. Love one another. Care for one another. Serve one another.

This past year has been full of challenges for us at Winter Park Presbyterian: working to reduce budget shortfalls from prior years; tackling long over-due improvement projects; and making unplanned major maintenance repairs. At the same time, the congregation is fully supporting the Pastor Nominating Committee in preparing to search for a new installed pastor. Meeting these challenges and more has been possible only because members of our church family have stepped up to give generously of their time, their talents and their treasure. Winter Park Presbyterian Church has been a model of diligent and wise stewardship of God-given gifts.

Now God is calling his servants at Winter Park Presbyterian to step up again—this time to greater responsibility. The Pastor Nominating Committee will soon begin the search for a new pastor to lead the church into the future; and we are being called to step up to fund that future. We are being called to support the existing ministries and programs that impact lives for Christ in our local community and around the globe. We are being called to replenish the reserves and funds that enable us to cover extraordinary and unexpected expenses. And we are being called to invest in a new vision for doing ministry in new ways that a new pastor will bring to our congregation and community.

Session invites you and your family to be in prayer about how God is calling you to step up in 2027. The month of October has been set aside as the season to reflect on the call to be good stewards over what God has entrusted to us and then to respond to that call. You can do so anytime during October by returning a pledge card with your estimate of giving to the church office (in person or by mail) or putting it in the offering during worship.

Thank you for your faithfulness.
Budget & Finance Committee



Pastoral Survey

Last spring the congregation was invited to take a short survey that gathered information about who we are as a congregation. The results of that survey were compiled and passed along to the Pastor Nominating Committee to help the PNC when it begins to search for the next installed pastor of the church.

Now, we are inviting the congregation to take a follow-up (and final) survey that will answer the question of what we are looking for in our next installed pastor. What pastoral traits and characteristics are important to us here at Winter Park Presbyterian Church? What gifts and skills do we think our next installed pastor will need to help revitalize and grow our church in the years to come?

Have a voice in the future of the church! Take the Pastoral Survey. It's easy to do online, takes only a few minutes, and is entirely confidential. The Pastor Survey will open on October 2 and remain open until October 29. Click the link below and let the PNC know what you think!

<https://forms.gle/FuyooySHuBVnwA2b8>

WPPC NEWS

Changes in Special Offerings

As we move forward to simplify and modernize, we will no longer collect Special Offerings nine times a year.

These Special Offerings will now be consolidated into three collections; each for only one time per year.

- One Great Hour of Sharing—Easter Sunday (March/April)
- 5 Cents a Meal—October
- Christmas Joy Offering (one week before Christmas)

We will begin this transition with our 5 Cents a Meal collection on October 25, 2026. This will be your contribution for half of 2026; if you have not given yet in 2026, for all of this year. Next, will be Christmas Joy Offering on December 20, 2026. This will finish Special Offerings for 2026.

The 2027 Special Offerings dates will be published in the January 2027 Covenanter and in Sunday bulletins.

The Compassion Committee thanks you for your understanding and cooperation.

Reformation Sunday & Kirkin' o' the Tartans Celebration October 25th @ 10:30am

On October 25th 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.

Wear your kilts and join us for a very special service!

IN LOVING MEMORY

Our sympathies are extended to the family and friends of Bette Blanchfield, who passed September 15, 2026.

Deacons' Den

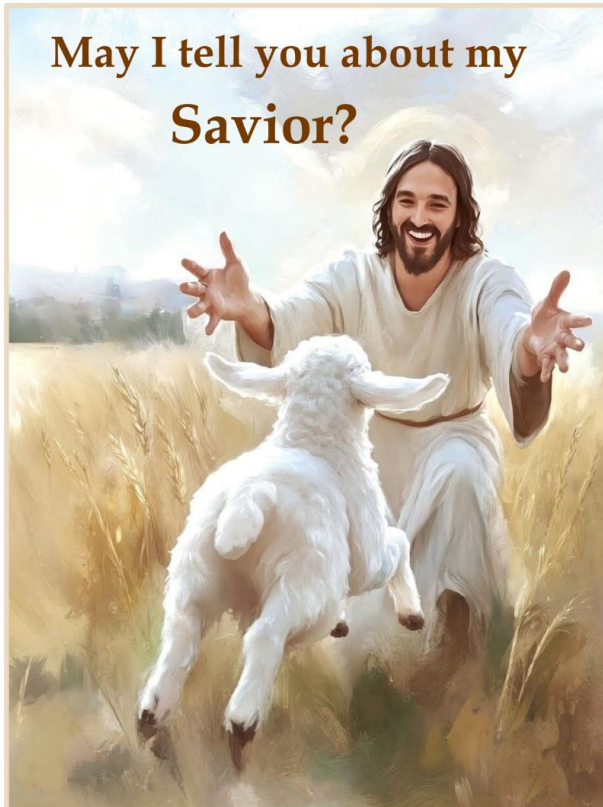
Debbie Pauzar

Witnessing to others about Grace

WHY should we witness? *Jesus commanded us to:*

Matthew 28:18-20 The Great Commission

¹⁸Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. ¹⁹Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."



How to Witness:

Live a Christ-centered life: Your life is a witness to the power of God's mercy and love. Christ commands us to love others as He loves us. Therefore, what better way to love others than to model and share the Good News of Grace?

(John 13:34) (Galatians 2:20)

Be Prayerful: Prayer is one of most powerful resources Christians have so pray ardently for the lost each day. Also pray that God will prepare the hearts of unbelievers to be receptive to the gospel. Pray that He will supply you with the opportunity and then the words He wants you to share.

(James 5:16) (Ephesians 1:17-19)

Be Prepared: Be familiar enough with the Scriptures to be able to accurately and coherently present the gospel to others. "*Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have.*" (1 Peter 3:15).

Interact: Share your own faith journey, the times Christ has helped you, what a difference He has made in your life and the lives of your family and friends. Be a good listener. Ask them to share their life story with you. Their words may reveal new insights as to how you may share God's Word with them. Offer to pray for or with them.

(Colossians 4:5-6) (Ps 107:2)

Be Courteous: Your job is not to debate or argue. Simply speak Truth in a joyful, friendly, non-threatening way, while remembering that God grants each one of us the free will to believe in Him or reject Him. (John 3:16) Your job is to open the door, plant the seeds, and let God do the harvesting for only God can save. (John 14:6, Acts 4:12)

Follow-up: Invite them to church, to a bible study, to our Neighbors and Friends.

Call or send them a card. (2 Corinthians 5:20)

In every situation, with all people, let the **LIGHT OF CHRIST**
that lives in you, **SHINE** brightly! (Matt 5:16)

Love others by sharing the Eternal Joy of Grace,

JUST LIKE JESUS!

PROMOTE HEALTH AND LONGEVITY WITH THESE EVENING HABIT

-Article submitted by Wendy Stafford



The hours before bedtime can influence sleep, stress, blood sugar and other factors that play an important role in long-term health - healthy aging isn't only shaped by what you do during the day. Genetics and other factors are beyond our control, but everyday lifestyle choices can make a difference.

Your daily lifestyle habits play a big role in shaping how you feel today, and how you age in the future. Here are six simple evening habits that may support better sleep and overall health:

- **Sip decaf tea.** A warm cup of caffeine-free tea can be a relaxing addition to a bedtime routine. Chamomile is a popular choice. Just don't drink too much close to bedtime if nighttime bathroom trips disrupt your sleep.
- **Take a walk after dinner.** Even a short stroll after eating can help control blood sugar and provides an easy way to add more physical activity to your day. Keep exercise gentle close to bedtime if vigorous workouts make it difficult for you to wind down.
- **Develop a stress-reducing routine.** Mental health is a vital component of overall well-being, and finding healthy outlets to manage stress — such as journaling, deep breathing, meditation, yoga or talking with a therapist or trusted loved one—can make a meaningful difference. Prioritizing stress management supports both your emotional resilience and long-term physical health. Create a routine that signals to your body and mind that it's time to wind down. Reading, gentle stretching, meditation or breathing exercises are simple options.
- **Limit fluids before bed.** Waking repeatedly to use the bathroom can interfere with sleep. Stay well hydrated during the day, then consider cutting back on fluids during the hour or two before bedtime if nighttime bathroom trips are a problem. Individual fluid needs vary, so there is no single daily amount that's right for everyone.
- **Avoid alcohol before bed.** Skip the nightcap. Alcohol may initially make you feel sleepy, but it can disrupt normal sleep patterns later in the night, leading to fragmented and less restorative sleep. Regular alcohol consumption is also associated with numerous long-term health risks.
- **Choose a balanced snack if you're hungry.** If you need an evening snack, combine protein, fiber-rich carbohydrates and healthy fats. Yogurt topped with berries and chopped walnuts is one option. A balanced snack may be more satisfying and have less impact on blood sugar than sweets or highly refined carbohydrates.

Small, consistent changes to your evening routine can support better sleep and other habits associated with healthier aging.

It's not just about adding years to your life, it's also about maximizing the number of years lived in optimal health!





ORPHAN
ASSISTANCE
FOUNDATION
www.transitionsoaf.org

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

September 20, 2026

Dear Friends,

In Odesa, it is always hard to say goodbye to summer days that are filled with warmth and light, compliments of Mother Nature. Summer camps were all a huge success and are now but a happy memory for the orphans and village families who were blessed to participate in them. First Bells have already rung (on September 1) in Odesa and all across Ukraine, beginning a new school year with all of the traditional song, dance, flowers, and recitations. I remember it all so well and can easily conjure memories of First Bells in the past. However, it is my understanding that this idyllic scene was interrupted this year by air-raid sirens that sent children and their teachers to the bomb shelters.

Russian attacks on Odesa continued at full force for most of the summer, a notable difference being that while the attacks previously happened primarily at night, this summer, daytime attacks became typical. Attacks continue on civilian targets of apartment buildings, schools, hospitals, and stores. Indeed, I learned that the big department store (think IKEA-style) where we purchased all the furnishings for our transition houses was struck and burned to the ground. I hear murmurings of attacks on the big supermarkets and food warehouses which are intended to compromise the food supply in Ukraine.



An Odesa apartment building



Epicenter Department Store



One by one, our young men have been drafted or have enlisted in the army. They are all now serving in various locations across Ukraine. Some of them leave wives and children at home to carry on without them. Sometimes I wonder which is harder: to be the one who must go or to be the one who is left behind. Neither is enviable, for sure. But, somehow, life goes on. Our Pishana team is back to visiting the orphanage regularly, and our foster families are settling back into the school routine. We are hoping to welcome some new residents to the girls' home soon. So far, we have been able to continue to provide food and necessities to those in need, although some products are becoming scarce and empty shelves in grocery stores are not uncommon.

War or no war, the golden season of autumn has arrived in Odesa with a chilly nip in the air in the mornings and evenings, while the days remain warm and sunny. The trees will soon be dressed in yellow, and the leaves will fall like little, yellow snowflakes. Daylight will recede sooner, and nights will gradually become longer. I can't help but think of the words in Ecclesiastes: To everything there is a season. . . . Autumn is a lovely season in Odesa. If only it was not the harbinger of another long, cold winter that will be complicated by the cruel hands of an aggressor on the doorstep.

I recently attended a performance of The Kyiv Orchestra and Choir at a local church. Only the women members made the trip as Ukrainian men are forbidden to leave the country. The music was lovely, and it was comforting to hear the Ukrainian language in song. It made me realize anew what a huge place Ukraine holds in my heart and how much I miss being there on a long term basis. Please continue to pray for Ukraine, for our orphans, our foster families and at-risk families, for the widows and pensioners that we support, and for our young men on the battlefield. Thank you so much for all you do. Your support means more than you may ever know.

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

Psalm 103 (ESV) begins:

“Bless the LORD, O my soul,
and all that is within me,
bless his holy name!
Bless the LORD, O my soul,
and forget not all his _____.”

What should we “not forget”?

A. goodness

B. kindness

C. gifts

D. benefits

Answer: D. benefits (Psalm 103:2)

CHRISTIAN SYMBOL

LAMP — In Bible times, lamps were small but essential sources of light, especially during the dark hours of night. Scripture often uses the image of a lamp to represent God’s guidance, truth and wisdom. Psalm 119:105 says, “Your word is a lamp to my feet and a light to my path,” reminding believers that God’s Word directs each step of life. Jesus’ parable of the wise and foolish bridesmaids also connects the lamp with wisdom and spiritual readiness (Matthew 25:1-13). In addition, the lamp is sometimes used to symbolize the indwelling of the Holy Spirit and the gift of life itself. Because of these meanings, the lamp has become a lasting symbol of God’s guidance, faithful living and the light of Christ shining in the darkness.

Puzzle!

NAMES OF GOD

Every name of God tells us something about his power, love and care for his people. Use the Scripture clues to uncover just some of these special names.

F _____ (Matthew 6:9)

A _____ and O _____ (Revelation 1:8)

I A ____ (Exodus 3:14)

Y _____ (Exodus 6:2-3)

G _____ M _____ H _____ (Genesis 14:19)

G _____ A _____ (Genesis 17:1)

R _____ (Psalm 18:2)

J _____ (Psalm 75:7)

F _____ (Psalm 18:2)

H _____ O _____ (Isaiah 40:25)

Answer key: Father, Alpha and Omega, I AM, Yahweh, God Most High and prayed to God regularly; Acts 10:2, NIV

A Family of Prayer

Acts tells us about a man named Cornelius. He was a Roman soldier who worshiped God and prayed with his family. God used Cornelius to help Peter learn an important truth: God welcomes everyone who loves Him and does what is right.

Solve the math problems using the grid. Then use the key to find the letter for each answer. Write each letter on the blank to discover what Cornelius and his family did.

GRID		KEY	
A	B	a = 7	e = 8
2	4	i = 10	o = 9
C	D	u = 11	y = 6
6	5		

"H e _____ nd _____ ll h _____ s f _____ m _____ l _____

A+C A+D A+D B+C A+D B+C A+B

w _____ r _____ d _____ v _____ t _____ nd

A+C A+C A+C B+D C+D A+D

G _____ d-f _____ r _____ ng; h _____ g _____ v _____

B+D A+C A+D B+C A+C A+D A+C

g _____ n _____ r _____ sl _____ t _____ th _____ s _____ n

A+C A+C B+D C+D A+B B+D B+D A+C B+C

n _____ d _____ nd pr _____ y _____ d t _____ G _____ d

A+C A+C A+D A+D A+B A+C B+D

r _____ g _____ l _____ rl _____." _____ cts 10:2, NIV

A+C C+D A+D A+B A+D

Answers: "He and all his family were devout and God-fearing; he gave generously to those in need and prayed to God regularly;" Acts 10:2, NIV



10/9
Frank Jamison

10/19
Camden Dreasher

10/14
Rusty Baldwin

10/20
Ann McIntosh

10/18
Carolyn Boyle

10/27
Charlotte Brown
Alan Woods



11/5
Martha Heine
Edmond Short

11/11
Gay Jung

11/14
Helen Ammerman

11/6
Debbie Pauzar

11/12
Elaine Ellman
Christine Rich

11/20
Martha Campbell
Reta Peterson
Sevilla Morse

11/7
Wendy Stafford

11/13
George Sumrall

11/21
Dail Pribil

11/10
Becky Manuel



Winter Park

PRESBYTERIAN CHURCH

STAFF

Rev. Melanie Ruta, Interim Pastor
Justin Chase, Director of Music
Penny Walsh, Organist
Sandra Shafer, Pianist
Scott Beck, Director of Handbells
Cindy Mitchum, Executive Assistant
Pattie Lavelle, Bookkeeper
Mark Greenleaf, Property Manager
Jessica Grablewski, Children's Ministry Coordinator
Nicole Fye, Director of Preschool Programs
Rosaura Velazques, Assistant Director of Preschool Programs
Katie Daniels, Preschool Administrative Assistant

SESSION

2026

Syd Davis
Betty Johnson
Shaheed Mohammed
Nelson Roe

2027

Maria Garton
Lil Rea
Carel Thompson
Phyllis Woods

2028

Rusty Baldwin
Steve House
Jayne Leach
Ron Thompson

DIACONATE

2026

Meg Baldwin
Ernestine Beattie
Debby Roberts
Jeanne Vinci

2027

Marilyn Bryant
Cynthia Nants
Robert Nevill
Paula Smathers

2028

Sue Howard
Lynne McKnight
Debbie Pauzar
Frances Swope

MISSIONARIES

Mark Hare & Jenny Bent, Costa Rico
Dr. Dan & Elizabeth Turk, Madagascar