

The Covenanter

September 2025









a note from the pastor

Hello friends at Winter Park Presbyterian Church. I have met many of you at church, but I wanted to introduce myself to everyone. I grew up in Memphis, Tennessee attending Idlewild Presbyterian Church, I went to a Catholic high school run by the Christian Brothers. Then I went to Presbyterian College and Louisville Presbyterian Seminary.

At college I met my wife, Nancy. She and I married the summer between my first and second years in seminary. She's from Winter Park and sang in the children's choir here for a year or two back in the 1970s.

My first church was on Edisto Island in South Carolina then I came to Apopka to serve at St. Andrews Pres. It was good because we were closer to Nancy's parents, and they could help us raise the three children we had while on Edisto. I got my Doctor of Ministry at Columbia Seminary in Atlanta. Then I went to work for the Presbyterian Foundation, and we lived in Oxford, Mississippi for four years until I was laid off by the foundation.

We then went to Northminster Presbyterian Church in Pensacola. My children went to middle and high school there. Then I came to Orlando to be chaplain at Westminster Towers downtown. For a few years I worked in their development department then I went to be the interim associate pastor at First Presbyterian in Ocala, FL.

After a year and a half, the senior pastor at FPC Ocala decided he wanted to leave, so they asked me to be the interim pastor, which I did for two years.

I like to watch sports on TV or in person. I love to ride my bicycle. At one time I trained for and did several Century Rides – 100 miles in one day. That was fun, but hard. Now I ride a lot shorter distances. Nancy and I live near downtown Orlando. Our children are grown and married; they all have daughters. So, I have five granddaughters and no grandsons. Maybe one will come along.

I love serving God in His church. Thank you for the opportunity to serve here at Winter Park Presbyterian Church.







ARTS & CRAFTS

We are excited to announce that we are starting a new crafts group for those who enjoy sewing, crocheting, knitting, diamond painting, beading, or any other kind of craft. Bring your craft to our group, and have fun socializing and having a little snack.

BEGINS TUESDAY, SEPTEMBER 9



EVERY OTHER TUESDAY JOIN US FOR SOCIALIZING, CRAFTING & SNACKING!

2:00PM ROOM 301

For more information, contact Wendy Stafford 321-422-8883 or jetfa14@gmail.com.





The Neighbors & Friends Adult Ministry invites you to a

WELCOME HOME LUNCHEON

SUNDAY, SEPTEMBER 21 FOLLOWING THE 10:30 SERVICE

The primary purpose of this gathering is to celebrate what it means to be at Home at WPPC, to meet and greet one another, and share the fellowship that comes from being at Home in Christ.

The meal will be catered by Chef Scott. There is no cost for the meal as it has been underwritten by a donor. However, if you choose to, you may make a donation. Reservations are due on Wednesday, September 17, by calling the church office at 407-647-1467, signing up on the bulletin board in the office hallway, or looking for the "Sign Up Sisters" in the narthex.

There is no formal program. This will be a time of fellowship as we take a pause from our busy lives to just chat and enjoy one another. It will also be another opportunity to celebrate the arrival of our new Interim Pastor, the Rev. Dr. Walk Jones. The congregation is invited and encouraged to reach out to former members, neighbors and friends to join in this time of fellowship.

Plan to come and experience the warmth of what it means to be at Home!





The Neighbors and Friends Ministry is kicking off the new year of activities with a catered luncheon and a special program!

Our very own professional photographer, Frank Jamison, will present a program on the art of taking pictures and we will see examples of his work. Frank would like to answer questions you have about how to take photographs or how he chooses his subjects. There will also be an envelope by the front hall sign up sheet to drop in any written questions you have for Frank. Plan to join us as we explore the world of photography and learn from this gifted member of WPPC.

As always, feel free to bring your own lunch and join us around the tables, or you may join us for only the program.

We look forward to seeing you as we meet to celebrate being Neighbors and Friends united by Christ!

RSVP by 9/15

Call the churh office or sign up on the bulletin board in the front office office hallway. Thursday, 9/18 Fellowship Hall 11:30 AM

\$15

Come a few minutes early to enjoy greeting one another!

Thank Youl



CLASSES FOR ORANGE COUNTY PUBLIC SCHOOLS BEGAN MONDAY, AUGUST 11.

THE SCHOOL SUPPLIES YOU DONATED HAVE BEEN DELIVERED AND ARE IN PLACE TO START THE NEW SCHOOL YEAR!

THE COMPASSION COMMITTEE OF WPPC THANKS YOU, OUR CONGREGATION, FOR CONTRIBUTING SO MANY USEFUL ITEMS THAT WILL BENEFIT STUDENTS AND TEACHERS AS THEY LEARN TOGETHER THIS YEAR.

THE PRINCIPALS, TEACHERS AND STUDENTS OF ALOMA AND KILLARNEY ELEMENTARY SCHOOLS ALSO SEND A BIG "THANK YOU" IN APPRECIATION OF YOUR GENEROSITY AND SUPPORT.





Promising New Treatment for Lower Back Pain

- Article submitted by Wendy Stafford

Lower back pain affects 1 in 5 U.S. adults, but a new, long-lasting treatment for chronic low back pain may offer hope and relief to many. Cognitive Functional Therapy, or CFT, has helped even those with disabling pain enjoy sustained effects with regular CFT treatment sessions.



Cognitive Functional Therapy is a personalized approach designed to help people overcome chronic low back pain by not only addressing the physical aspects of pain, but also the thoughts, emotions, and behaviors that can contribute to it. CFT works by helping individuals understand how their beliefs, habits, and movement patterns may influence their pain experience.

Through guided strategies, education, and movement practice, patients learn to move more freely and confidently, reduce fear and avoidance, and

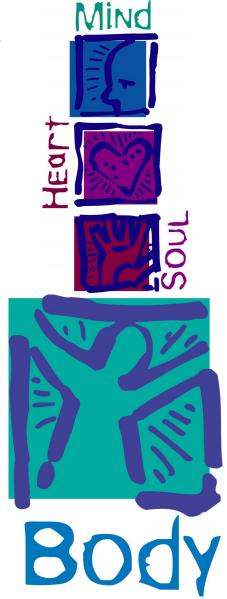
gradually return to their normal activities. This holistic method is tailored to each person's unique needs, aiming for lasting pain relief and improved quality of life.

According to ABC News, the results of the recent RESTORE trial held in Australia showed that study participants reported fewer pain symptoms at the end of the study after taking part in only eight CFT sessions over six months compared to those who used other types of therapy.

CFT doesn't use pills or surgery to provide relief but can be used in conjunction with other treatments to help patients overcome their fear of pain and stay more active, explained Mark Hancock, lead author of the study and a professor of physiotherapy at Macquarie University. His research focuses on the diagnosis and management of back pain.

The treatment was successful even in patients who had been suffering from back pain for years and had tried multiple treatments. Even in this group, a relatively short course of CFT led to impactful, lasting improvement. The researchers said that the shift in the patient's mindset during treatment sessions was the underlying key to meaningful pain relief.

There are not many things that we can say that gives patients three years of relief after an intervention, but this evidence is quite encouraging. Ask your health care provider about this therapy if you are experiencing lower back pain.

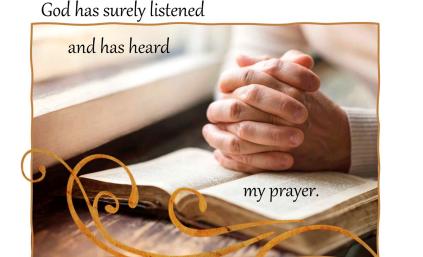


Deacons' DenDebbie Pauzar

Whenever we gather for meetings or for other activities such as the Hannah Circle, we always begin with a Devotional and Prayer. This places our focus on the Lord and our desire to do all things in and through Him.

Last year, Lisa Dreasher gave this devotional at one of our Deacon meetings that was so powerful, I asked her to send me a copy of it. I want to share this prayer with you in the hope that as we pray this prayer, God will instill in our hearts the desire to serve Him as an active member of this church and in our everyday lives.

May He bless our service as we strive to meet the challenges we face as a church. And may He also abundantly fill us with love for one another so that we may show His light to a world in desperate need of Him.



Lord Jesus Christ, Servant of all, Send Your Spirit upon me as I serve Your church.

Give me eyes to see the needs of Your people.
Give me a discerning mind to know Your truth.
Give me a humble heart when my work goes unnoticed.
Give me peace of mind in obedience and service.
Give me health of body so I may serve with strength.

Make me fertile ground for Your inspiration and love. Comfort me when I question myself and my witness. Grant me grace as I age so I may share Your wisdom.

And make my heart like Yours so I may love Your people.

In Your Name,

Amen

Author unknown

Psalm 66:19



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

August 17, 2025

Dear Friends,

Summer has always been a magical time for me, especially summers spent in Odesa. Picture, if you can, long hot days and short, warm evenings perfect for strolling in the parks or on the boulevard overlooking the port. Picture children playing on the playgrounds, parents and grandparents chatting on park benches, and men gathered in the square to play chess. Picture market stalls filled with all manner of nature's summer bounty, and miles and miles of seashore beckoning one to come and enjoy the sun, sand and sea. When I close my eyes and think of Odesa summers, that is what I see.

I did not spend this summer in Odesa, but I understand that summer days there have largely remained unchanged, except perhaps, that the hordes of tourists that used to crowd Odesa's streets, beaches, and restaurants are now few and far between. Folks are not flocking to Odesa these days for vacation as was typical in the past, but the natives are doing their best to live their lives as normally as possible.

By contrast, nights conjure a completely different picture. Night is the time that Russia has chosen to attack -- brutally and often. Drones and missiles take to the sky each night across Ukraine, terrorizing those on the ground below. Attacks on Odesa and other cities in Ukraine have escalated this summer and civilians have been frequently targeted. Those in Odesa are accustomed to spending nights huddled in shelters and hall-ways, wondering if they will see the light of a new day.

Miraculously, our folks have survived thus far, and they are doing more than just surviving. Our teammates in Odesa have been especially busy this summer conducting summer VBS-style mini-camps for our orphans and at-risk families in the villages. By the end of this month, they will have made twelve trips to various villages bringing relationship, fun, and joy to our kids and families as well as to any neighborhood families who wished to join in the activities. These camps were made possible because of folks like you who generously support our orphan programs. Thank you so much for providing us with the means to make this happen. These camps mean so much to so many. Please enjoy these photos of your gifts in action.

Summer Mini-Camps 2025







CONTINUED ON NEXT PAGE...





In other news, we have rejoiced that two of our older orphans, Pasha and Radik, were given leave from the army for a few days this summer to spend time with their families. A return to active duty on dangerous fronts is daunting. Please keep them in your thoughts and prayers as they bravely face whatever the future will bring.

And please send healing thoughts and prayers for Sasha, one of our girls in the Rybakovs' foster family. She recently had an accident that seriously injured her heel. She has undergone surgery and we are anxiously waiting to hear if the surgery will be a success or if she will need more surgeries and additional treatment.

Now, as another summer quietly slips away, we remain ever thankful for each one of you who keep us close in your hearts.

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





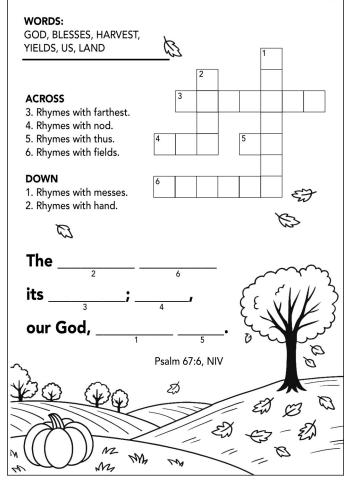
Timothy was a young man who became a trusted companion and co-worker of the apostle Paul. Which of the following statements is not accurate?

- A. Timothy's mother and grandmother taught him the Scriptures.
- B. Paul considered Timothy his spiritual son.
- C. Timothy was born in Rome and raised as a Roman citizen.
- D. Paul wrote two New Testament letters addressed to Timothy.



Answer: C (See Acts 16:1-3; 2 Timothy 1:5; 1 Timothy 1:2)

Use the words provided to complete the puzzle. Then write the numbered words in the correct blanks below to complete Psalm 67:6, NIV.



Answer: The land yields its harvest; God, our God, blesses us. Psalm 6/:6, NIV



Phyllis Woods wrote this poem for her husband, Alan, who is a school crossing guard. A big THANK You to Phyllis for sharing it with us and to Alan for making sure the kids get to school safely!

SCHOOL CROSSING GUARD

It's a post that provides Scenes of life that go by There are kids with their phones There are kids that say "Hi"

There are kids that walk past With a lot on their minds There are some with a smile And a spirit that shines

There are drivers who smile There are drivers that frown There are kids in a bunch With the one who's class clown

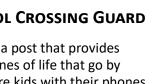
There are times no one's there And I stare into space There are times there's a rush Like a scene in a race

There are days when it rains Water drips all around And I artfully dodge Pools that form on the ground

There's the heat and I roast In the Florida sun And I turn into toast That is way overdone

But there's much to be said For this job that I know That puts you out there With the kids as they grow

And the smiles and the waves They become the reward Of a day in the life Of a school crossing guard.







CALLING ALL HEROES! KIDS WILL SUIT UP FOR A NIGHT OF ACTION-PACKED FUN WITH SUPERHERO GAMES, CRAFTS, AND EPIC ADVENTURES. COSTUMES AND CAPES ENCOURAGED!



PLEASE SUBMIT PAYMENT WITH YOUR REGISTRATION, PAYMENTS NEED 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:

Winter Park Presbyterian Preschool September Blurb

Welcome Back

Welcome to our new families and welcome back to all our returning families. We have an incredible team of teachers and staff just waiting to engage with the children in love and learning! We embark on this new school year with confidence that the Lord has amazing plans for each and every one of us.

The preschool is still accepting new registrations. Book a tour through our online portal.

Chapel Program

Every Wednesday the children will gather in the sanctuary to listen and learn about the wonderful things that God does for all of us.



"Trust in the Lord with all your heart" Proverbs 3:5

Volunteers Needed

Our upcoming Fall clean-up is approaching on Saturday, October 4th and we could use lots of helping hands to enhance our garden area, playground and many other things around the building. If you are willing and able to come help, please join us.

What's Happening this month

Grandparents Day Breakfast September 8th

Open House

September 16th 5:30pm-7:30pm

This is a great time for parents and families to take a glimpse of what their child is learning and doing in their classrooms.

Spirit Night at Blaze Pizza September 18th

Community Helper Week September 22nd -26th

Mommy and Son Dance September 26th

> Fall Clean-up October 4th



WPPC will NOT be serving at the Coalition June - November.

They will start collecting donations and signing up volunteers again in December.

COALITION FOR THE HOMELESS OF CENTRAL FLORIDA -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 12/3 9:00-11:00 AM
Prepare meal / Anna Caparis 707-889-4768	Thurs 12/4 9:30-11:30 AM
Bag brownies / Wendy Jamison 407-739-7858	Fri 12/5 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 12/5 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 12/5 4:00-7:00 PM NOTE: The church bus is reserved for this function.
Cleanup kitchen: Wash, sanitize items used; store supplies	Fri 12/5 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

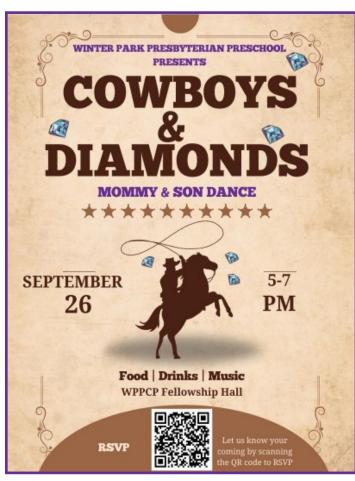
Each month about 40 devoted WPPC volunteers handle the many tasks to provide and serve a wonderful meal to our guests at the Coalition. We are in need of additional volunteers for various projects, and backup volunteers when regulars must be absent.

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











<u>9/2</u> Rachel Myers Victoria Snyder

> <u>9/7</u> Allie Yadav

9/13 Ray Schieber Elaine Young

9/14 Janet Hope

9/16 John Evans Myrna Ham

9/21 Nicholas Frallicciardi Dona Stepp 9/22 Wendy Jamison

<u>9/23</u> Barbara Halterman

Keith Naylor

9/25 Debby Roberts

9/26 Norman Hittinger

9/30
Mike Galyean
DeLores Mamone
Nancy Ocque
Andy Riccio
Paula Smathers
Jim Spivey



10/2 Abigail Lee

10/9 Frank Jamison

10/14 Rusty Baldwin

10/17 Shirley Portz

<u>10/18</u> Carolyn Boyle 10/19 Camden Dreasher

10/20

Ann McIntosh

<u>10/26</u> Carolyn Arnold

10/27 Jonathan Fagan Charlotte Stuart Alan Woods

<u>10/29</u> Bette Blanchfield







The Rev. Dr. Walk Jones, Interim Pastor
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, Sunday 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

2026

Syd Davis Betty Johnston Shaheed Mohammed Nelson Roe

2027

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