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Garden Times Newsletter for February

Please let us know if you have any questions or suggestions for the newsletter! WE love YOUR input.



40 Days to a Healthier You!

A Mission of Health and Wellness

I have been on a journey for the past 9 months to learn what it means to live healthier for *longer*. For me, this journey comes from having two parents, a cousin, and an aunt battle cancer diagnoses. It also comes from watching many people I love (that includes all of you) struggle with memory issues. It also comes from watching those in our congregation and our community have difficulties with health and healthy habits, as well as heart issues, diabetes, pain issues, depression, anxiety, debilitating diseases, and more. As many of you have said to me, "Getting old isn't easy!"

Well, I don't believe that getting old has to be hard. Through this journey, I have learned so much about food and nutrition, fitness, faith, focus, and fellowship, that I believe there is a huge message for our community. As Hippocrates said, "Let food be thy medicine and medicine be thy food." The food we eat impacts our lives, our well-being, and our longevity.

I want us all to be healthier and start changing how we feel...so we can feel better longer! The Daniel Plan is a church wide campaign to help us look at faith, food, fitness, focus, fellowship, and how to live out a life that is healthier and more wholistic. The best part, we get to do it together.

Below are some avenues for us to become healthier together. I hope you will consider inviting friends and family to what we are doing. In worship, we will go through different themes each week and more will be unpacked in small groups. We will implement the ideas through yoga and walking groups. As well as eating together delicious meals on Shrove Tuesday and the first Sunday of every month (Jeanne and I will be your chefs!). We are also exploring having some speakers join us for these free meals for our congregation and community.

God's prescription for your health will be modeled in everything we do this season. I pray you will join us for this ride.

Blessings,

Pastor Devon

THE **DANIEL** PLAN

GOD'S PRESCRIPTION FOR YOUR HEALTH

The Daniel Plan: 40 Days to a Healthier YOU

We are launching a huge community wide initiative to promote health and wellness in our community by seeking God's desire for our wellness. We are sending out over 3,000 postcards to our community to invite them to join us for this journey! To do this, we need your participation as well. Here are some ways you can participate:

Daniel Plan Small Groups

We will host two small groups on Wednesdays for those wanting to dig deeper into The Daniel Plan. We will meet in the Library.

Wednesday morning from 11:00am-12:30pm.

Wednesday evenings from 6:30pm-8:00pm.

Need a study guide, click here to let us know by emailing Pastor Devon- revdev08@gmail.com.

Yoga

Beginning Wednesday, February 21, we will have "gentle yoga" from 9:30-10:30am. Classes are led by Jen Arp (Devon's cousin) a certified yoga instructor. Check her out: <http://www.inglewoodpilates.com/sanctuary-instructors.html>.

Yoga will cost \$10 a class. If you purchase a card in advance for \$40, you will receive 1 free class.

Walking Group

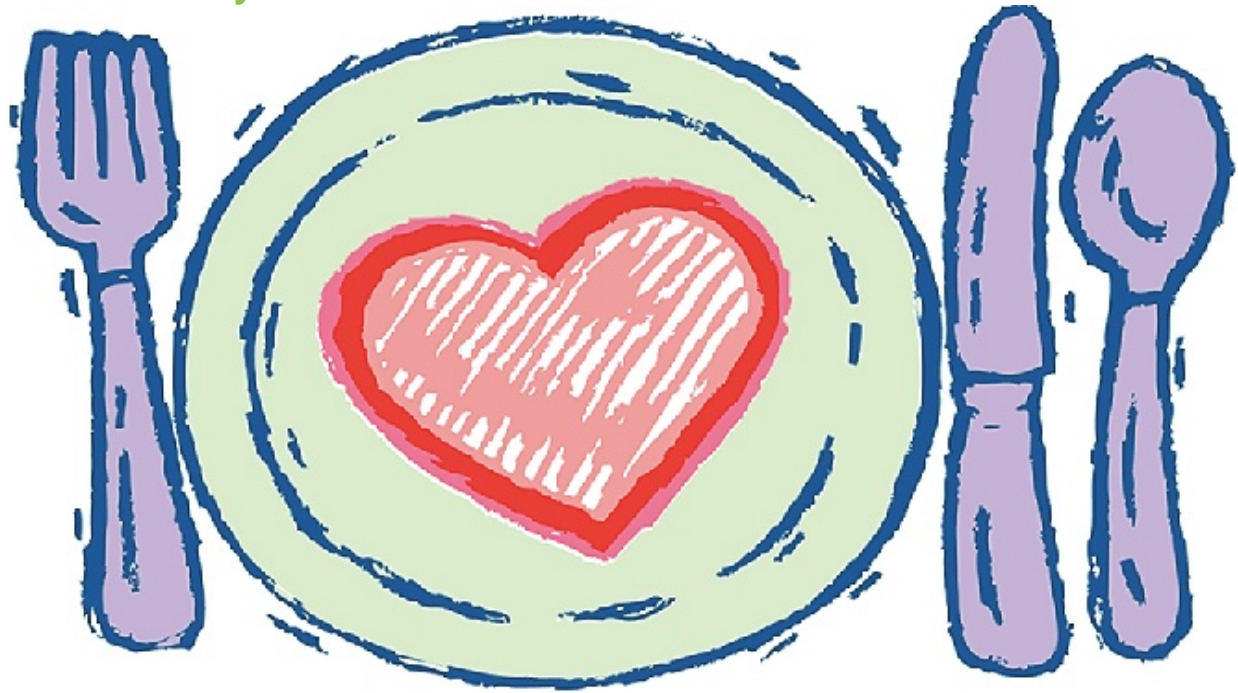
Beginning Saturday, February 17, we will have a walking group meet at Ollie's Pond at 8am. Carrie Broderick will be leading this walking group. Looking forward to getting healthy together!

Paint and "Sip"

On Saturday, February 17, from 6:00-9:00pm, you and your friends are invited to join us for our first "Paint and Sip" night at church. We will be lead in this experience by local artist Nichole Moranda. We will be painting on

wood beautiful masterpieces. Please register by emailing Pastor Devon at revdev08@gmail.com or signing up in worship this Sunday. Cost is \$35 per person.

FREE Community Dinners



COMMUNITY DINNER

Join us and invite your friends to come for our FREE community dinner the FIRST Sunday of every month. But pay attention to the dates!

On Sunday, February 11th at 5:30pm, join us for dinner and invite your friends. It is our hope that those who are single, feel lonely, need company, or are just plain ole' hungry, will join us for our meal.

If you can, call the church and let us know you are coming. 941-743-5335. Thanks!

WE'RE EXCITED TO ANNOUNCE...

Wintergarden's New Worship Schedule

- Starting Sunday, February 18, 2018 -



Sacred Space 8:30am

Worship 9:30am

**Sunday School
(Adults & Youth)
11am-12pm**



Wintergarden Presbyterian Church
18305 Wintergarden Ave., Port Charlotte, FL

We are changing our worship time effective Sunday, February 18 to 9:30am. This is part of our process to welcome the Haitian congregation to our place our worship. Devon and the Elders are still in conversation with the Haitian congregation about when/if they would start sharing our facility. The main reason for the time change is their worship service needs to begin no later than 11:30. Over 65% of their faith community work in the medical field and they work 2nd shift on Sunday. This means many of them need to be at work by 3pm every Sunday.

As we move forward, we will continue to keep you in the loop with what is happening as we know!

Thank you for your prayers, continued flexibility, and understanding as we keep working towards the financial stability of Wintergarden. You all are truly a blessing to our congregation and community.

Wintergarden Presbyterian's Annual...

FABULOUS FINDS

and crappy clothing **DRIVE**

**DROP OFF CLOTHES OVER THE
THIRD WEEKEND IN FEBRUARY**

Located @ 18305 Wintergarden Ave

Clean out your closets and get rid of your stuff! Encourage your friends to do so as well!

February 16-19th we will have our giant green "bagsters" out front of the church to collect donations (good things, not crappy this year!). Waste Management is partnering with us again (3 years in a row) to help transport all the items to the Homeless Coalition.

Help us collect even more stuff this year than in the past! Let's fill BOTH bags with fabulous finds for those who are homeless and for the Thrift Store.

Questions? See Beckie!

Homeless Coalition Service Opportunities



Every month we are collecting food and toiletry items for the Homeless Coalition. If you have extra, please bring it to church and we will make a monthly donation to support their food pantry.

On the third Tuesday of the month (February 20th), help us serve a meal to those who are in need through the Homeless Coalition. Join us at 4:45 at the Coalition, located at 1476 Kenesaw St, Port Charlotte.

Neighborhood Watch Meetings

Wintergarden Neighborhood Watch:

Wintergarden Neighborhood Watch meeting is scheduled for Thursday, February 1st @ 6pm.

Tatum Lake Neighborhood Watch Group:

Tatum Lake Neighborhood Watch meeting is scheduled for Thursday, February 8th @ 6pm.

O'Hara Neighborhood Watch Group:

O'Hara Neighborhood Watch meeting is scheduled for MONDAY, February 19th @ 6pm.

Come out and support one of these watch groups. Get to know our neighbors!

Neighborhood Outreach

Embracing our COMMUNITY

"Beautiful Feet Walks"- On the last Saturday of every month, we will begin with a time of prayer for our community. Then if you are able, we will be sending folks out "two by two" to meet our neighbors. If you are not able, we will ask you to stay behind, pray, and write cards to our neighbors. During this time, we let people know we are from the church and ask them if they have any prayer requests or know of ways we can support our community. We will leave a brochure about the church with each home. If someone is not home, we will leave a door tag on their door with a little bit of information about the church. We have truly only reached out to about 4 streets...we have many more streets to reach out too. We will meet at church at 9am on the last Saturday of the month.

Our next walk is Saturday, February 24th at 9am.

"House Parties"- We want to help our neighbors get to know one another. We want to have hosts from the congregation or Neighborhood Watch groups host a party at their house. The church will provide all the finger food and drinks for this event. We would love to find 12 homes to host a "house party" one time over the course of the next year. This would be a two-hour event, food would be provided, and invitations will be specialized for you to invite your neighbors. You can invite those who live next door to you or those who you are friends with.

We are still looking for volunteers to host. Please let Pastor Devon if you are willing.

Neighborly Prayer Concerns- Every week during the prayers of the people, we share our joys and concerns with one another. Once these are shared, I write them down on a piece of paper and we pray for our friends, family, and friends. For those requests that are local, I would love to go and meet that person and pray with them in person. And I would need you, the person who lifted them up in prayer, to go with me. In addition, we will work on creating a table in the back of the Sanctuary where you can send cards to people who don't live in the area to let them know we are praying for them as well. This will take a little bit of effort, but it is something we would love to try.

Calendar Update

Our calendar is fully updated and LIVE on our website. If you have questions on happenings at church, please make sure you check the website. Here is the link: <http://www.wintergardenpres.org/calendar/>.

Daniel Plan Recipe #1

Asparagus Creme Soup

"Food as medicine"

Peas are a great source of minerals and protein. They provide a healthy supply of iron and folate and are anti-inflammatory.

Ingredients

2 cups of diced asparagus
1/2 cup diced onions or brown onion
2 tablespoons of extra-virgin olive oil
2 cups of dried split peas
6 cups of water
2 cloves of garlic
1 teaspoon of sea salt (add more if needed)
1/2 teaspoon of black pepper (add more if needed)

Steps:

1. In a medium to large stock pot over medium heat, lightly toss the asparagus, onions, and olive oil for 4 minutes.
2. Add in remaining ingredients. Bring the mixture to boiling, then cover and let simmer on medium heat for 25 minutes, stirring every 5-7 minutes to prevent the mixture from sticking to the bottom of the pot. Remove from heat.
3. Using a blender, blend the mixture until rich and creamy. Leftovers will keep for 3 days in the refrigerator. Reheat it over medium and add water to the mixture.
4. A great dish to serve with Salmon!

Send your recipes to office@wintergardenpres.org

Office Hours

Devon's office hours are Tuesdays and Wednesdays from 9 to 3.

Beckie's office hours are Wednesdays from 9 to 2.

Volunteers in office on Monday, Tuesday and Thursday from 10-12.

Office Hours: Mondays, Tuesdays and Thursdays from 10-12. Wednesdays 9 to 4.

Always remember, if there are any emergencies, please do not hesitate to call Devon on her cell phone at 941-525-6671.

We give thanks to this team of people who help make everything happen!

Session: Brian Ellsworth (Treasurer), Luther Pringle, Joy Swails, Bob Swails (Clerk of Session) and Barbara Woods.

Pastor: Devon Andrews

Music Director: Heather York

Bookkeeper: Kari Albanes

Administrative Assistant: Beckie Tokarski

Office Volunteers: Maxine Barnett-Taylor (Mondays), Bob Swails (Tuesdays), Jeanne Murray (Thursdays)

AV Assistant: Daniel Garland and Lamont Andrews (thanks for volunteering!)

