

THE NAVIGATOR

DELTONA PRESBYTERIAN CHURCH



“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.” (Colossians 3:23-2)

September 2025

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Setting The Course

There is a time for everything, and a season for every activity under the heavens.
(Ecclesiastes 3:1)



SUNDAYS

9:00 a.m. - Choir practice

10:30 a.m. – Worship Service

MONDAYS

9:00 a.m. – Baggers – Prep for Food Pantry – Meets in the Library

TUESDAYS

9:00 a.m. – 11:00 a.m. – Food Pantry – Fellowship Hall –Tuesday September 2nd, 16th, & 30th

WEDNESDAYS

3:00 P.m. -- Choir practice

THURSDAYS

10:00 a.m. - Women's bible study September 4th, 11th, 18th, & 25th

7:00 p.m.- AA –Room 1, FLC - September 4th, 11th, 18th, & 25th

FRIDAYS

OFFICE CLOSED

Treasurer's Report – July

INCOME	\$17,739.63
EXPENSES	\$16,835.33
MONTHLY Net Income	\$ 904.30

Don't Miss Up Coming Events

Mon, Tues, Wed, Fri	Boy Scout Meetings, FLC
Mon, Tues, Thur, Fri	Girl Scout Meetings, FLC
September 1	Labor Day
September 2	Food Pantry 9AM – 11AM
September 7	Planning Team Meeting, 11:45AM
September 8	Finance Team, 10AM
	Buildings & Grounds, 11AM
	Care Team, 12PM
September 14	50 th Anniversary Service, 4PM
September 16	Session, 4PM
	Food Pantry, 9AM – 11AM
September 30	Food Pantry, 9AM – 11AM

September Mission

See page 9



HELP is needed in the nursery on Sunday mornings.

**If you are willing to help, please see Cindy Brace
or Stan Lowe.**

Pastor's Corner



Rev. Dr. Carmelo Mercado, ChFC®

CREDENTIALS

ORDINATION

Presbyterian Church (USA), since 1996.

EDUCATION

- **Chartered Financial Consultant (ChFC)®** in Advanced Comprehensive Financial Planning (The American College).
- **Doctor of Ministry (DMin)** in Intercultural Leadership (Louisville Presbyterian Theological Seminary).
- **Master of Divinity (MDiv)** in Pastoral Counseling and Educational Psychology (Brite Divinity School at Texas Christian University) — *magna cum laude*.
- **Bachelor of Arts (BA)** in Education (Nelson University) — *summa cum laude*.
- **Associate of Arts (AA)** in Spanish (Nelson University) — *summa cum laude*.
- **Associate of Arts (AA)** in Religious Studies (Nelson University) — *summa cum laude*.

EXPERIENCE

For three decades, the Rev. Dr. Carmelo Mercado has served as an ordained minister, psychospiritual counselor, hospice chaplain, Presbyterian pastor, church planter, educational institute founder, ecumenical/denominational leader, past moderator of Central Florida Presbytery, certified financial advisor, notary public, and visiting faculty at Asbury Theological Seminary. For 16 flourishing years, he was the well-loved lead pastor/head of staff of El Redentor Presbyterian Church (USA) in Oviedo—an emotionally healthy Latiné congregation of then 540+ adherents, 7 employees, and 61 non-paid staff—guiding it to plant new worshiping communities, launch shepherding groups, liquidate its mortgage, and achieve \$1.2 million in surplus investments (beyond the operational budget). He just completed ministering as the bridge pastor/head of staff of Pineda Presbyterian Church near Melbourne, FL.

Presently, as he assumes the part-time, transitional role of Extended Pulpit Supply/ Head of Staff of Deltona Presbyterian Church, he labors as an adjunct professor at Indiana Wesleyan University, as the only interfaith chaplain at the reputable InnovAge PACE/Orlando Health center, and as the senior community chaplain and psychosocial/ financial services coordinator for affordable housing at the Presbyterian-affiliated Westminster Communities of Florida in downtown Orlando.

Biliterate, dynamic, and known for his humor, Pastor Carmelo has preached to large and small audiences in pulpits, radio, ecumenical assemblies, interfaith gatherings, and online. In both his undergraduate and seminary studies, he graduated with the highest honors and the top of his class.

An avid reader with 2,400 books, Pastor Carmelo enjoys sports, exploring religious architecture, reviewing college/seminary programs, finding humor in daily life, and spending family time. His oldest son is graduating with a Master's degree in nutrition/ physiology, while his youngest son is a social worker completing his PhD. Recognized with numerous awards, he has authored/edited 20 Spanish-language handbooks and coined/patented a federally registered trademark motto in Spanish: *"No matter who you are or where you are from, you are always welcome!"*®

Every year, Pastor Carmelo sets personal goals to (a) grow emotionally intelligent (EQ), (b) shower the family with kindness, (c) embrace lifelong learning, (d) remain debt-free, (e) do no harm by alleviating suffering and siding with the underdogs in the struggle for justice/peace, and (f) spread Christ's joy—always aiming to make at least one person smile each day!

Did You Know?

P.A.R.K. YOUR RESILIENCY

By Rev. Dr. Carmelo Mercado, ChFC®

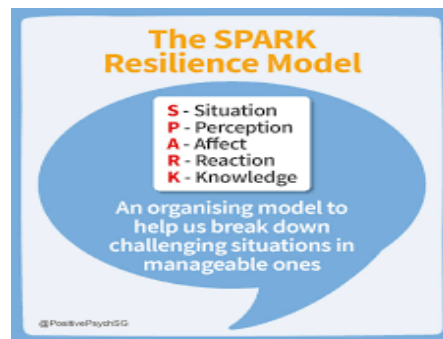
Over 40 years ago, many psychologists believed that if you endured a major personal trauma—such as losing both parents at a young age—you would inevitably carry deep psychological scars for life. That belief has since been challenged. Modern research reveals that some people display remarkable *resiliency* in the face of hardship. They bend but do not break. They adapt with elasticity, flexibility, and grit. They recover faster, suffer less from prolonged anxiety or depression, and often emerge stronger than before.

What makes these individuals different?

Resiliency is not a mysterious trait reserved for a lucky few—it is a skill set involving two key components:

- **Recovery** – regaining emotional, physical, social, and spiritual balance after a period of stress.
- **Resistance** – staying on course toward your life's goals while carrying the weight of hardship.

The encouraging news is that resiliency can be learned, strengthened, and cultivated—through intentional practices, coaching, counseling, and training. One practical, evidence-based tool for building resilience is the acronym **S.P.A.R.K.**: *Situation, Perception, Affect, Reactions, and Knowledge*



How S.P.A.R.K. Works

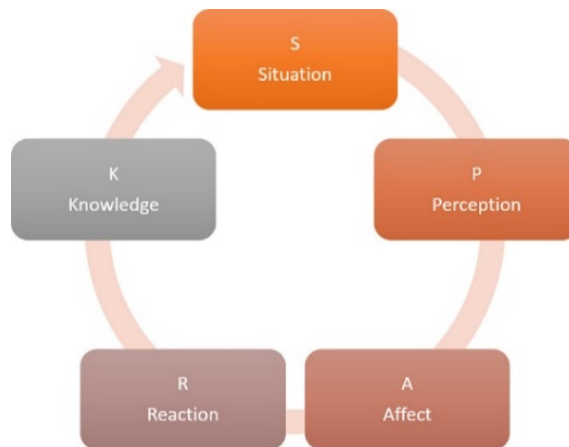
1. **Situation** – Life presents us with situations that are neutral in themselves—neither “good” nor “bad” until we interpret them.
2. **Perception** – Our interpretation shapes our reality. A situation can look like a mountain or a molehill depending on how we perceive it.
3. **Affect** – Our perception triggers one (or more) of the six basic emotional responses: fear, anger, sadness, disgust, joy, or surprise.
4. **Reactions** – Emotions lead to actions. We may respond constructively or destructively, thoughtfully or impulsively.
5. **Knowledge** – Every experience—whether handled well or poorly—adds to our understanding. Over time, these lessons can help us make wiser choices.

Think back to the way you handled problems at age 15. Chances are, you think, feel, and respond differently now. That change is the result of accumulated *knowledge*—lessons stored in your mental and emotional “memory bank.”

Becoming a Resilient Person

A resilient individual learns to:

1. Observe a situation impartially, without immediately labeling it as catastrophic.
2. Consciously decide how big the challenge really is—mountain or molehill.
3. Recognize and adjust their emotional “autopilot” responses.
4. Choose responsible, healthy reactions instead of destructive ones.
5. Reflect on the experience to deepen self-knowledge and understanding of others.



Different People, Different Responses

Two people can experience the *same* painful event—say, a partner’s infidelity—and react in vastly different ways.

- One may fall into despair: *“It’s the end of my world.”*
- Another may feel liberated: *“Free at last!”*

The event is the same; their perception, emotions, and learned responses are not.

If you feel stuck or find your negative emotions outweigh the positive ones, reach out to someone who will truly listen and support you. Resilience grows best in the soil of community and compassion.

Together, we can S.P.A.R.K. our resiliency and live out what the Bible calls being “*more than conquerors*” (**Romans 8:37**).

"The

MISSION UPDATE

***harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field."* (Matthew 9:37)**

Dear Partners in Christ

August 2025

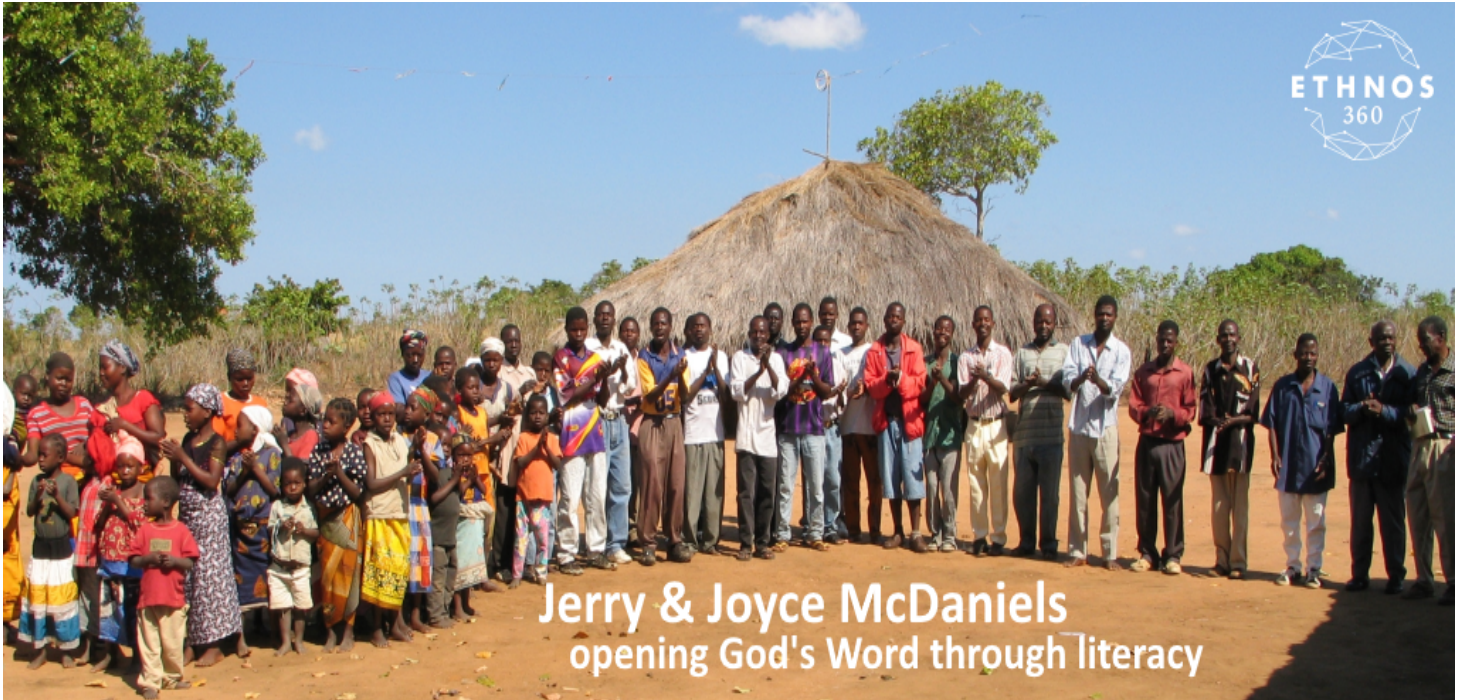
"Short Term Mission Trip to Manaus Brazil, July 12-20, 2025"

There were 18 volunteers helping Daily Vacation Bible School and a medical team on the Presbyterian boat that was two stories with cabins of four bunks each and 10 translators from English to Portuguese of Brazil. We were in groups of four going to three locations on the Amazon River. We all took different roads for two hours and reported to the pastor who was a gang leader of 20 and used to beat up people before he became a believer in Jesus Christ. He was shot three times in the head and three times in the chest but recovered in the hospital. He and his wife and three boys do the boat trip with a medical and dental team once a month and have a church service. The church that sent us out gathered 12 army duffle bags of 50 pounds each of clothing, soccer balls, and toiletry items for the people we visited and told them to come to the evening church, and they could get some gifts. The cooks on the boat had a large buffet breakfast, lunch and supper. Many of us passengers at 5:30AM went to the top deck to read our bibles and write in our journals. I was 77 years old and the oldest. Some were in their teens, 20s, 30s, 40s and me at 77. We all had a great time, and many people were praying for us during our trip.



Thank You for your prayers,
 Judi Nordaas,
judi_nordaas@ntm.org
 212 Brazil Ct. Sanford, FL

Update from Joyce & Jerry McDaniels, Ethos 360



Next stop - Africa

We're thrilled to share that next week we leave on another adventure — a trip to **Senegal** to help develop **literacy curriculum in the Wolof language**! The Wolof Bible has recently been revised, and the churches are asking for materials to teach people to read and understand in their language.

Why Wolof? Wolof is spoken by millions of people across western Africa. In Senegal alone, about **40% speak it as their native language**, and another 40% use it as a second language. It's the heartbeat of daily communication, especially in urban centers like Dakar. Though French is the official language, Wolof is what brings communities and churches together — and yet, many still lack access to Scripture and learning materials in the language they know best.

We'll be working alongside local partners to write literacy curriculum that's clear and culturally relevant.

Please continue praying for our Global Missionaries: Stocks/Interserve; Stoschers/Alongside; Hersman/Wycliff and McDaniels/Ethos 360

DPC Monthly Mission

"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'" (Matthew 25:40)

september Mission

September 14th, 4:00PM Service

Light Dinner to follow in the

Family Life Center



Food Pantry Statistics August

Families Signed In: 236

Total Household Members: 934

Total Number of Bags Distributed: 1037

New Families Registered: 132

(10)

The Fun Zone

“God has brought me laughter, and everyone who hears about this will laugh with me.” (Genesis 21:6)

September WORD SEARCH



P	E	A	R	S	L	E	A	V	E	S	Q	S	G	A
X	P	Z	Y	K	H	I	D	B	H	A	R	D	Q	M
B	R	D	H	A	C	O	R	N	H	W	N	I	O	G
Z	U	O	U	H	A	F	O	L	X	V	F	A	L	L
K	W	X	U	C	P	C	Y	E	L	L	O	W	H	B
G	F	A	E	P	Y	F	R	I	E	N	D	S	I	H
Z	B	F	O	O	T	B	A	L	L	Q	N	P	Q	P
X	E	O	Y	B	C	K	I	V	P	S	R	Z	T	L
Y	R	E	H	A	P	P	L	E	S	X	Z	O	A	P
H	X	Q	L	P	I	E	Y	U	M	T	R	E	E	S
N	X	Q	S	C	H	O	O	L	O	O	Z	U	G	Q
C	O	R	N	X	M	K	A	H	P	E	N	C	I	L
B	L	B	O	O	K	S	B	A	C	K	P	A	C	K
G	K	C	C	J	V	E	S	L	E	Z	B	R	N	W
A	V	R	Y	O	V	N	M	T	B	F	Z	M	G	M



Acorn
Apples
Backpack
Books
Corn
Fall
Friends

Football
Leaves
School
Pears
Pencil
Trees
Yellow

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MEMBER CONCERNS:

Joan David	Dorothy Thielman
Bernie Pitt	Teresa Narsh
Paddy Martin	Elaine Brown
Will Euverard	Virginia Topping
Kathy Hall	Bob Stevenson
Bud Schwarz	Audry Ostwald
Sarojini Persaud	Ray & Tracilyn Panek
Dottie Grenier	Fran David
Jeannie Logan	

**PERMISSION IS REQUIRED TO PUBLISH A NAME
ON THE PRAYER LIST. PLEASE CALL THE OFFICE
OR PASTOR WITH PRAYER REQUESTS**

MEMBER FAMILY & FRIENDS:

Meg & Caitlyn McCormick (Family of Cheryl Bladt)
Barbara Miller (Karen Tegge's mother)
June & Gene Perry (Larry Perry's wife and son)

ACTIVE MILITARY PERSONNEL:

Army:

Cory McClure (son of Connie McClure)
Clayton Herriford (Grandson of Emil R. Newby)

GRIEVING THE LOSS OF LOVED ONES

September Birthdays

*If your birthday is not listed here, please contact
the church office to provide the date!*

Sept 2	Cynthia Clarke
Sept 16	Teresa Narsh
Sept 19	Saroj Persaud
Sept 27	Sue Honaker