

# **THE NAVIGATOR**

## **DELTONA PRESBYTERIAN CHURCH**



***"The grass withers, the flower fades, but the word of our God stands forever." (Psalm 104:24-25)***

### **OCTOBER 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 October 14<sup>th</sup>, 28<sup>th</sup>**

## **WEDNESDAYS**

**3:00 p.m. -- Choir practice**

## **THURSDAYS**

**10:00 a.m. - Women's bible study October 2, 9, 16, 23, 30**

**7:00 p.m.- AA –Room 1, FLC - October 2, 9, 16, 23, 30**

## **FRIDAYS**

**OFFICE CLOSED**

## ***Treasurer's Report – August***

INCOME	\$25,461.40
EXPENSES	\$42,630.79
MONTHLY Net Income	<b>\$-17,169.39</b>

## **Don't Miss Up Coming Events**

Mon, Tues, Wed, Fri	Boy Scout Meetings, FLC
Mon, Tues, Thur, Fri	Girl Scout Meetings, FLC
October 1	Area Session Clerks review, 6PM
October 5	Worldwide Communion Sunday
October 12	Planning Team Meeting, 11:45AM
October 13	Finance Team, 10AM
	Buildings & Grounds, 11AM
	Care Team, 12PM
October 14	Food Pantry, 9AM-11AM
October 15	Session, 4PM
October 28	Food Pantry, 9AM – 11AM

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## **OCTOBER DPC MISSION**

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**HELP is needed in the nursery on Sunday mornings.  
If you are willing to help, please see Cindy Brace  
or Stan Lowe.**



## THE P.E.R.M.A. MODEL TO LIVING WELL

By Rev. Dr. Carmelo Mercado, ChFC®

From ancient sacred texts to cutting-edge psychological research, one truth remains consistent: We are called to care for the *whole person*. True wellbeing is not found in just one dimension of life, but in a harmonious integration of the **biological, psychological, social, and spiritual**—the material, emotional, interpersonal, and devo

Dr. Martin Seligman, one of the founding figures of Positive Psychology, offers us a powerful framework called the **P.E.R.M.A. model**—a holistic guide to human flourishing. It consists of *five essential elements* that reduce anxiety and promote living well:

### **P – Positive Emotions**

Do you tend to complain or dwell on what is wrong, or do you cultivate gratitude and joy? Research shows that people who regularly experience emotions like gratitude, contentment, awe, and hope are more resilient and optimistic. *We cannot claim spiritual maturity while remaining emotionally unhealthy.* Emotional wholeness—expressed in joy, peace, and empathy—is a reflection of a life anchored in all-inclusive love.

### **E – Engagement**

Are you present and active in your daily life, or simply going through the motions? Real engagement happens when we are fully immersed in meaningful activities—when time seems to “stand still” because we are doing what we love. The late novelist and reluctant Presbyterian minister Frederick Buechner captured this beautifully:

*“The place God calls you to is the place where your deep gladness and the world’s deep hunger meet.”*

This is more than productivity. It is our vocation or profession of faith—to live out our God-given calling.



## R – Relationships

What is the quality and depth of your relationships? Whether introvert or extrovert, we all need authentic connections to thrive. True spiritual growth is inseparable from how we treat others. As Scripture reminds us, *loving God is demonstrated in how well we respect our neighbor*—even those who test our patience the most. No one flourishes in isolation; we are made for community.

## M – Meaning

Where do you find significance in your life? Beyond titles and achievements, what gives your life purpose? People who live with a sense of *transcendent meaning*—knowing that their life is part of a larger divine story—report greater satisfaction and peace. Meaning anchors us in turbulent times and reminds us that our worth is rooted not in what we do, but to Whom we belong

## A – Accomplishment

What goals are you still pursuing? Are you growing, learning, and striving to make a difference? Progress does not require perfection—just movement. As someone once wisely said:

*“If you do not know where you are going, you will probably end up somewhere else.”*

Setting and working toward meaningful goals fuels our motivation, builds confidence, and helps us leave a legacy.

## A Spiritual Prescription: STOP to Start Living

In light of the P.E.R.M.A. model, let me offer a simple spiritual practice—a kind of sacred pause. It *begins* when we **STOP**:

- **STOP regretting the past.** There is nothing we can do to change it, except *learn* from it and let grace heal us.
- **STOP worrying about the future.** Studies suggest that about 85% of what we worry about never actually happens. Let tomorrow take care of itself.
- **STOP expecting others to be your source of happiness.** As someone said, *“Happiness is 100% an inside job.”* We rarely find happiness by chasing it—it is something we stumble upon while doing what we love or serving others. I am comforted by the fact that *I know who I am because I know Whose I am*. My identity and peace come from knowing that I belong to God—and God’s opinion of me is my supreme reassurance. As the renowned theologian Paul Tillich once wrote: *Grace is the profound realization that God has already accepted us—and our role is simply to accept that acceptance.*

The P.E.R.M.A. model is not just a psychological tool—it is a spiritual roadmap. It reminds us that *flourishing is possible, not by accident, but by intention*. As we nurture positive emotions, fully engage in life, build loving relationships, seek meaning, and pursue our God-given goals, we move closer to the life we were created to live—whole, joyful, and deeply alive.

# OUR 50<sup>TH</sup> ANNIVERSARY



The Planning team . . . made this all possible . . . thank you for all your hard work!



The Scottish pipers who rang in our Anniversary service. Beautiful!!



Thanks to all who came in early and set up the tables and decorations . . . Beautiful!







# MISSION UPDATES

***“The 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)***

SEPTEMBER 2025

Dear Partners in Christ. Thanks so much for praying for me and the work of New Tribes Mission/ETHNOS360. Many people are hearing the Gospel and turning their fearful hearts to Jesus. Thanks for praying for the inmates who have turned their life over to Jesus. The 2 prisons, one in Gadsen Correctional Facility and Marion Correctional Facility for men. July 29th in Gadsen were the men and that was Friday. July 30th in Gadsen were women and they all need prayer. Many as 50 came to have prayer and rededicated their lives to Jesus in each prison. Thank You for your prayers,



Judi Nordaas,  
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# Update from Joyce & Jerry McDaniels, Ethos 360

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## Opening doors through literacy

What a joy to celebrate another completed literacy workshop! The Wolof team in Senegal not only finished the full curriculum—they are launching a transitional course for French readers eager to engage with God’s Word in Wolof. These new materials are being used right now. Thank you for praying! Would you continue lifting up the team as they work to deepen spiritual access in their heart language?

## Hope in a hard language

Four months ago, we helped launch literacy efforts among a refugee group learning to read a particularly challenging language. Today, local teachers are being trained, and the literacy classes are set to begin in October! Bible portions have just been printed in this language—an incredible milestone. We’re praying boldly that many will come to know God through His written Word. Would you join us in asking God to open hearts and minds as people learn to read?

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

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# 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*

## OCTOBER MISSIONS

Kickoff or Operation Christmas Child & Thanksgiving Baskets



### ***Food Pantry Statistics September***

Families Signed In:

Total Household Members:

Total Number of Bags Distributed:

New Families Registered:

(10)

# FUN SPOT



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



WOLYEL \_\_\_\_\_  
SALPPE \_\_\_\_\_  
VARHETS \_\_\_\_\_  
DICRE \_\_\_\_\_  
TOLALFOB \_\_\_\_\_  
ACRESWORC \_\_\_\_\_  
DRE \_\_\_\_\_  
ROCN \_\_\_\_\_  
GINKSATVIHGN \_\_\_\_\_  
DOURC \_\_\_\_\_  
YRDHAIE \_\_\_\_\_  
OARCNS \_\_\_\_\_  
EEVSAL \_\_\_\_\_  
WOLAHLENE \_\_\_\_\_  
FOBREIN \_\_\_\_\_  
NGORAE \_\_\_\_\_  
RWESATE \_\_\_\_\_  
KIPNPMU \_\_\_\_\_



**WORD BANK:**

ACORNS  
APPLES  
BONFIRE  
CIDER  
CORN  
FOOTBALL

HALLOWEEN  
HARVEST  
HAYRIDE  
GOURD  
LEAVES  
ORANGE

PUMPKIN  
RED  
SCARECROW  
SWEATER  
THANKSGIVING  
YELLOW



[WWW.ALWAYSTHEHOLIDAYS.COM](http://WWW.ALWAYSTHEHOLIDAYS.COM)

# **FELLOWSHIP PRAYER LIST**

## **MEMBER CONCERNS:**

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

**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)*  
*Sadie Fisher (friend of the Clucks)*

## **ACTIVE MILITARY PERSONNEL:**

### **Army:**

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

## **GRIEVING THE LOSS OF LOVED ONES**

## **October Birthdays**

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

**Oct 2     Gertrude Clark**  
**Oct 5     Paula Johnson**  
**Oct 24    Evelyn King**  
**Oct 27    Gabriel Johnson**  
**Oct 29    Donna Lowe**  
**Oct 30    Will Euverard**  
**Oct 30    Beverly Seegobin**

**HAPPY BIRTHDAY!**