

# THE TIDINGS

*the monthly newsletter of*  
Pineda Presbyterian Church



# MARCH

2025

## Sunday, March 2nd *(Transfiguration Sunday)*

- 8:45 a.m. — Fully Devoted Class (Room B)
- 9:00 a.m. — Upward & Onward Class (Room A)
- 10:00 a.m. — Worship Service with Communion (Sanctuary)  
*Ordination & Installation of Church Officers*

## Wednesday, March 5th *(Ash Wednesday)*

- 12:00 p.m. — Worship Service (Sanctuary)

## Sunday, March 9th *(1st Sunday in Lent)*

- 8:45 a.m. — Fully Devoted Class (Room B)
- 9:00 a.m. — Upward & Onward Class (Room A)
- 10:00 a.m. — Worship Service (Sanctuary)

## Sunday, March 16th *(2nd Sunday in Lent)*

- 8:45 a.m. — Fully Devoted Class (Room B)
- 9:00 a.m. — Upward & Onward Class (Room A)
- 10:00 a.m. — Worship Service (Sanctuary)

## Sunday, March 23rd *(3rd Sunday in Lent)*

- 8:45 a.m. — Fully Devoted Class (Room B)
- 9:00 a.m. — Upward & Onward Class (Room A)
- 10:00 a.m. — Worship Service (Sanctuary)  
*Five Cents per Meal Offering*

## Sunday, March 30th *(4th Sunday in Lent)*

- 8:45 a.m. — Fully Devoted Class (Room B)
- 9:00 a.m. — Upward & Onward Class (Room A)
- 10:00 a.m. — Worship Service (Sanctuary)

## Lectionary

### March 2nd

Exodus 34:29-35  
Psalm 99  
2 Corinthians 3:12-4:2  
Luke 9:28-36, (37-43a)

### March 9th

Deuteronomy 26:1-11  
Psalm 91:1-2, 9-16  
Romans 10:8b-13  
Luke 4:1-13

### March 16th

Genesis 15:1-12, 17-18  
Psalm 27  
Philippians 3:17-4:1  
Luke 13:31-35

### March 23rd

Isaiah 55:1-9  
Psalm 63:1-8  
1 Corinthians 10:1-13  
Luke 13:1-9

### March 30th

Joshua 5:9-12  
Psalm 32  
2 Corinthians 5:16-21  
Luke 15:1-3, 11b-32

## PINEDA PRESBYTERIAN CHURCH

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[pinedapc.office@gmail.com](mailto:pinedapc.office@gmail.com)

321-259-1330

Welcome our  
**Bridge  
Pastor**

Rev. Dr. Carmelo Mercado



For three decades, the Rev. Dr. Carmelo Mercado has served as an ordained minister, pastoral 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.

Presently, as he assumes the part-time, transitional role of Bridge Pastor of Pineda Presbyterian Church, he labors as an adjunct seminary 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. For 16 fruitful years, he was the well-loved lead pastor/head of staff of El Redentor Presbyterian Church (USA) in Oviedo, FL—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).

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 family time, exploring religious architecture, examining college/seminary websites, sports, and finding humor in daily life. 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, &
- (f) spread Christ’s joy—always aiming to make at least one person smile each day!

**Let us extend a warm welcome to Pastor Carmelo!**



- 3/5 Ed Washburn  
Scott Zinn
- 3/9 Pam Kelly
- 3/13 Sue Noonan
- 3/15 Rosalie Jensen
- 3/20 John Ellis
- 3/23 Lisa Steinke
- 3/25 Barb Burton  
Tom Joynes
- 3/26 Mike Curry

Join us for

# ASH

Wednesday  
Worship  
Service

*March 5th  
at Noon*



3/25

Tom & Moira Eddleman



*Thank you all for the many heartfelt messages of concern and care, phone calls, cards and letters over the last four months. I greatly appreciate your support during this difficult time. My treatment has gone well, and I am progressing every day. Next month, I will be having reconstructive surgery to repair damaged organs. Please continue to hold me up in prayer.*

*God bless,  
Patricia Neunie*



# Join us for Lunch & a Movie!



**Saturday, March 15th  
at Noon**

**\$4 per person**

*Sign up in the Fellowship Hall.*

## Featured Film: Mr. Holland's Opus

Glenn Holland is a musician and composer who takes a teaching job to pay the rent while, in his 'spare time', he can strive to achieve his true goal - compose one memorable piece of music to leave his mark on the world. Holland discovers "Life is what happens to you while you're busy making other plans". As the years unfold, the joy of sharing his contagious passion for music with his students becomes his new definition of success. *(IMDB.com)*

**Ordination & Installation of Church Officers  
will take place during worship on Sunday, March 2nd.**



### Deacons elect:

Freda Baker  
Sue Lundgren  
Donna Rea

### Elders elect:

Melissa Ketterman  
Haskell Walker  
Barb Mathewson  
Dian Walker



Central Florida Presbytery is offering a special presentation:

## “How to Recognize & Avoid a Scam, & What to Do if You Are Scammed”

**Wednesday, March 12th**  
**Noon - 1:00 p.m.**

*(Via Zoom)*

**Presenter: M. E. Kelly**

*Ruling Elder, St. Luke's Presbyterian*

Visit [cfpresbytery.org](https://cfpresbytery.org) to RSVP,  
then you will receive the Zoom link  
for the presentation.



## FOOD PANTRY DONATIONS

In the past 4 weeks, Pineda has helped 66 families comprised of 235 individuals.  
An average of 102 bags were distributed with a maximum of 107.  
Nine new families were served. Thank you for your continued support!

**Sunday, March 2nd—Canned Fruit**

**Sunday, March 9th—Breakfast Cereal**

**Sunday, March 16th—Canned Pasta**

*(Ravioli, Spaghetti O's, etc.)*

**Sunday, March 23rd—Boxed macaroni & cheese**

**Sunday, March 30th—Dry Pasta**



## WORSHIP AND MUSIC NOTES



Starting this month, the Worship and Music committee will be adding an article to the newsletter each month containing information on upcoming special music plans and a little bit about the current liturgical season. We would also like to take this opportunity to ask for input from you on your favorite hymns. We want to compile a running list so that we can add them into the services during the year in the appropriate season or ordinary time. We may even find an available Sunday that we could have a type of hymn sing (more to come on that). Please send your favorite hymn names to the Pineda Church Office by email at: [pinedapc.office@gmail.com](mailto:pinedapc.office@gmail.com) and they will be forwarded to us!

March begins with Transfiguration Sunday (3/2) followed by Ash Wednesday (3/5) and then the first four weeks of Lent. The colors will be white for Transfiguration Sunday and Communion and then we will follow with purple for Lent. Musically, to support the liturgical season, hymns can be chosen from the hymnal pages 73–75 for Transfiguration, and then pages 76-87 for Lent.

A bit more about our planned special music – on 3/2 and 3/9 – we are trying out a new idea for the anthem and asking the congregation to join and sing with us. The first Sunday is a hymn, “Jesus on the Mountain Peak” led by the Chancel Choir and the second Sunday is the song, “I Love to Tell the Story” led by the Worship Band. We hope that you all will join in as you get familiar with the songs.

On March 23rd we will have special music with Kay Garner coming to join us. If you have thoughts or ideas about the type of information you would like to see in the worship notes section of the newsletter, please feel free to find one of us after the service or send an e-mail – we would love to hear from you!

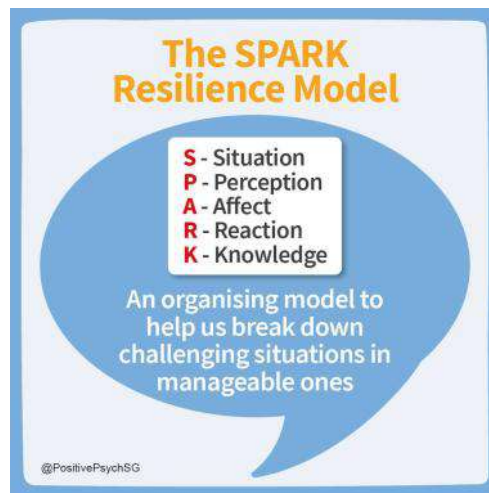
# S.P.A.R.K. YOUR RESILIENCY

By Rev. Dr. Carmelo Mercado, ChFC®

Over 40 years ago, it was thought that if you experienced a personal trauma (like losing both parents when you were young), you would be psychologically damaged or negatively affected for life. But more recent studies have shown that there are some people who display elasticity, flexibility, pliability, or “**resiliency**” in the face of major hardships, demands, or changes. They tend to bounce back, pull through, persist unflappably, and/or suffer less from anxiety, distress, or depression.

Why do these individuals have the capacity to adapt well and even grow despite the presence of intense, perilous adversity? Resiliency entails two things: It has to do with recovery (finding bio-psycho-social-spiritual equilibrium after stress) and resistance (regulating stress by picking up and carrying on with your life’s goals).

The good news is that resiliency can be learned, built-up, and developed through positive approaches, coaching, counseling, and training. For example, one evidence-based way to deal with stressful circumstances or challenges is by using a psychological tool known for its acronym **S.P.A.R.K.**: Situation, Perception, Affect, Reactions, and Knowledge.

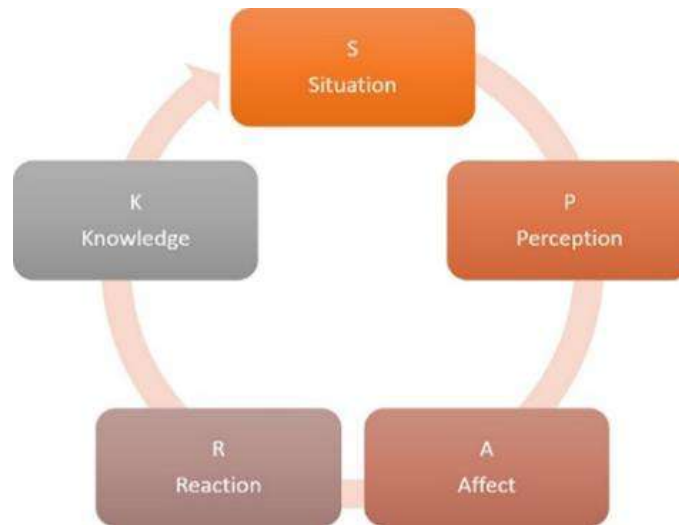


Everybody experiences **S**ituations (which are neutral in and of itself), but how we **P**erceive them (whether big or small) will automatically **A**ffect or trigger at least one of the six basic emotional responses (fear, anger, sadness, disgust, joy, or surprise). When this happens, we **R**ead in a certain manner. Whether this behavioral reaction is healthy or unhealthy, we still gain **K**nowledge from the experience. Just think of the things you used to do when you were 15 years old, and now you think/feel/act differently because in your “storage memory” you have become more aware and (hopefully) wiser.

*(Continued on next page)*

A resilient person learns to:

1. view impartially, flexibly, or calmly a **S**ituation;
2. decide to **P**erceive or challenge it as either a “mountain” (significant adversity) or “molehill” (minor inconvenience);
3. become aware and adjust their autopiloted **A**ffective feelings;
4. control responsibly their negative behavioral **R**eactions; and
5. understand why or expand their **K**nowledge about themselves and others.



That is why two persons, for example, can experience a similar life event (such as an unfaithful partner leaving them for someone else), yet they perceive, feel, react, and learn from it differently: One person may respond with anguish (“it’s the end of their world”), while another may react happily (“free at last!”).

If you sense that your life is stuck, or if you have more negative feelings than positive ones, please talk to someone who will listen, love, and support you. Together, we can S.P.A.R.K. resiliency, or become what the Bible calls “overcomers” or “more than conquerors” (*Romans 8:37*).



**If you would like to set up a pastoral appointment / visitation with Pastor Carmelo Mercado, you may call him at: (407) 924-6489 or send him an email request at: [drcmercado@yahoo.com](mailto:drcmercado@yahoo.com).**

**While Pastor Carmelo does not live locally, he will set aside time for visitations / appointments on Sundays following worship and also various times throughout the month when he is in town for team/committee meetings, etc. Please contact him to schedule a time to meet. He also has an open door policy for you to pop in for a chat following worship in his office.**





On Sunday, February 9th, we celebrated "Scout Sunday" with our chartered Cub Scout Pack 285. The scouts participated in the worship service and then joined us with their families in the Fellowship Hall for our annual "Souper Bowl of Caring" Chili Cook-Off.

Our first place winner for the chili cook-off was Dian Walker, with Jen Gray coming in second. A great time, and yummy lunch was had by all. \$1,304 was raised at the event which will be given to the Advent Food Pantry.



**Orders are now being taken for Easter Lilies which will adorn our Sanctuary for Easter Sunday.**

**To order, sign up in the Fellowship Hall or send an e-mail to [pinedapc.office@gmail.com](mailto:pinedapc.office@gmail.com)**

**Lilies are \$15 each. Please specify who your lily is in honor or in memory of. Orders will be accepted through Palm Sunday and may be taken home following the Easter Worship Service.**

# 2025 CUBA PARTNERSHIP TRIP REPORT

By Pat Zinn



Last month, I had the privilege of once again spending 5 days with Pineda's partner churches in Meneses and Iguará, Cuba, as part of Central Florida Presbytery's annual partnership trip to El Centro Presbytery. The week was filled with activities, home visits, meals with church members, Sunday worship, and heart to heart conversations with pastors and lay pastors about the reality of life in Cuba today and their distress at not being able to do more for their church members and neighbors.

Both churches have grown in the last few years, even though a number of members have died or moved abroad (mostly to Spain and the U.S.). Despite conditions in Cuba, the churches continue to reach out to their neighbors with the love of Christ in very concrete ways - offering life-saving medicines, providing meals for the elderly living alone, and providing meals and snacks for children. Both churches have Sunday School for the children on Saturday. In Meneses, children drop in at the church after school, even when no activities are planned, knowing they will be welcomed and loved. The children at both churches play games sent by Pineda - Bingo, Dominoes, Uno, Left-Center-Right.

As usual, I took down a Bible story and craft activity for the children, made possible by some of our Pineda crafters, especially Jen Grey and Lisa Steinke. This year's story was about salt and light from the Sermon on the Mount, and the craft was little lanterns representing the light of Jesus shining through us to others. We had between 26 and 29 children at Meneses, and 15 at Iguará! At Meneses, the church provided supper for all the children after the activity - probably the best meal of the week for some of them.

*(The children's supper and craft project are pictured below).*



*(Continued on next page)*





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 11:00am Scouts Pinewood Derby <i>(Fellowship Hall &amp; Church Grounds)</i>
<b>2</b> 8:45am Fully Devoted Class <i>(Room B)</i> 9:00am Upward & Onward Class <i>(Room A)</i> 10:00am Worship Service with Communion and Ordination & Installation of Church Officers <i>(Sanctuary)</i> 11:30am Fellowship Team <i>(Fellowship Hall)</i>	<b>3</b>	<b>4</b> 10:30am Chair Yoga <i>(Fellowship Hall)</i> 11:00am LAFF - Lunch & Fun Fellowship <i>(Fellowship Hall)</i> 1:00pm "Heart Strings" Knitting & Crochet <i>(Fellowship Hall)</i>	<b>5</b>  10:00am Deacons' Meeting <i>(Fellowship Hall)</i> 11:00am Book Study <i>(Fellowship Hall)</i> <b>12:00pm</b> <b>Ash Wednesday Worship Service</b> <i>(Sanctuary)</i>	<b>6</b> 6:00pm Choir <i>(Sanctuary)</i> 7:30pm Worship Band <i>(Sanctuary)</i>	<b>7</b>	<b>8</b> 9:30am Presbytery Meeting <i>(Grace Covenant Presbyterian)</i>
<b>9</b> <u>1st Sunday in Lent</u> 8:45am Fully Devoted Class <i>(Rm B)</i> 9:00am Upward & Onward Class <i>(Room A)</i> 10:00am Worship Service <i>(Sanctuary)</i> 11:30am Administration & Personnel Team <i>(Fellowship Hall)</i>	<b>10</b>	<b>11</b> 10:30am Chair Yoga <i>(Fellowship Hall)</i> 11:00am LAFF - Lunch & Fun Fellowship <i>(Fellowship Hall)</i> 6:00pm Worship Team <i>(Room A)</i> 7:00pm Mission Team <i>(Room A)</i>	<b>12</b> 11:00am Book Study <i>(Fellowship Hall)</i> 4:00pm Finance Team <i>(Fellowship Hall)</i> 7:00pm Lydia Circle <i>(Pat Zinn's home)</i>	<b>13</b> 10:30am Dorcas Circle <i>(Fellowship Hall)</i> 3:00pm Facilities Team <i>(Fellowship Hall)</i> 4:00pm Land Dev. Team <i>(Fellowship Hall)</i> 6:00pm Choir <i>(Sanctuary)</i> 7:30pm Worship Band <i>(Sanctuary)</i>	<b>14</b>	<b>15</b> 12:00pm  <i>(Fellowship Hall)</i>
<b>16</b> <u>2nd Sunday in Lent</u> 8:45am Fully Devoted Class <i>(Room B)</i> 9:00am Upward & Onward Class <i>(Room A)</i> 10:00am Worship Service <i>(Sanctuary)</i>	<b>17</b>	<b>18</b> 10:30am Chair Yoga <i>(Fellowship Hall)</i> 11:00am LAFF - Lunch & Fun Fellowship <i>(Fellowship Hall)</i>	<b>19</b> 11:00am Book Study <i>(Fellowship Hall)</i> 6:00pm Session Meeting <i>(Fellowship Hall)</i>	<b>20</b> 6:00pm Choir <i>(Sanctuary)</i> 7:30pm Worship Band <i>(Sanctuary)</i>	<b>21</b> 5:30pm  <i>(Fellowship Hall)</i>	<b>22</b>
<b>23</b> <u>3rd Sunday in Lent</u> 8:45am Fully Devoted Class <i>(Room B)</i> 9:00am Upward & Onward Class <i>(Room A)</i> 10:00am Worship Service <i>(Sanctuary)</i> <b>5 Cents per Meal Offering</b>	<b>24</b>	<b>25</b> 10:30am Chair Yoga <i>(Fellowship Hall)</i> 11:00am LAFF - Lunch & Fun Fellowship <i>(Fellowship Hall)</i>	<b>26</b> 11:00am Book Study <i>(Fellowship Hall)</i>	<b>27</b> 6:00pm Choir <i>(Sanctuary)</i> 7:30pm Worship Band <i>(Sanctuary)</i>	<b>28</b>	<b>29</b>
<b>30</b> <u>4th Sunday in Lent</u> 8:45am Fully Devoted Class <i>(Room B)</i> 9:00am Upward & Onward Class <i>(Room A)</i> 10:00am Worship Service <i>(Sanctuary)</i>	<b>31</b>	 <b>5650 N. Wickham Road, Palm Shores, FL 32940</b> <a href="http://www.pinedapc.org">www.pinedapc.org</a> <a href="mailto:pinedapc.office@gmail.com">pinedapc.office@gmail.com</a> 321-259-1330				