



# First News

*Building Faith, Changing Lives,  
& Sharing Christ.*

## Repent Not Regress

Lent is a holy season during which Christians focus on their reliance upon God. Beginning with Ash Wednesday, Lent reminds all Christians that we are to **repent** of the ways we move from God and prepare our hearts anew to walk with Him.

The very “churchy” word, **repent**, literally means to *turn around or change directions*. This word was commonly used in ancient militaries to warn infantry that they were moving toward a stumbling block or obstacle. When we **repent**, we are not being asked to return to the way we were; we are being asked to go in a new and better direction.

Repentance does not mean regression. When we walk in new ways with God, we do not regress to old paths; the biblical concept is that we do not put “new wine in old wine skins.” Repentance is a call to a new way of life while regression drops us back into old patterns and the same old ruts.



As we face the mounting challenges of our modern life, this is a faith concept we must learn. Just think of our desires to chase after the shiny things of life (affluence, possessions, comfort or power!) We know that, like sheep, we get distracted and go astray. Our Good Shepherd calls to us to turn around and to continue to walk in the direction he leads us. We are to **repent: turn around, and follow Jesus.**

As we enter the season of Lent, as we continue enduring COVID restrictions, let us not regress into our former ways. Let us instead turn back to God so as to walk in a new life in Christ.

May God bless,

*Tim Womack*

Delight in revelations through the

# YEAR OF THE BIBLE

It is a privilege to read Scripture together in community. I'm always pleasantly surprised when I gain a new insight because of questions from members of a small group studying Scripture together. This happened last night in my weekly Tuesday night Bible study. We were studying a familiar text in the Gospel of Luke- something I've read over and over and over. Something that I've preached on in my ministry *multiple times*. As we were reading this text, one member of the group asked a simple little question. **That simple question changed my whole understanding of the text.**

At that point, I became so excited about this new revelation in what the text was saying. I love when my mind is blown again for the first time about a familiar text. I became so excited that I couldn't talk. The group had to urge me on to share that revelation. So as a group, we continued to look at it and everyone was able to see the thread of the text and how the gospel writer of Luke wove this beautiful text together.

That is why we are doing **The Year of the Bible** together as a church family. Each of us have the responsibility to read the text on our own in whatever way works best for us, whether we read it daily or weekly. We have committed to reading the text together as a community. Many of us are engaged in reading and discussing that text on a weekly basis. Reading the Scripture on your own is an incredible experience. Reading the text together makes Scripture come alive even more.

I have so enjoyed **The Year of the Bible** program, both as a participant and as a Q&A leader. I am amazed at the depth of questions that come in our weekly Q&A via zoom. I'm amazed at the emails and side conversations I have and the questions that you as the members of the church have each and every week regarding the text. Ultimately, I am a Teaching Elder and I love seeing light bulbs go off and revelations happen in the hearts and minds of people who are reading the text.

If you have not yet joined **The Year of the Bible**, it's not too late. I would encourage you to reach out to me and pick up a book in the church office. You can start right where we are, whatever day it is. There is no need to feel like you have to go back at the very beginning and catch up. However, if you start with us and you'd like to go back and read, feel free to do so.

Lent is a good time to pick up this discipline in the Christian life. Please feel free to reach out to me at [michaelyork@firstpresvero.org](mailto:michaelyork@firstpresvero.org) if you have any questions about **The Year of the Bible**, about your own daily reading, or anything else. I am thankful for this journey together.

In Christ,

*Michael York*





# Worship, Music, & Arts

## PRIMO Teacher Spotlight: Judi Lampert



Judi Lampert, flute

Originally from Illinois, Judi Lampert played with the Illinois Symphony for 20 years. She has performed at Orchestra Hall in Chicago, Lincoln Center and Carnegie Hall in New York, and at National Flute Conventions in Washington DC, Atlanta, and New Orleans. She holds a BA in music and psychology from Bradley University and an MM in performance from Illinois State University. Judi moved to Vero Beach from Asheville, NC where she was the Assistant Professor of flute at the University of North Carolina, a founding member of the Apollo Winds woodwind quintet, principal flutist with the Blue Ridge Orchestra, and a regular performer at the Biltmore Estate. She performs internationally with the International Flute Orchestra and the Metropolitan Flute Orchestra. Judi has taught privately since 1970: beginners through adults... and thoroughly enjoys sharing her love of music.

## Fundraiser Concert to benefit the FPC Youth Orchestra

A fundraiser concert entitled *Music from the Heart* featuring harp, three bassoons, violin, and piano, will be held on Thursday, March 18, 2021, at 7:00pm in the sanctuary at First Presbyterian Church, 520 Royal Palm Boulevard in Vero Beach. Admission is free; a minimum \$10 donation is suggested.

Local harpist Gretchen Cover joins Dr. David Borst, Mary Gibbons, and Ed Sheridan (all bassoonists), along with violinist Tina Cosnahan and Dr. Jacob Craig on piano, for this collaborative performance that will serve as a fundraiser. Proceeds benefit the First Presbyterian Youth String Orchestra's invitational trip to the Aspen Music Festival in Summer 2021. Musical selections in this impressive program will include pieces by composers such as Saint-Saens, Elgar, Bernstein, Miroshnikov, and even a performance of John Williams's Theme from Shindler's List on harp and bassoon.

Join us for this wonderful concert! Masks and Social Distancing protocols will be in place and seating in the sanctuary is limited to the first 100 guests. The concert will also be available via livestream on Facebook and the church website. Donations may also be accepted online via the secure "giving" section of [www.FirstPresVero.org](http://www.FirstPresVero.org). Please specify "Youth Orchestra" in the memo field.



Gretchen Cover, harp

## We are here for you!



While the pandemic is far from over and we still are taking best practice safety precautions, the pastors wish to convey their availability to visit you on your porch or at your home with safety protocols in place. Dr. Tim, Rev. Michael, and Dr. Fred Foy are here for you and would enjoy seeing you, sharing an encouraging word with you, and praying with and for you. Please call the church office to schedule an appointment or email one of the ministers directly.

Dr. Timothy G. Womack: [DrWomack@firstpresvero.org](mailto:DrWomack@firstpresvero.org)

Rev. Michael York: [MichaelYork@firstpresvero.org](mailto:MichaelYork@firstpresvero.org)

Dr. Fred Foy Strang: [FredFoyStrang@firstpresvero.org](mailto:FredFoyStrang@firstpresvero.org)

## Easter-In-A-Basket

Our Children's Ministry is excited to present **Easter-In-A-Basket** from Camp Fellowship. Camp Fellowship is the same organization that brought us the well-received **Camp-In-A-Box** last summer!

Beginning on Palm Sunday and ending on Easter Sunday, each box contains 8 days of Bible Studies, activities, crafts, and supplies. It is recommended that one basket be ordered for each child. Activities are designed to bring families and friends of all ages together. The scripture readings and questions are geared to children, teens, and adults.

If you are interested in placing an order at **no cost** to your family, please contact Carie Robbins at: [childrensministry@firstpresvero.org](mailto:childrensministry@firstpresvero.org), or call the church office.



## The Knights of North Castle are coming!

Save the date: June 7-11, 2021

We're looking for volunteers to assist with this fantastic Vacation Bible School event. Contact Carie Robbins for more information, [childrensministry@firstpresvero.org](mailto:childrensministry@firstpresvero.org)

# Mission

## Justice and Honor

Our Committee Mission Statement is:

*"Promoting Justice, Honor, and Equality for all persons"*

### Why the committee was formed:

Our Justice and Honor Task Force was formed this past summer of 2020, as a *Faith response* to the social unrest caused by the murders of George Floyd and others, and the riots and protests, and calls to defund the police. Several of our members felt led to address these events with Faith: the love of God and faith in mankind;



Deputy Chief Thornton, Mimi Rutland, and Sheriff Flowers on Law Enforcement Sunday

### Our goals:

1. To encourage meaningful and respectful conversations and relationships with the community at large, our congregants, and the law enforcement community. That includes participating in events that build *positive relationships* between our Law Enforcement Community and the citizens they serve and protect here in Indian River County.
2. To address community concerns where needed. These concerns include, but are not limited to, education, poverty and hunger.

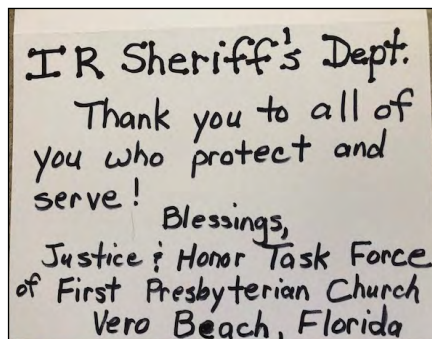
We are under the umbrella of the Mission Committee, and have participated in/sponsored the following events thus far:

Law Enforcement Sunday - Sunday, January 24, 2021, was dedicated to honoring our members of Indian River County who are sworn to protect and serve our community. Sheriff Eric Flowers gave a wonderful talk at both the 10 am and 11:15 am services. Also present was Deputy Chief Milo Thornton.

Cookie Delivery - When Dr. Tim said, from the pulpit, that our church would be delivering cookies to the IRC Sheriff's Department, our own Kari Palmer of Blessed Manna Bakers, got to work! Some of our task force members were present on Wednesday, Feb. 3rd to deliver 100 cookies as a show of our love and support to our friends who protect and serve.



Tim Womack and members of the task force deliver cookies to the IRC Sheriff's Department



Our task force is comprised by several members of First Presbyterian Church, along with some adjunct members from the community, such as Deputy Chief Milo Thornton, Rabbi Michael Birnholz, and Jonnie Mae Perry, Executive Director of the Gifford Historical Museum.

We seek to continue to offer a response of faith in action, encouraging positive relationships; built on trust, mutual respect, and God's love.

What does the Lord require of thee?  
*"To act justly, and to love mercy  
and walk humbly with your God" -Micah 6:8*



## Jali Familia's 2020 Christmas Report

The following is a summarized note from our Jali Familia mission outreach partners in Mathare Valley, Nairobi, Kenya. In addition to the monthly support we send that includes food, tutoring, school supplies, rent and medical supplies, a Christmas stipend was sent per their requested budget, to provide a Christmas event with a meal, worship time, and clothing outfit for each child at the two children's homes we help support. What an honor it is for us to partner with them.

May you be blessed by the reading of this report,  
The Presbyterian Women Kenya Committee.

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Dear Church, I would like to thank you for your great partnership for the year 2020. With your help we were able to support and bring joy to 28 children in our community. Both Naphtali and Habiba are grateful for your love and continuous support. I hope you all had a joyous Christmas. Our past few weeks have been filled with great experiences.

### SHOPPING DAYS

Shopping was quite different this time round. It was a bit slower and challenging. The COVID 19 season made costs quite high. We shopped for five days in two different markets. Normally, markets in Kenya are very congested. It was risky to see most people without masks in the squeezed alleys. We had to be very careful and ensured we took all necessary safety precautions. Finding budgeted items in accurate sizes prolonged shopping days. The support team did an incredible job by ensuring all items were well sorted, packed and every child got their package.

### CHRISTMAS DAY

Everyone was looking forward to this day. Prior to the day the kids would visit me at the church to enquire if they will be receiving clothes just like last year. They would later follow up with calls and texts which indicated their hopefulness. This kept us moving and gave us more reason to keep doing our best. Thanks to you, we did not fail to deliver this wish.

We held the Christmas event on 24th December. Our goal was to ensure every child received their gift package and was well groomed on Christmas day. The kids came ready to have a great time and yes, we were well prepared to give them the best Christmas experience.

The day started with introductions and a short devotion where we shared about the reason for the birth of Christ. Our reading was from Matthew 1:18-24. After devotion they were handed some snacks and headed for the grounds. This is where all the fun and games took place. The session was led by George who has great specialty in outdoor activities. Every child's photo was captured and then handed their clothing gift package to fit. The joy in their faces was something to behold. Then, a sumptuous meal awaited. Food and drinks were served. Every child had enough to eat until they were all full. The remaining food was carried to both homes. We also paid for the rent of both homes this same day. Everyone went home with a grateful heart.



### CONCLUSION

It has been a tough year for most Kenyans, especially for people living in informal settlements, and that is why we do not take for granted your support for these two homes. All of you mean so much to us and especially to my wife Ruth and I. We love you all so much. God willing, we hope you will visit our home in Kenya and hold our child whom we are expecting in the first week of July.

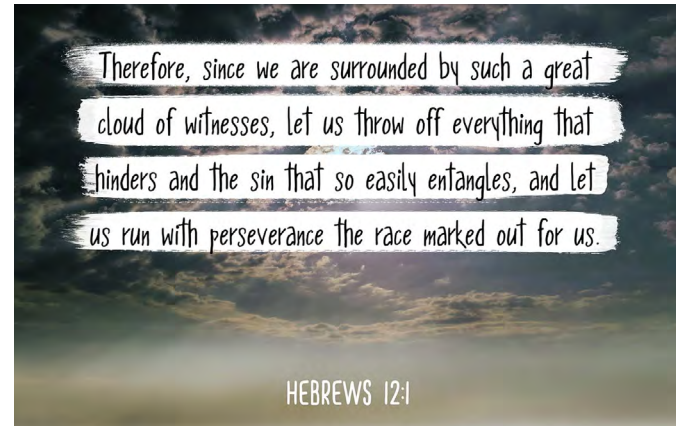
In his service,  
Jude Muchiri  
Founder of Jali Familia



# Presbyterian Women

## Honoring the Saints who have Gone Before Us

The Presbyterian Women have given a gift to the Barnabas Fund at First Presbyterian, Vero Beach, in honor and memory of each lady of our church family who passed on in 2020. We remember with joy their days with us, their words of encouragement to us, and their hands that served so many.



## A Gathering for Women: Share and Prayer

We will gather virtually, open with a devotion, and have a time to share and pray together.  
We would be blessed by your presence.

Monday, March 1, 2021

1:00pm

[CLICK HERE TO JOIN THE MEETING](#)

Or Dial with your telephone: 1 (929) 436 2866, Meeting ID: 843 0894 1429

If you cannot join us but would like to share any joys or concerns, please contact us. (Clicking on a name below should open your email program with the e-mail address automatically imported in the "to" field!)

In Christ,

[Floy Turner](#)

[Cecily Strang](#)

PW Co-moderators

## Grace Circle and Horizons Bible Study

All Ladies are invited! Grace Circle is currently the only circle meeting at this time. All other circle members and all church ladies are invited to join the Grace Circle for fellowship, prayer, and bible study. Grace Circle is meeting the 2nd Monday of each month from 1-2pm by way of Zoom and in-person in the Dr. George Earnshaw Room. Our guidebook is "Into the Light--Finding Hope Through Prayers of Lament." These books are free of charge and are located in the church office. Come and join your sisters in Christ for great discussion and fellowship! Masks and distance requirements are adhered to. Call Ann Faunce at 303-947-7984 for information.

Monday, March 8, 2021

1:00pm

Join in-person in the Earnshaw Room, or,  
Join in Zoom by [CLICKING HERE](#)



# Presbyterian Women

## Profile of a Presbyterian Woman: Mickey Schaaf

by Elaine Heeren

If there's one phrase that captures Mickey Schaaf's 18 years at FPC, it's "all in." She's helped set up/work the Youth flea market, assisted at Christmas Tree Lane, delivered Thanksgiving food baskets, volunteered at the Pre-School, attended Wednesday Night Dinners & the Men's Sweetheart Dinner, and enjoyed the Senior Group's many dinners, day trips, and retreats. Mickey nurtures her faith in Circle Studies and recalls when Bible studies were held in members' homes. She and husband Ernie even ventured on two European trips with FPC, where she relished the chance to know Pastor Tim and Stephanie on a more personal basis.



You might describe Mickey as one of our most active members, except for one surprising fact: While Ernie is an associate member, Mickey's a lifelong Catholic -- who smilingly calls herself a "semi-Presbyterian." The typical weekend will find this committed Christian couple at Holy Cross Church on Saturday night and First Pres on Sunday. Worshiping the Lord at two of His houses has been the Schaafs' practice from the start of their 40-year marriage. "Neither of us felt comfortable changing churches, but we did feel comfortable attending each other's church," Mickey explains.

An only child, Mickey's originally a New Yorker, born in the Bronx. Initially, she and her Mom lived with the maternal grandparents, while her Dad served in the military. After the war, the reunited family lived in "temporary" Quonset-style housing in the Bronx for 7 years before moving to Queens. Mickey's faith grew and deepened as she attended Catholic schools through high school; she then went on to NYC's Hunter College.

She and Ernie met at a singles dance in the Bronx. As a devout Catholic, Mickey had been devastated after her first marriage fell apart, and found that Ernie, too, was divorced after a short marriage and, like her, had 2 children. They married, had a daughter, and raised their blended family of his, hers, and ours in Yonkers. Mickey taught in both Catholic and NYC public schools; Ernie was an accountant. Their children were raised as Catholics and attended Catholic schools. Today, all 5 children and 12 grandkids live in the Greater NY Area, with frequent visits keeping the family close.

As retirees, the Schaafs spend 8 months in Vero in their oceanside complex, where Mickey delights in daily 1-hour swims in the heated pool. Other months find them kicking back in their lakeview cottage in Minnesota, where Mickey has cousins. Mickey's quick to encourage others to join the warm community of faith she's found at FPC. Elder Deb Alich, whom Mickey brought to us, calls her "one of the most wonderful, caring people I have the blessing to know. Her kindness is only surpassed by the love for our Lord."

Matthew 28:20 speaks to the steadfast faith of this vibrant, compassionate lady who adds immeasurably to the life of our church: *"And surely I am with you always, even to the end of the age."*





# March Birthdays

- 1- Nancy Marquardt, Kirra Spivey
  - 2- Douglas King, Julie Pelletier
  - 3- Janice DuMars, Carol Goodfellow, Katie Hill, Robin Turner,  
Tamara Kai Yamazoki-Gray
  - 5- Susan Horner
  - 6- Jeanie Valentine
  - 7- Chuck Husman
  - 8- Jean O'Connor, Doris Springmyer
  - 9- Jamerius Briggs
  - 10- Bonnie Keeler
  - 11- John Dearman, Susie Long
  - 12- Ginger Allen, Richard Thomas
  - 13- Theresa Kelso
  - 14- Edie Collins, Pete Lindberg, Mike Snyder
  - 16- Claire Sembler, Luella Stiansen
  - 17- Pat Goodfellow, Yolanda Williamson
  - 18- Jean Hopkins, Ron Schneyer, Shelly Strang, Kira Kai Yamazoki-Gray
  - 20- Churchill Cooke, Charlie Harvin, Darol Keefer, Shirley Norton
  - 21- Bobbi Walker, Homer Williamson
  - 22- Don Dussing, Amy LeBlanc
  - 23- Brynleigh Carlsen, Josie Harmon
  - 24- Barbara Bryant, Jacob Craig, Dorothy Linn, Beth Sembler
  - 26- Susan Appel, Myles Bueno, Norman Joost, Ryan Nelson
  - 27- Pamela Shaw
  - 28- Joyce Geller, Chloe Winslow, Jack Winslow
  - 29- Jeffrey Morgan, Herb Wright
  - 31- Warren Goodell, Thomas Holman, Gail Sousa, Cathy Westermann
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# News and Notes

## Ready to join us?

On the 3rd Sunday of each month, we welcome our new members during each service. Also, after each service we also encourage those who are moved by the Spirit and wishing to seek membership to join us for a meeting with the Pastors and Elders.

For more information, please contact Deb Alich at 772-999-3644, via email at [daalich@comcast.net](mailto:daalich@comcast.net), or call the church office at 772-562-9088.

## Pastries with the Pastors



Join us on the 2nd Sunday of each month in the Mighell Chapel after the 10am service for some fellowship and tasty goodies with the Pastors! This event is provided for all those who are interested in joining our First Pres family and would like more information.

Please call the church office to let us know you're coming! Also available on zoom.

## SAVE THE DATE!



Vacation Bible School is scheduled for  
**June 7-11, 2021**

Volunteers needed and appreciated!

Contact Carie Robbins for more info:  
[childrensministry@firstpresvero.org](mailto:childrensministry@firstpresvero.org)

## Grocery Shopping Assistance Program

This is now a permanent service offered by the Senior Resource Association. All seniors age 60+ in Indian River County are eligible. Senior Resource Association staff will pick up a grocery list, do the shopping, and deliver items all on the same day - with NO delivery fee!

Please call for more information:  
(772) 569-0760

IRC Habitat for Humanity is an active program that provides a way for Indian River County residents with a lower income to become homeowners. Qualified candidates must invest sweat equity but are rewarded with an interest free mortgage as well as educational classes on the responsibilities of being a homeowner.

If anyone is interested in becoming a volunteer in the construction area or perhaps in the Habitat Restore please contact me and I will add your name to a list of interested volunteers.

Bob Gormas  
(772) 999-3161, [papagormas@gmail.com](mailto:papagormas@gmail.com)

## The Year of the Bible

To sign up, please contact  
Pastor Michael:

[michaelyork@firstpresvero.org](mailto:michaelyork@firstpresvero.org)  
(772) 562-9088 ext. 113



<http://www.facebook.com/FirstPresVero>



@FirstPresVeroBeach



First Presbyterian Church Vero Beach



# News and Notes

## Church Leadership

Rev. Dr. G. Timothy Womack, Senior Pastor  
Rev. C. Michael York, Associate Pastor  
Rev. Dr. Fred Foy Strang,  
Min. of Congregational Care  
Dr. Sam Rutland, Theologian in Residence  
Dr. Jacob Craig, Director of Music and Arts  
Jacob Strang, Youth Director  
Carie Robbins, Director of Children's Ministries

### ELDERS *\*indicates Elder/Trustee*

Class of 2021

Deb Alich, \*Harvard "Bud" Johnson,  
\*Carol Marks, Kari Palmer

Class of 2022

\*Jerry Garrett, Phil LoGiudice, Bonnie Nolan,  
\*Carol Smoyer

Class of 2023

\*Allan Bixby, James Ewing, Linda Masterson,  
\*Cindy Rogers

Clerk of Session - Connie Herr

Treasurer - Scott Westermann

Director of Development - Allan Bixby

Trustees-at-Large

2021 - Melissa Shine

2022 - Bob Satola

2023 - Will Kirk

### BOARD OF DEACONS

Class of 2021

Scott Berran, Sue Coffey, Michael Goodfellow,  
Charles Hancock, Jan Satola, Floy Turner

Class of 2022

Mary Bingham, Reita Byrket, Keith Martin,  
Barbara Reed, Richard Thomas

Class of 2023

Lucille Craig, Shirley Douglas, Jenifer Foster,  
Robin Perry, Mimi Rutland, Bob Stuart

## Monthly Ministry, Committee, and Talent Team Meetings

Please contact the committee/ministry team leader directly to confirm the status of each meeting regarding the continuation of online-only teleconferences or in-person meetings.

*All meetings are subject to change at the discretion of each committee/ministry team, as needed.*

Deacons - 1st Tuesday; 4:30pm

Discipleship - 1st Tuesday; 1pm

Fellowship - 2nd Tuesday; 11:30am

Finance & Policy - 1st Thursday; 3pm

Heritage - 4th Thursday; 10am

Hospitality - 1st Monday; 4pm

Missions - 2nd Tuesday; 2pm

Personnel - Tuesday prior to Trustees Mtg; 3:30pm

PW Coordinating Team Board - Last Wednesday, 1pm

Session - 3rd Thursday; 6:50pm

Trustees - Monday of the week prior to Session; 3pm

Worship & Music - 1st Thursday; 4pm

## Weekly Bible Studies and Prayer Opportunities

Dr. Tim

Tuesdays at 10:30am  
via LiveStream or Facebook

[Click here to join](#)

Pastor Michael

Tuesdays at 7:30pm via Zoom

[Click here to join](#)

Devotional & Prayer

with Dr. Fred Foy

Fridays at 10:00am via Zoom

[Click here to join](#)



# First Presbyterian Church of Vero Beach

520 Royal Palm Boulevard  
Vero Beach, FL 32960  
(772) 562-9088  
<http://www.FirstPresVero.org>  
Rev. Dr. G. Timothy Womack, Senior Pastor  
Rev. C. Michael York, Associate Pastor



## Sunday Services

8:30am, 10:00am, and 11:15am

The first Sunday of every month is Communion Sunday. If you would like one of our fellowship cups, please call the church office, and we will see that one gets delivered to you. In addition, you may also procure your own elements.

Each week, as you are able, continue to bring food items to support the work of our Mission Talent Committee. We will make sure that these food offerings go to those in need in our community.

We continue to offer both Livestream and in-person services. For those of you who do not feel comfortable attending an in-person service in the sanctuary, we honor your decision, and we look forward to having all of you attend worship via Livestream on the church website or our Facebook page.

## **March Scriptures and Sermons**

To hear the latest sermon over the phone, call (772) 206-3548

### March 7, 2021

*Rev. Dr. G. Timothy Womack, Senior Pastor*  
John 2:13-22  
Living in Christ: "Authentic in Christ"

### March 21, 2021

*Rev. Dr. G. Timothy Womack, Senior Pastor*  
John 12:20-33  
Living in Christ: "Death in Christ"

### March 14, 2021

*Rev. C. Michael York, Associate Pastor*  
John 3:14-21  
Living in Christ: "Life in Christ"

### March 28, 2021 - Palm Sunday

*Rev. Dr. G. Timothy Womack, Senior Pastor*  
John 12:2-16  
Living in Christ: "Triumphant in Christ"

## **"For God Loves a Cheerful Giver"**

Our in-person offertory procedures have changed, and we wanted you to know that your offering can also be accepted via mail or in person via the secure dropbox just outside of the church office door.

*Did you know that you can also give an offering online?*

[Click here to be directed to our secure portal.](#)

Or, use your smartphone for easy mobile giving!

Text "Firstpresvero" to 73256 and follow the prompts!

