# February 5, 2018 | Bi-Weekly Newsletter of Covenant Presbyterian Church

#### MARK YOUR CALENDAR

Monday Morning Bible Study Congrégational Care Team **Facilities** Team Worship Team TOW - Together on Wednesday 7\_9 Novels & Needles Book Club 2-11 **YOUth Sunday** Outreach Team Open Gvm High School Coffeehouse Monday Morning Bible Study Christian Education Team 2-13 PW Executive Board **PW Circle Meeting** Stewardship & Finance Team 7\_14 TOW - Together on Wednesday Taize Service 2-17 **CPR** Training 2-18 STATED SESSION MEETING

## Connect with the Pastor . . .



n an oddity of the liturgical calendar this year Ash Wednesday coincides with Valentine's Day on February 14. While the origins of Valentine's Day are somewhat obscure (it is not clear which St.

Valentine is being honored by that day), it has been observed in Christian circles since 496 A.D. when Pope Gelasius I (yes, there was a Pope Gelasius II) recast a Roman fertility observance called Lupercalia as a Christian Feast Day. Since the 14<sup>th</sup> century

Valentine's Day has been associated with romance and love, apparently as the result of a noted poem by Chaucer. While the Roman Catholic Church has since removed it from the list of official feast days (primarily because there was no clarity as to



who St. Valentine was) Valentine's Day is still celebrated in many parts of the world, though not officially in the church. As you might expect, Ash Wednesday is also rooted in the church, being practiced since at least the 6<sup>th</sup> century. It marks the beginning of our 40 day journey through Lent to the cross and empty tomb. The mark of ashes is a sign of penitence (recall the biblical passages in which repentance is practiced with sackcloth and ashes) reminding us that we are sinful beings in need of God's

(Continued on page 3)

As we enter Lent hear the call of Jesus: "Repent, and believe the good news." – Mark 1:15





Connect with God

Periodically the Connection newsletter will be high-lighting how our members have "connected" with God.

We need your stories!

You don't need to wait until the newsletter deadline to submit an article.

Submissions can be made to covenantpcusastauton@gmail.com.

*Please indicate if we can use your name. Thanks!* 

## Blanket Sunday - February 18

It has been COLD and MISERABLE outside but

we are well equipped with coats, hats, scarves, mittens . . . and a roof over our heads with warmth from heaters of all sorts. That is US! We are so very blessed!

California has been hit by mudslides just after the devastating wildfires. Texas is repairing itself from Hurricane Sandy. Puerto Rico and the US Virgin Islands have been on the news with Hurricanes Maria and Irma . . . so much destruction.

Along with the Red Cross, one of the "First Responders" is Church World Ser-

vices which offers critical care to those in trauma situations . . . not only in our United States but all over the world. A blanket is crucial in time of need! It provides warmth, shelter and love to someone who has lost his/her home,

family, and everything that tallies a lifetime of effort.

The Presbyterian Women are once again asking for the congregation's support on Sunday, February 18 when



we will have a special offering for Church World Services for blankets and other life saving items!

Sunday, February 11 we will offer a "Minute for Mission" in both services to provide you with important information. Please join us in making a difference by lending a hand to our neighbors who are suffering. Your money and your prayers are needed.

Items for the next newsletter are due to Martha by **9:00am on Friday, February 16th**. Please email her at: covenantpcusastaunton@gmail.com

## Connect with the Pastor ... Cont'd

redeeming grace. Lent is a season for prayer, self-examination, and repentance and it begins with Ash Wednesday. Here at Covenant we will observe it with Taizé worship after TOW.

Which will you celebrate this year? Valentine's Day is certainly cheerier and sweeter as the plethora of candy and flower ads will attest, but Ash Wednesday is perhaps more necessary for us as sinful people. Perhaps we can celebrate both, remembering on Valentine's Day not only our love for one another, but also God's love for us, and remembering on Ash Wednesday the ways in which we have fallen short in our love for God and for one another. For ultimately, it is God's love for us and our love for God that makes this Lenten journey and Valentine's Day worth celebrating at all!

## And the winners are ...



The snow on Sunday, February 4th did not keep away those who were hungry for great chili, desserts and fellowship. Approximately eighty people braved the bad weather. There were nine chili and nine dessert entries.

Placing first were Kevin Griffith with his Firehouse Chorizo Chili and Sarah Brodie with her Juicy Lemon Cake. Other finishers were: Chili—Mike Fessier, 2nd place for venison chili and Mike Riddell, 3rd place for taco chili. Dessert—John Crawford, 2nd place for wine cake and Jean Wielage, 3rd place for lemon meringue pie. Dave Melvin presented the awards. The youth collected \$195 through the Souper Bowl of Caring collection to benefit the Valley Mission. Special thanks to organizer, Dave Melvin and volunteers, Debbie Melvin; Mike, Daniel and William Fessier; John Crawford; and Brandon Cline-Taskey.

Are you connected to the church in all

the ways you want to be?

Contact Martha Pierce to be added to Covenant Opt-In emails and the church directory. If you have changed any of your contact information in the past year (email, phone, address), please double check with Martha that she has your new information. She can be reached at: covenantpcusastaunton@gmail.com or 885-2138.

## **Coat Drive A Huge Success**

Our Christmas decorations are put away, the stores are selling Valentines, as well as St. Patrick's Day decorations and Easter candies, and our minds are turning toward planning summer vacations as we keep an eye out for that first crocus. But for some coming out of Middle River Regional Jail, they now have one less concern -- a warm coat and maybe a scarf to finish out the winter. That's one less thing for them to worry about as they try to start their lives off on the right track and hopefully make better choices in life that will lead them down a better road.

We at Covenant shared not only our good intentions, but also 153 coats and dozens of scarves in a space of three weeks! The donations that keep others' bodies warm, can make your heart warm knowing you have helped local individuals in need.

The folks at Middle River Regional Jail who work in Re-Entry, have been very grateful for your generosity and they send their heartfelt thanks.

It has been my pleasure to see the outpouring of helpfulness and sharing, and it makes me feel blessed that my family and I are members of Covenant and part of community that looks out for its fellow man.

Laura Stahl

From the desk of John Lilly, Program Director, Middle River Regional Jail:

Thank you to everyone from Covenant Presbyterian Church who participated in the coat drive to help Middle River Regional Jail provide coats to inmates released recently during the cold weather.

It is not uncommon for people to be arrested during warm weather months but then to be released during cold weather months. Unfortunately, many of them do not have warm clothes to wear when they are released. Fortunately, there are people like vou who have seen this need and have been willing to help. Because of your generosity, we have been able to provide a warm coat to all of the people being released who needed one.

Thank you for your generosity and assistance in this much needed area. It is greatly appreciated.



SAVE THE DATE

Sunday, March 4, 4:00-6:00pm Skating at Funky's

Thursday, March 29, 7:00pm Maundy Thursday Service

Sunday, April 1, 8:30am and 10:30am Easter Worship Services



The Outreach Team reminds you "PEANUT BUTTER SUNDAY" is the first Sunday of every month! Please bring a jar of peanut butter.



**February 8—Coffee with the Curator** at the Woodrow Wilson Library and Research Center. The discussion for will be *American Impressionist: Art of Ellen Axson Wilson*. Join Curator Andrew Phillips for coffee and stimulating discussion at 10:30 am.

**February 9—VMI Cadet Parade @ 4:30pm.** Watch as the entire Virginia Military Institute Corps of Cadets march in full formation. It's an impressive sight and one you can't miss when in Lexington. The Virginia Military Institute Corps of Cadets march through Jackson Arch onto the Parade Ground in full dress uniform to the sound of fifes and drums and the Regimental Band.

**February 10—Very Valentine Celebration & Tea** from 2:00-4:00pm at the Woodrow Wilson Presidential Library and Museum. For children ages 6-11. Cost is \$20 per child. Reservations required. There will be a storyteller, crafts, and a museum scavenger hunt. The event will conclude with a delicious afternoon tea. For more information, please contact Susan Laser at (540) 885-0897 ext. 110.

**February 10—An Evening of Jazz with Nadine Chase.** Nadine and her ensemble will be filling the air with the relaxing tunes from 5:00-7:00pm. No charge and kid friendly. Nu-Beginning Farm, 221 N. Lewis Street, Staunton.

**February 12—Knitting (Not Just) by the Book.** Knitters and crocheters of all skill levels bring projects and enjoy good company. 7:00-8:30pm, Staunton Public Library

**February 18—Carl Broman Series presents Gail Archer**, organist as she plays a mixed program of Baroque music, American women composers, and Russian pieces from her new CD, A Russian Journey, including Mussorgsky's Night on Bald Mountain. A reception will follow in McCracken Hall. Trinity Episcopal Church at 5:00pm. Free to the public.

March 2—First Fridays Downtown (Harrisonburg). Stroll the streets of downtown Harrisonburg and enjoy extended hours at many shops while viewing art and enjoying performances by local artists, musicians, and more. 5:00-8:00pm

**March 6—Brad Parks Book Launch and Friends of the Library Fundraiser.** You're invited to Launch of CLOSER THAN YOU KNOW, the new thriller by award-winning author Brad Parks. 7:00 pm at Bedlam Brewing, VA. Brad will be discussing his new thriller novel (set right here in Staunton), doing a reading, and signing books. Signed copies will cost \$20 each at the night of the event, with **proceeds going to support the Friends of the Staunton Library**. Please contact the Library to find out how to guarantee your copy!

March 7—First Wednesday Square Dance. Square dance with caller Hannah Johnson and live string band! No experience or partner necessary! Beginners welcome, music will be fast and fun! \$10 Tickets on sale online (https://squareup.com/store/the-kettle) and at the door (The Kettle, 19 W. Beverley St). LIMITED SPACE!

VARIOUS DATES—Monday Movie Classics at the Wayne Theatre, 7:00pm, pay what you will.

- Feb. 12 The War of the Worlds (1953) Gene Barry, Ann Robinson
- Feb. 19 The Last Picture Show (1971) Timothy Bottoms, Jeff Bridges
- Feb. 26 Singin' in the Rain (1952) Gene Kelly, Debbie Reynolds
- March 5 The Searchers (1956) John Wayne

## Sunday, February 25 3:00 pm Wayne Theatre in Waynesboro

On the run from her mobster ex-boyfriend, singer Deloris Van Cartier goes into witness protection in a struggling convent, where her gift for music and knack for trouble shake up her newfound sisters. Sister Act is a feel-good musical comedy smash that has audiences jumping to their feet! This uplifting musical was nominated for five Tony awards, including Best Musical.

The Fellowship Team has reserved a block of tickets for \$20 per ticket. If you wish to attend, please contact Melissa Druff at 540-448-1948 or druffm@comcast.net by 5:00pm on Tuesday, February 20th. We love because God first loved US. 1 John 4:19

Happy

Valentine's

Day

from the

staff of

Covenant

Presbyterian

## WORSHIP SERVICES SONG - WORD - SILENCE - PRAYER Wednesdays, February 14 - March 28 7:00pm in the Sanctuary

## Help By Serving on a Task Force

At its retreat in January, the Session identified our next step forward in addressing the impact of poverty on children. Input from the congregational surveys indicated a clear desire for building relationships and being actively involved, though there was no consensus on exactly what we should to. To help us in that effort, two task forces are being formed to provide specific proposals for action:

#### Food Insecurity and Health Concerns Education and Mentoring

If you are interested in serving on either of these task forces, please contact Martha Pierce, Jane Wimmer, or John Peterson. We are hopeful that from these task forces will come opportunities for many of us to be involved in making a difference for our young neighbors in the months and years ahead.



#### Calling all senior high youth!

Do you love to stay up late, meet new friends, serve others, and have a blast? The Shenandoah Presbytery Youth Council Extraordinaire (SPYCE) invites you to join them at their

#### 3rd Annual Massanetta Lock-In.

February 23rd will be an unforgettable night of laughter, service that will gain you volunteer hours for school, joy, and fun surprises. Maybe even a little sleep! Meet at the church at 8:00pm on Friday night so we can go as a group. Concludes at 10am Saturday morning so you can enjoy the rest of your weekend. RSVP to Laura Lawson by Wednesday, February 21st. Bring your friends - ALL are welcome!

## Lost Item

If anyone mistakenly picked up a man's camel -hair overcoat from the coat rack beside the sanctuary during Advent, please contact Sally Ludwig.

## Can You Find?

Be the first person to contact Martha at the church office on Friday, February 9th and let her know you've found the hidden red question mark.

> Look closely.... It will be very small.

The winner will be acknowledged in the next newsletter.

## Read the Bible in a Year

#### FEBRUARY

| 01       | Ex. 25-26              | Ps. 14   | Matt. 23 |
|----------|------------------------|----------|----------|
| □2       | Ex. 27-28              | Prov. 14 | Matt. 24 |
| □3       | Ex. 29-30              | Ps, 15   | Matt. 25 |
| $\Box 4$ | Ex. 31-32              | Prov. 15 | Matt. 26 |
|          | Reflect on God as Lord | d of All |          |
|          | Ex. 33-34              | Ps. 16   | Matt. 27 |
|          | Ex. 35-36              | Prov. 16 | Matt. 28 |
| □8       | Ex. 37-38              | Ps. 17   | Mark 1   |
| □9       | Ex. 39-40              | Prov. 17 | Mark 2   |
| □ 10     | Lev. 1-3               | Ps. 18   | Mark 3-4 |
| □11      | Lev. 4-5               | Prov. 18 | Mark 5   |
| □12      | Reflect on God as Cou  | inselor  |          |
| □13      | Lev. 6-7               | Ps. 19   | Mark 6   |
| □ 14     | Lev. 8-10              | Prov. 19 | Mark 7   |
| □15      | Lev. 11-12             | Ps. 20   | Mark 8   |
| □16      | Lev. 13-15             | Prov. 20 | Mark 9   |
| □17      | Lev. 16-17             | Ps. 21   | Mark 10  |
| □18      | Lev. 18-20             | Prov. 21 | Mark 11  |
| □ 19     | Reflect on God as Fait | thful    |          |
| □ 20     | Lev, 21-22             | Ps. 22   | Mark 12  |
| □21      | Lev. 23-25             | Prov. 22 | Mark 13  |
| □ 22     | Lev. 26-27             | Ps. 23   | Mark 14  |
| □ 23     | Num. 1-3               | Prov. 23 | Mark 15  |
| □ 24     | Num. 4-6               | Ps. 24   | Mark 16  |
| □ 25     | Num. 7-9               | Prov. 24 | Luke 1   |
| 26       | Reflect on God as Aut  | hor      |          |
| □ 27     | Num. 10-12             | Ps. 25   | Luke 2   |
| □ 28     | Num. 13-15             | Prov. 25 | Luke 3   |
|          |                        |          |          |

This information will be updated monthly for those wishing to read the entire Bible during 2018.

## Monday Morning Bible Study



Please join us for the Bible study on Monday mornings at 10:30am in the Conference Room (near the church offices). This study, led by John Peterson, looks at the text for the next Sunday's sermon. Come and dive a little deeper into the text, share your insights, and get a head start on the next sermon. All are welcome!



ALL, GOD'S CREATION IS VERY GOOD! CHURCH WOMEN UNITED "World Day of Prayer" Friday, March 2, 2018 Augusta Street United Methodist Church 325 North Augusta Street, Staunton, VA EVERYONE IS INVITED! Registration and refreshments at 9:30am Program begins at 10:00am Please join the Church Women United of Staunton as we celebrate with women around the world the program and prayers composed by our sisters across the sea.

## Help Keep the Church Clean

Recognizing that many folks are now taking beverages (water, coffee, tea) with them into the sanctuary during worship, Session is asking for your help in saving the carpet from stains and keeping our sanctuary clean. Please use a container with a lid to protect against spills (lids for paper coffee cups are now available in the breezeway) and remember to take your container with you after worship (along with any tissues, candy wrappers, or other miscellaneous items that may have been stuffed in a pew rack). The Facilities Team and church mice who so generously give of their time to tidy up the sanctuary each week will be most grateful!

## **Connect with Others**

## Presbyterian Women

Tuesday, February 13 at 10:00am we will meet in the Breezeway living room. Our lesson "In Community with the Reality of the Present" will include discussion of both the beautiful and tragic aspects of Jesus' life and our lives. Bobbye D'Orsi and Carolyn Suffern are hostesses. Everyone is welcome, so come and enjoy the fellowship. Executive Team will meet at 9:30am in the breezeway.

Ladies, remember to bring cookies, candies or thank you cards for our local first responders. These will be delivered with appreciation following our meeting on February 13.

## Novels & Needles Book Club

Novels & Needles Book Club will meet at 10:00 a.m. in the breezeway on Friday, February 9th. **The Purple Hibiscus** by Chimimanda Ngozi Adichie will be the book discussed. Bring your thoughts,

All are invited!

ng! Novels & Needles Book Group

## NAACP Prayer Breakfast

You are invited to attend the NAACP Prayer Breakfast on February 10 at 9 am at St. Paul's Methodist Church. The speaker is Dr. John W. Kinney of Virginia Union University. Inclement weather date is February 17. Tickets are \$25. Contact Peggy Roberson at 540-885-0270 if you want her to save one or more for you.

## Nursing Nook with Kathy Henderson, RN

Looking for a way to celebrate National Heart Month? Come to church!

For several decades, medical researchers have been studying the connection between spiritual/religious habits and cardiovascular health.



A 2014 review of 10 long-term studies addressing the relationship between heart health and spiritual/religious practices concluded that "Spirituality/Religiosity is very important for the cardiovascular system."

More specifically, Harvard's "Nurse's Health Study" – a 20-year long study of more than 74,000 women — found that those who attended church once a week were 27 percent less likely to suffer fatal cardiovascular events than those who did not.

Although researchers can't yet pinpoint the "whys" of this, they can point to several physical outcomes:

- Prayer and meditation slow the heart and soothe the nervous system.
- Being part of a church community fosters optimism and healthy lifestyles.

My favorite "explanation," comes from cardiologist Dr. Mimi Guarneri, integrative medicine pioneer . . . *Listening to* our hearts, she says, can help them heal.

"When we pray, we talk to God. But it is equally important to get quiet and listen to God's guidance . . . the answer will come."

If you'd like to read more, please come by my office. I have copies of several studies.

| uns   | Mon  | Tue  | Wed  | Thu   | Fri   | Sat |
|---|--|--|--|---|---|-----|
|   |  |  |  | 1<br>9:00am Verona<br>9:00am Verona<br>5:45pm Bell Choir<br>7:00pm Covenant Choir | 2<br>NEWSLETTER<br>DEADLINE   | 3   |
| <ol> <li>COMMUNION SUNDAY<br/>PEANUT BUTTER SUNDAY<br/>PEANUT BUTTER SUNDAY<br/>PRESBY TERIAN COFFEE PROJECT<br/>8:30am Blended Worship<br/>9:10am Alpha Choir Practice<br/>9:30am Sunday School<br/>10:30am Traditional Worship<br/>10:30am Callowed by Fellowship<br/>11:30am Chill COOK-OFF/DESSERT<br/>11:30am Chill COOK-OFF/DESSERT<br/>11:30am Choir Practice<br/>12:00pm Confirmation Class<br/>12:00pm Fellowship Team<br/>6:30pm YOUth Group</li> </ol> | 5<br>10:30am Bible Study<br>5:30pm Congregation-<br>7:00pm Facilities<br>7:15pm Worship Team<br>Covenant Connection<br>Published | ω  | <b>6</b> :00pm TOW   | <b>8</b><br>9:00am Verona<br>5:45pm Bell Choir<br>7:00pm Covenant Choir           | <b>9</b><br>10:00am<br>Novels & Needles<br>Book Club<br>12:30pm<br>Preschool Monthly<br>Staff Meeting | 10  |
| <ol> <li>Youth Sunday</li> <li>8:30am Blended Worship</li> <li>9:10am Alpha Choir Practice</li> <li>9:30am Sunday School</li> <li>10:30am Traditional Worship</li> <li>10:30am Traditional Worship</li> <li>11:30am Ornega Choir Practice</li> <li>11:30am Ornega Choir Practice</li> <li>12:00pm Open Gym</li> <li>6:00pm High School Coffeehouse</li> </ol>   | 12<br>10:30am Bible Study<br>7:00pm Christian<br>Education Team  | Jam P.W.<br>Executive Board<br>Doam P.W. Circle<br>Meeting<br>Dpm Preschool<br>Team<br>Spm Stewardship<br>& Finance Team | <b>SDAY</b><br>vice  | E _   | MSLETTER<br>ADLNE<br>Dam Confirma-<br>Class @ Tem-<br>House of Israel                                 |     |
| 18 PV Blanket Sunday<br>8:30am Blended Worship<br>9:10am Alpha Choir Practice<br>9:30am Sunday School<br>10:30am Traditional Worship<br>10:30am Chega Choir Practice<br>11:30am Conga Choir Practice<br>12:00pm Confirmation Class<br>7:00pm STATED SESSION MEETING   | <b>19</b><br>10:30am Bible Study<br>Covenant Connection<br>Published   |  | vice   | <b>22</b><br>9:00am Verona<br>5:45pm Bell Choir<br>7:00pm Covenant Choir          | 23  | 24  |
| <ul> <li>25 4 CENTS A MEAL COLLECTION</li> <li>8:30am Blended Worship</li> <li>9:10am Alpha Choir Practice</li> <li>9:30am Sunday School</li> <li>10:30am Traditional Worship</li> <li>11:30am Ornega Choir Practice</li> <li>11:30am Ornega Choir Practice</li> <li>3:00pm Open Gym</li> <li>6:00pm High School Coffeehouse</li> </ul>   | <b>26</b><br>10:30am Bible Study   | 27   | <b>28</b><br>6:00pm TOW<br>7:00pm Taize<br>Worship Service |   |   |     |
|   | FEB  | EBRUARY 2018   | <b>RY 2</b>  | 018   |   |     |

## FAMILY & FRIENDS CARDIOPLUMONARY RESUSCITATION T R A I N I N G

Are you prepared if a family member or friend has a cardiac emergency? Learn what to do at the free Family & Friends CPR Training.

SATURDAY, FEBRUARY 17 9:00am to 12:00pm Fellowship Hall Childcare Available

Reservations are required. A sign-up sheet is posted on the Covenant Nurse's Office door. Or you can email: covenantnurse@gmail.com.

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**COVENANT PRESBYTERIAN CHURCH** 

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#### The Mission of Covenant Presbyterian Church is Striving to be Faithful Disciples of Christ: Worshiping with Joy, Growing in Faith, Serving in Love.

Covenant Connection is a publication of Covenant Presbyterian Church, 2001 N. Coalter Street, Staunton, VA 24401. The newsletter is published bi-weekly, to inform members and friends of church programs, news and events. The Connection newsletter is online at www.covenantpresstaunton.org.



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#### **RETURN SERVICE REQUESTED**

Striving to be Faithful Disciples of Christ: Worshiping with Joy, Growing in Faith, Serving in Love



## Let Us Know

## You're Coming to TOW!

In order to prepare the correct quantity of food, we are asking that you *RSVP by noon on Monday* before the TOW you will be attending. You may do this by:

- Signing the Friendship Register in the pew on Sunday
- Calling the church office at 885-2138

Vegetarian options will be available at all meals.

February 14 Lenten Soups

February 21 Lenten Soups

