

# Covenant Connection

February 4, 2019 | Bi-Weekly Newsletter of Covenant Presbyterian

## MARK YOUR CALENDAR

2-4

Monday Morning Bible Study  
Congregational Care Team  
Facilities Team  
Worship Team

2-6

TOW-Together on Wednesday  
Bible Study

2-7

Bell Choir Rehearsal  
Financial Peace University  
Covenant Choir Rehearsal

2-8

Novels & Needles Book Group

2-10

Blended Worship  
Alpha Choir Practice (K-3rd)  
Sunday School  
Traditional Worship  
Omega Choir Practice (4th-7th)  
Fellowship Team  
Outreach Team

2-11

Monday Morning Bible Study  
Community Nursing Steering  
Committee

2-12

PW Executive Team  
PW Circle Meeting  
Stewardship & Finance Team

2-13

TOW-Together on Wednesday  
Bible Study

2-14

Executive Team  
Bell Choir Rehearsal  
Financial Peace University  
Covenant Choir Rehearsal

2-15

Fired-Up Friday (2nd-8th graders)

## Connect with the Pastor ...

One of our Session goals for 2019 relates to increased participation from all of you in the life and ministry of the church. Each of us is blessed with particular gifts to be used in God's service; not all the gifts are the same which is a good thing because there are diverse needs to be met. Denying your gifts – the talents God has given you – is a rejection of God's call to you as a disciple of Jesus! In the words of one of my seminary professors: *Confess your weaknesses but profess your strengths*. Acknowledge the talents God has given you and offer them in God's service, for what seems eminently doable to you may seem impossible for someone else.



With that call in mind, there is a new opportunity for those of you who have gifts for visiting with others. Last spring we offered three sessions on visitation – including some memorable examples of how NOT to visit; now we have an opportunity for you to use those gifts in service to God and our congregation. Covenant's Visitation Ministry will be a ministry of presence – no great demands apart from sitting a spell to listen and talk with folks in our congregation who might enjoy such a visit from time to time. Visitors will be paired with folks so that there is an opportunity to get to know one another and identify shared interests and any needs or concerns that may arise. There will also be visitors who may be *on call* for a time to help Sarah and me with visits to folks

*Continued on Page 3*

## A Bible Verse to Think About Matthew 11:28

*"Come to me, all you who  
are weary and burdened,  
and I will give you rest."*

## Monday Morning Bible Study



Please join us for Bible study on Mondays at 10:30 AM in the Conference Room (near the church offices). We will look at the text for the next Sunday's sermon. Dive a little deeper into God's word, share your insights, and get a head start on the next sermon. All are welcome!

Items for the next newsletter are due to Martha by **9:00 AM on Friday, February 15th.**

Please email her at:  
[Covenantpcusastaunton@gmail.com](mailto:Covenantpcusastaunton@gmail.com)



*Please keep in your prayers:*

The family of Helen Homiak, a Covenant member since 1999, who passed away on January 22, 2019 at age 90, following an extended time of declining health.

## Condolences

## Congratulations -



To proud grandparents, Ruth Arnold and Lou Dolive, on the birth of a grandson, Sylvan Frederick, on January 21, 2019.

Parents are Meagan Alley and Will Dolive of Alexandria, Virginia.

## Preschool Registration is Open



Covenant Preschool has started registration for the 2019-2020 school year! As church members, you all are able to enroll a couple of weeks before registration opens to the public. If you would like to schedule a tour or have questions about the program, please email [covschool2@gmail.com](mailto:covschool2@gmail.com). Otherwise, the registration form can be found on the church website ([covenantpresstaunton.org](http://covenantpresstaunton.org)) under the school tab. In order to secure a spot, a completed form and the \$40 registration fee (for church members) can be dropped off in the church office. The public will be invited to enroll on February 11.

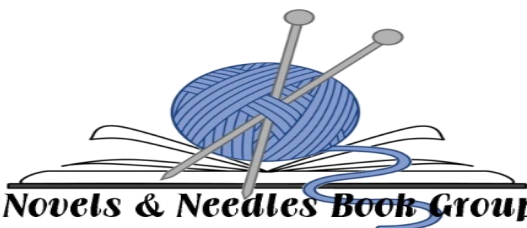
## Connect the Pastor ... *Cont'd*

in the hospital or at the time of death. This ministry is not intended to replace the work that Sarah and I do, but to expand and extend our ministry to folks in our congregation. There will be an organizing meeting on Sunday, February 24 immediately after worship for those who may be interested – no prior training is required! We need women and men, young and not-so-young all! Might this be God's call to you to share the gift of your presence and patient ear with others in our congregation?



♥ **HAPPY**  
*Valentine's*  
**DAY** ♥

*And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them.* — 1 John 4:16



### **Novels & Needles Book Group**

Novels & Needles Book Club will meet at 10:00 AM on Friday, February 8th in the church Breezeway. *Where the Crawdads Sing* by Dell Owens will be discussed.

Members are encouraged to bring their knitting or crocheting which could benefit the Covenant Prayer Shawl Ministry. Please join us!

## Presbyterian Women

### **PRESBYTERIAN WOMEN CIRCLE MEETING TUESDAY, FEBRUARY 12 @ 10:00 AM COVENANT BREEZEWAY**

"GOD WITH US THROUGH OUR TRIALS" will be led by Janet Guynn. Please come and learn how the scriptures tell us of GOD'S never ending LOVE and PRESENCE. Hostesses are Betty Huffman and Carol Poulson. Executive board meets at 9:30 AM in the breezeway.

### **BLANKET SUNDAY, FEBRUARY 17**

February, the month of Valentine's Day, is a perfect time for us to think of LOVE and SUPPORT for our neighbors throughout the U.S.A and the world. Presbyterian Women sponsor church wide Blanket Sunday on February 17th. Church World Services, which provides blankets and other life saving items to those who have experienced trauma, is one of the first responders along with the Red Cross. A BLANKET IS TRULY A GIFT OF LOVE WHEN ONE HAS LOST EVERYTHING.

Mary Ann Stripling will give a Moment For Mission during both worship services on February 10 to provide additional information. We will have a table in the breezeway devoted to Blanket Sunday. Check this out to see the blankets, an impact report, and more. God has blessed us with so much. Share your love by providing CWS blankets to those in need. LET'S BLANKET THE WORLD WITH LOVE.

They are also filled  
with **abundant**  
**joy**, which has  
overflowed in rich  
**generosity.**

2 Corinthians 8:2





# Nursing Nook with Kathy Henderson, RN



To mark the start of Heart Month, the American Heart Association last week issued yet another alarming “Heart Disease and Stroke Statistics” report that tells us heart disease (which includes stroke and hypertension) remains the number one cause of death in both the United States and the world. That’s about one death every 38 seconds.

Although Covenant is one of the more health-savvy groups I know, many of us have high blood pressure, carry too much weight, fail to exercise, are over 65, or are genetically predisposed to high cholesterol.

Following, a few suggestions to help beat the odds:

- ♦ Check out the “Heart Health Fair” on Wednesday, February 13th from 7:00 to 10:00 a.m. in Augusta Health’s Wellness Center Café. Walk-in screenings available include stroke and sleep assessment, pulmonary function tests,

checks to make sure carotid arteries are clear and *fasting* (no food or drink for 8 hours before test) glucose test for diabetes. For more information or to pre-register for cholesterol lipid panel test (\$10 charge), carotid artery screening and pulmonary function tests call Catherine Raines of AHC’s Community Health Department: 540-332-4190.

- ♦ If you take blood pressure medicine, *please* call your pharmacist to make sure it’s not among the several that have been recalled in recent months.
- ♦ Multiple studies indicate that strong faith and involvement in a religious community strengthen physical heart function.

More information is available in my office. Please drop in.

## 28 Days Towards a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#ourhearts  
are healthier together

### Day 1

Sport red today for National Wear Red Day.



### Day 2

Grab a friend and join the #OurHearts movement.

### Day 3

Make a heart healthy snack for the Big Game.



**Day 4**  
Squat it out. Do 1 minute of squats.

### Day 5

Visit [Smokefree.gov](http://Smokefree.gov) to take the first step in quitting smoking.



### Day 6

Make today a salt-free day. Use herbs for flavor instead of salt.



### Day 7:

Schedule your annual physical.



### Day 8

Calculate your body mass index (BMI).



### Day 9

Walk an extra 15 minutes today.



### Day 10

Aim for 30 minutes of physical activity today.



### Day 11

Plan your menu for the week with heart healthy recipes.



### Day 12

Share your favorite inspirational quote with *The Heart Truth*®.



### Day 13

Give the elevator a day off and take the stairs.

### Day 14

Protect your sweetheart’s heart: Plan a heart healthy date.



### Day 15

Swap the sweets for a piece of fruit for dessert.



### Day 16

Stress less. Practice mindful meditation for 10 minutes.

### Day 17

Head to bed with enough time to get a full 8 hours of sleep.



### Day 18

Add a stretch break to your calendar to increase your flexibility.



### Day 19

Give Meatless Monday a try.



### Day 20

Share a funny video or joke that makes you laugh.

### Day 21

Saturday Night Fever! Dance to your favorite song.



### Day 22

Call a relative and ask about your family health history.



### Day 23

March in place during commercial breaks to get your heart going.



### Day 24

Take out a tape measure and find out the size of your waist.

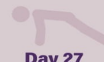
### Day 25

Phone a friend or neighbor and go for a walk.



### Day 26

Fill half of your lunch and dinner plates with vegetables.



### Day 27

See how many push-ups you can do in 1 minute.

### Day 28

Pay it forward and tell a friend about *The Heart Truth*®.





The Fellowship Team  
has reserved  
20 tickets for  
the March 3rd (Sunday)  
performance at  
3:00 PM.

Tickets:  
\$15 for adults,  
\$12 for seniors,  
and \$8 for children.

For tickets, contact  
Melissa Druff,  
540-448-1948 or  
druffm@comcast.net,  
by the end of day  
February 26th  
to reserve your seats.

## LOVE THYSELF, LOVE THINE NEIGHBOR CONFERENCE

Saturday, February 16th  
9:00 AM

Allen Chapel AME Church  
936 Sudbury Street, Staunton  
(registration and coffee  
social begin at 8:00 AM)

Cost is a \$10 donation,  
which includes lunch

Politics have you stressed?  
Diet and nutrition set you back?  
Feel overwhelmed by life?

Guest speakers include mental health  
professionals and a local politician  
who will provide some tips and  
information on ways we can love  
ourselves despite the odds.

Join us on Wednesday evenings at  
7:00 PM during February in the  
Fellowship Hall for a Bible study  
entitled,


**“WHO DO YOU SAY THAT I AM?”**

Savior, Son of God, Messiah, Lord.  
What do these titles mean?

Using different creeds and scripture,  
we will examine four “titles” of Jesus,  
what they meant in Jesus’ time,  
and what it means when  
we use them today.

Led by: John Peterson & Sarah Wolf



<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	<b>4</b> 10:30 AM Morning Bible Study 5:30 PM Congregational Care Team 7:00 PM Facilities Team 7:15 PM Worship Team Covenant Connection Published	<b>5</b>	<b>6</b> 6:00 PM TOW Together on Wednesday 7:00 PM Bible Study	<b>7</b> 9:00 AM Verona Food Party 5:45 PM Bell Choir 6:30 PM Financial Peace University 7:00 PM Covenant Choir	<b>8</b> 10:00 AM Novels & Needles Book Group	<b>9</b>
<b>10</b> College Mail Sunday Youth Sunday 8:30 AM Blended Worship 9:10 AM Alpha Choir (K-3rd) 9:30 AM Sunday School 10:30 AM Traditional Worship 11:30 AM Omega Choir (4th-7th) 11:45 AM Fellowship Team 11:45 AM Outreach Team	<b>11</b> 10:30 AM Morning Bible Study 5:00 PM Covenant Community Nurturing Steering Committee	<b>12</b> 9:30 AM PW Executive Board 10:00 AM PW Circle Meeting 7:15 PM Stewardship & Finance Team	<b>13</b> 6:00 PM TOW Together on Wednesday 7:00 PM Bible Study	<b>14</b> 8:30 AM Executive Team 9:00 AM Verona Food Party 5:45 PM Bell Choir 6:30 PM Financial Peace University 7:00 PM Covenant Choir	<b>15</b> 9:00 AM Items due for Newsletter 5:45 PM Fired-Up Friday (2nd-8th graders)	<b>16</b>
<b>17</b> Blanket Sunday 8:30 AM Blended Worship 9:10 AM Alpha Choir (K-3rd) 9:30 AM Sunday School 10:30 AM Traditional Worship 11:30 AM Omega Choir (4th-7th) 6:00 PM Wrestling Through Faith (Youth)	<b>18</b> 10:30 AM Morning Bible Study Covenant Connection Published	<b>19</b>	<b>20</b> 6:00 PM TOW Together on Wednesday 7:00 PM Bible Study	<b>21</b> 9:00 AM Verona Food Party 5:45 PM Bell Choir 6:30 PM Financial Peace University 7:00 PM Covenant Choir	<b>22</b>	<b>23</b>
<b>24</b> 4 Cents a Meal 8:30 AM Blended Worship 9:10 AM Alpha Choir (K-3rd) 9:30 AM Sunday School 10:30 AM Traditional Worship 11:30 AM Omega Choir (4th-7th) 11:45 AM Visitation Orientation 6:00 PM Wrestling Through Faith (Youth) Faith (Youth) 7:00 PM STATED SESSION MEETING	<b>25</b> 10:30 AM Morning Bible Study	<b>26</b>	<b>27</b> 6:00 PM TOW Together on Wednesday 7:00 PM Bible Study	<b>28</b> 9:00 AM Verona Food Party 5:45 PM Bell Choir 6:30 PM Financial Peace University 7:00 PM Covenant Choir	<b>Mar 1</b> 9:00 AM Items due for Newsletter	<b>2</b>

# FEBRUARY 2019

**Women Together in Community  
Women's Retreat  
April 6, 2019 - 9 AM to 4 PM  
Massanetta Springs Conference  
Center**

Register for the conference at:  
[womenincommunity.weebly.com](http://womenincommunity.weebly.com)

Childcare is FREE! Register now to  
reserve a space for your child.

We're young. We're middle age. We're old.  
We're mothers. We're daughters. We're single.  
We have families. We are women of faith.  
We are engaged with the world. We build and  
live community. Join us for the 2019 Conference  
at beautiful Massanetta Springs, near  
Harrisonburg, Virginia, on April 6, from 9 AM  
to 4 PM. Cost for the conference, including  
lunch, is \$40.00.

This year's theme is Women Together in  
Community led by Rev. Sally Robinson. We  
will be discussing two books: **The Red Tent** by  
Anita Diamant and **Text Me When You Get  
Home** by Kayleen Schaefer.

# What's Happening In the Community

**February 14 — Coffee with the Curator, 10:30 AM to 11:30 AM, Woodrow Wilson Library & Research Center.** Join our Curator Andrew Phillips monthly for coffee and stimulating discussion of American Uniforms of World War I- Discover the attire worn by American servicemen in the trenches of Europe.



**February 16 — Motown: 50's and 60's Valentine Sock Hop, 7:00 PM to 9:30 PM.** Celebrate some of the greatest music in the throwback setting of **Booker T. Washington Community Center Gym**. This dance will have a DJ spinning all the greatest hits from Motown and the 50's and 60's era music. Come enjoy an evening of dancing, socializing, and reminiscing. Dress to impress and have a great night in one of Staunton's hidden gems. Light snacks and drinks will be provided. Tickets will be sold in advance for \$5 each with limited table seating available. Call the Recreation Office at 540-332-3945. Tickets will be available at the door for \$7. Free valet parking will be offered for all guests.

**February 23 — 8th Annual Mad Anthony Mud Run, 9:00 AM, Coyner Springs Park, Waynesboro.** A battle awaits you as we pay homage to our City's namesake, General "Mad" Anthony Wayne, with the 8th Annual Mad Anthony Mud Run! Our first seven years have brought temperatures ranging from 9 degrees to 60 degrees. Are you ready for the challenge Mother Nature throws at you? **Registration:** February 7 until February 20 — \$60/Package Pickup (Home Depot) and Race Day (Coyner Springs Park) registration available for \$65. NO TEAM ADDITIONS OR ONLINE REGISTRATION AVAILABLE AFTER WEDNESDAY, FEBRUARY 20TH.

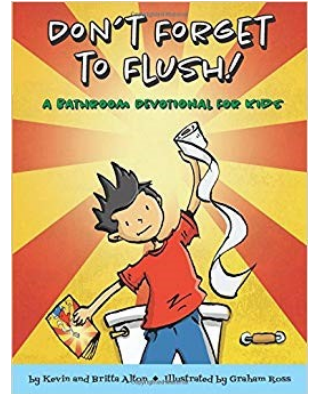


New in our  
Children's  
Library

## Don't Forget to Flush!: A Bathroom Devotional for Kid

Written by Kevin & Britta Alton

Illustrated by Graham Ross



“‘Martin Luther read the bible in the privy’ . . . so why not preteens.”\* Don't Forget to Flush is the Diary of a Wimpy Kid of devotionals. It is written from the perspective of a “snarky” preteen boy, Eli. He shares 99 devotions to make kids think, laugh, and connect with God. “Don't Forget to Flush is a daily reminder that God is with us even in the crappiest of places.” \*

\* Kenda Creasy Dean is an author and Professor of Youth, Church, and Culture at Princeton Theological Seminary



**WHO:** 2nd-8th Grade (w/ High School Leadership) \*\*bring friends\*\*

**WHAT:** Games, Bible Lesson & Service Project

**WHEN:** Friday, February 15th, 6:00-8:00 PM  
(check-in starts at 5:45)

**WHERE:** At the Church

**COST:** \$5 per family

### Let us know you plan to come!

This ministry, occurring on the third Fridays of the month, is for our children to get a chance to bring some friends to church, have some fun, and serve together! The Middle School students will be separate from the Elementary School students, so it won't feel like the older kids are too old or the younger kids are too young. It's like youth group fun, for all ages (well, for 2nd-8th graders). We also need High School students to help lead the groups. Email Laura Lawson with questions or to RSVP at [lauramayfieldlawson@gmail.com](mailto:lauramayfieldlawson@gmail.com)

## Words of Thanks

### From Judy Sorrell:

Many, many thanks to our Covenant family for your care and concern during my recent illness. The cards, notes, calls, plants, food and especially your thoughts and prayers meant so much to me and Paul. I have enjoyed the prayer shawl and Joan's (Sayers) visit. Having John and Sarah check on us was also very special. We are truly blessed. With love, Judy

### From Earl & Jessie Reeves:

The family of Earl Reeves greatly appreciated the prayers, cards, and expressions of sympathy expressed by our wonderful Covenant family at the death of his sister, Everly Byerly. We were blessed by your concern and love.





# Boys & Girls Club Reading Buddies

## TRAINING SESSION

Wednesday, February 6th  
5:00 - 6:00 PM

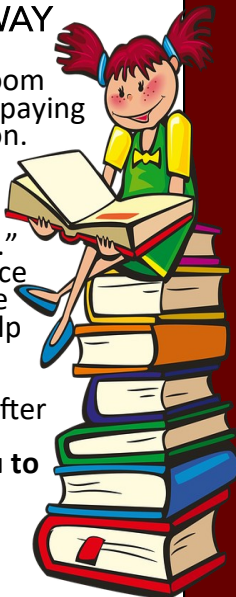
### COVENANT'S BREEZEWAY

Research shows that a failure to master reading early in life can doom a child to a life of temporary, low paying and unfulfilling jobs, or even prison.

According to the Department of Justice, "the link between academic failure, violence, and crime is welded to reading failure." Covenant's Joint Poverty Task Force invites you to help break this cycle in Staunton by volunteering to help children with their reading and other homework at the Booker T. Washington Boys and Girls Club After School Program.

**This one-time training allows you to show up any afternoon, whether scheduled or spontaneous and work one on one with a child.**

Help as often or as little as you would like.



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02-21-2014

SERIOUSLY, DAVID ... WHY DO YOU  
ALWAYS HAVE TO BE HARPING ON ME

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## COVENANT PRESBYTERIAN CHURCH

2001 N. Coalter Street, Staunton, VA 24401

[www.covenantpresstaunton.org](http://www.covenantpresstaunton.org)

Office 540-885-2138 = Fax 540-885-4399

Office hours: Monday-Thursday 8:15AM-3:15PM,  
Friday 8:15AM-12:15PM



### MINISTERIAL & PROGRAM STAFF

**John C. Peterson**

*Pastor*

**Sarah Wolf**

*Associate Pastor*

**Laura Lawson**

*Director of Youth Ministries*

**Jeffrey Ryman**

*Minister of Music*

**Christopher Wszalek**

*Organist*

**Lou Dolive**

*Handbell Director*

**Joan Swift**

*Director of Children's Music*

**Mitzi White**

*Developmental Preschool Director*

**Martha Pierce**

*Administrative Assistant*

**Paul Sorrell**

*Treasurer*

**Kathy Henderson**

*Covenant Nurse*

**Cleo Holly**

*Custodian*

***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.

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](http://www.covenantpresstaunton.org).



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

**We're on the web!**  
[covenantpresstaunton.org](http://covenantpresstaunton.org)

# Let Us Know

## You're Coming to TOW!

In order to prepare the correct quantity of food, we ask that you **RSVP by 12:00 PM (noon) on the Monday prior to 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

**February 6 @ 6:00 PM**  
**Beef and Vegetarian Goulash,  
Salad and Bread**

**February 13 @ 6:00 PM**  
**Roast Pork, Potatoes,  
Seasonal Vegetables, Salad**

**Join us after TOW at 7:00 PM  
for our February Bible Study entitled  
"Who Do You Say That I Am?"**

*Vegetarian options are  
available at all meals.*

**TOGETHER ON**  
**TOW**  
**WEDNESDAY**