

Covenant Connection

September 16, 2019 | Bi-Weekly Newsletter of Covenant Presbyterian

MARK YOUR CALENDAR

9-16

Monday Morning Bible Study

9-19

Bell Choir Practice
Covenant Choir Practice

9-22

Blended Worship
Alpha Choir Practice (K-3rd grade)
Sunday School
Traditional Worship
Omega Choir (4th-7th grade)
Children in Poverty Task Force
YOUTH Group

9-26

Bell Choir Practice
Covenant Choir Practice

9-29

4 Cents a Meal
Blended Worship
Alpha Choir Practice (K-3rd grade)
Sunday School
Traditional Worship
Omega Choir (4th-7th grade)
Fifth Sunday Event

9-30

Monday Morning Bible Study

10-2

TOW - Together on Wednesday
Bible Study on Creation

10-3

Bell Choir
Covenant Choir

Connect with our Associate Pastor ...

I once heard that 33% of ministers will leave ministry altogether within their first 5 years of ordained ministry. That's not a great statistic. The PCUSA, in an attempt to combat these numbers has partnered with the Episcopal Church to offer CREDO (Clergy Reflection, Education, Discernment Opportunity) for ministers who are in their first 5 years of ordained ministry. Newly ordained clergy are invited to spend a week at a retreat center, engaging in reflection and discernment.



On Tuesday, I will head to Florida to spend a week with 15 other newly-ordained clergy. We will spend our week checking in with each other, meeting with experts in financial planning, spiritual health, physical health, and professional discernment. At the end of the week, we will be sent back to our own respective contexts with goals to work on for the next year. We'll meet again next September to see how we've done, to see what we've celebrated in the past year, and to see what we're struggling with.

I am looking forward to this time away, to recharge and reflect on my past year in ministry. I look forward to sharing all of the wonderful things that are going on at Covenant with ministers from all over the United States. I am grateful that the PCUSA has recognized that this is an important ministry of our Church. I am grateful that our denomination has created space for us newly-ordained clergy.

Continued on Page 3

A Bible Verse to Think About Matthew 6:26-27 (NIV)

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?

Monday Morning Bible Study



Join us for Bible study each Monday at 10:30AM 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, September 27th.

Please email her at: covenantpcusastaunton@gmail.com



NURSERY WORKERS NEEDED

The Nursery Team is looking for adults and families who would enjoy playing with our youngest members during the 10:30 AM service. Volunteers are needed the first Sunday of the month. If you would like to come join the fun, please contact Susie Oberg at 885-6832.



Thank You

To Our Covenant Family:
Our heartfelt thanks for the many acts of kindness you have shown to our family over the last several weeks. The cards, food, calls, notes, flowers, and especially the love and support have been a strong reminder of how blessed we are by the people at Covenant. The service by John and Sarah, coupled with Seth's music, had my mom smiling down on us!

Much love, Judy & Paul Sorrell

Connect with our Associate Pastor (cont'd)

But I wonder do you, dear Covenant members, have space in your lives to reflect and recharge? While we may not all be in professions that make intentional spaces for these activities, time away is important to recharge. Even God needed rest on the last day of creation! As our lives ramp up for another year of school and work commitments, I encourage you to intentionally set some time aside to reflect on the blessings in our lives as well as the areas in which God is prompting us to change. And may we all breathe in deeply God's peace.

Peace,



To read more about this conference, check out <https://pres-outlook.org/2007/01/a-rock-in-the-pocket/>

Your Help is Needed

DONATE TODAY



The **Children in Poverty Task Force** is busy planning its October First Fridays program and could use the following items:

- Paint brushes (of various sizes)
- Old shirts (that will be made into painting smocks)
- Leftover exterior paint (especially bright colors)
- Newspapers (to line the tables)
- Plastic containers (i.e. rinsed food containers from 16-32 ounces in size)

Drop your donation in the designated box located in the Breezeway through the month of September.

Presbyterian Women

The new executive board for Presbyterian Women was installed by Sarah Wolf at our Thank Offering Luncheon on September 10th. New officers are: Carolyn Hensley – Moderator, Frances Craig – Co-Moderator, Sue Morley – Secretary, Dee Norris – Treasurer, Mary Ann Stripling – Circle Co-Chair, and Kathleen Wilkers – Circle Co-Chair.



Frances Craig & Carolyn Hensley



Dee Norris & Sue Morley



Mary Ann Stripling & Kathleen Wilkers

Our Bible study for this year is "Love Carved in Stone," and is a fresh look at the Ten Commandments. Please join us in the breezeway at 10:00AM every second Tuesday of the month to learn more about God, Moses, and the Israelites' wilderness wandering. Save the date for our next meeting on October 8th!

Nursing Nook with Kathy Henderson, RN



Common wisdom: Eating clean is good for Mother Earth and her children. Common knowledge: Eating clean is expensive. For those of us trying to keep families, budgets and planet healthy, this is a dilemma. Almost 70 percent of all non-organic produce sold in the U.S. contains pesticide residue, the Environmental Working Group (EWG) tells us. EWG, a well-respected watchdog group, annually analyzes USDA test data to create “Shopper’s Guide to Pesticide in Produce, ”including “ Dirty Dozen ”and “ Clean 15 lists of produce.

Our filthiest non-organic food? **Strawberries**, with **spinach** close behind. This year’s surprise entry: “**superfood**” **kale**, with 92 percent of all samples carrying at least two pesticides and almost 60 percent testing positive for Dacthal, a suspected carcinogen long banned in Europe.

Also included in the “Dirty Dozen: **Nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery and potatoes**. The research is extensive, the news disheartening, but there are “**clean foods**” that seem to carry little pesticide residue. They are: **Avocados, sweet corn, pineapple, cabbages, onions, sweet peas, papaya, asparagus, mangoes, eggplants, kiwis, cantaloupe, cauliflower and broccoli**.

To clean non-organic produce: Wash thoroughly under *running* water; scrubbing with a soft brush, peeling skins where possible. Do not wash produce until ready to use. A new one to me: 1 tablespoon baking soda mixed into a gallon of water, used to soak certain produce like apples. (I tried it on cucumbers and couldn’t taste the soda.)

Best advice I found after trawling the internet: Eat organic (wash first!) when possible and affordable, but don’t panic if you’re using non-organic.

Check the following websites for clear, concise information about pesticides on and in our produce. They’re worth the time. www.npic.orst.edu (Oregon State University) www.ewg.org (Environmental Working Group)

Covenant Preschool Happenings



Your Covenant Preschool friends have started a new school year!! While we still have a few tears at drop off, we are starting to get into a routine. We are so blessed to have had several church members come in to be extra “Huggers” as we learn about saying goodbye to our special adults!

Our focus for September is “Amazing Us.” We are learning about ourselves, what we look like, and things that make us happy. We are making new friends and meeting new teachers. We have learned that we have cells in our body, and have enjoyed red and white blood cells in the sensory table (water beads and ping pong balls!)

We will explore the world of robots in October as well as welcome autumn. We are inviting parents to school for Parent’s Night and showing them some of the fun games, toys, and songs we enjoy at school. We will have our fall adjustment conferences in October, so parents have the opportunity to see how the children have adapted to school.

In November, we will learn about our community. We are going to have some exciting experiences as we learn about our neighborhood! We will also enjoy a whole school feast, and each class cooks a special treat to share.

If you have a special job or gift to share, at any time during the school year, please let us know as we love visitors! Thank you for all your love and support.

Blessings! Mitzi White, Preschool Director



Join us for the 2020 Baja Mission Trip

The 2020 Baja Mission Trip celebrates 20 years of the Shenandoah Presbytery's dedicated service to the people of Colonia Vicente Guerrero. The trip is slated for July 12 to 18, leaving from and returning to San Diego, California.

Are you interested in learning more or potentially going? Please email Robyn Sommerfield at robynsommerfield@gmail.com.



From Faith's Heart — Nigeria

According to UNICEF's 2018 annual country report on Nigeria, there are about 10.5 million children ages five to 14 years who are not in school. Many of these are young girls. Nigeria is consistently ranked with one of the highest gender inequality rates worldwide. In 2018, among 149 countries, Nigeria ranked 139 on the World Economic Forum's Gender Gap Index.

Girls across Nigeria are involved in various forms of apprenticeship and child labor. They have fewer educational opportunities, are at great risk for violence and abuse, and the trades they typically learn have less economic potential than their male counterparts.

Decapolis Community Development Centers will aim to offer young girls equal educational and earning potential opportunities. The skill sets they develop at our centers will also help to make more informed decisions concerning their own lives and help them create gainful employment opportunities within their own communities and off of the city streets. As we share the Gospel with them in practical ways, these young girls will learn their worth in Christ — the Defender of the defenseless.

August 2019



what's new?



New things are happening in the Youth Ministry this Fall.

The Sunday School hour at 9:30AM will give youth an opportunity to study God's word with two groups — one for 6th-9th graders and one for 10th-12th graders.

6TH-9TH GRADE CLASS (YOUTH ROOM)

The class will be using Rebecca Kirkpatrick's book, *100 Things Every Child Should Know Before Confirmation*, as a guide for lessons and discussions. Some questions to be discussed will be:

- ♦ What does it mean to be a peacemaker at school?
- ♦ How can we love those who intentionally hurt us?
- ♦ What will it be like when Jesus comes again?

Led by: Craig Whitacre, Tom & Vicky Bellamy, Darlene Schneck

10TH-12TH GRADE CLASS (LAURA LAWSON'S OFFICE)

Sometimes we have questions about our faith that we feel like we aren't allowed to ask — questions that don't always have one right answer. Students will meet to discuss tough questions in a judgement-free zone.

Led by: Laura Lawson

Youth are invited to come together every 3rd Sunday, from 4:30-6:30PM, for **OPEN TABLE**. Bonding happens in the kitchen and at the dinner table. Youth will prepare a meal, eat, and talk about faith and life.

Location: Great Hall Led by: Laura Lawson, James Harris

Middle and High School youth come together every 4th Sunday of the month from 6:00PM to 8:00PM for **YOUth Group**. . . games, snacks, and some Bible studying.

Location: YOUth Room Led by: Laura Lawson & Ma Druff



During Sunday School in September and October, the 2nd and 3rd grade class will be studying the different elements of worship in Worship 101. They will meet in the green room in the Preschool area. Then during the 10:30 worship service, they are encouraged to stay and see what they have learned in Sunday School and how it actually happens in the worship service.

Following the children's sermon in the 10:30 worship service, children age 3—1st grade are invited to attend Covenant Kids in the new Covenant Kids Room (Room 4) to learn more about the topic of that morning's sermon. Children will spend their time learning about the Bible story, singing songs, play games, reading books, and/or making crafts related to that morning's text. Our hope is that this time will give families a lot to talk about after worship!



Adult Sunday School

A special study at 9:30AM on Sundays in November in Room 3 will read and discuss Shea Tuttle's new book, *Exactly as You Are*. Tuttle looks at Fred Rogers' life, the people and places that made him who he was, and his work through *Mister Rogers' Neighborhood*. She pays particular attention to his faith—because Fred Rogers was a deeply spiritual person, ordained by this church to minister to children and families through television.

Celebrate Fifth Sunday

during Staunton's
Magic & Mischief Weekend



SUNDAY,
SEPT. 29TH
2:00 PM
COVENANT'S
GREAT HALL

BRING LAWN CHAIRS, SLEEPING BAGS, AND PILLOWS. DRESS UP IN YOUR HOUSE OR CHARACTER COLORS. WE WILL BEGIN WITH A TRIVIA GAME, COSTUME CONTEST, AND THEMED REFRESHMENTS. THEN WE WILL SPREAD OUT TO VIEW HARRY POTTER AND THE SORCERER'S STONE.

CAUTION CONSTRUCTION ZONE

Steeple for the People Project

Hearing the origination story of our church at the 60th celebration was a delightful memory shared in the room that day. The careful planning and the extraordinary measures taken to build a solid structure in which to worship together and to break bread together to learn and grow as disciples of Christ was an inspiring way to affirm the work of your Facilities Team.

We have begun to tackle some big projects, with some big equipment, that pertain to the exterior of our building. The weather and the wildlife have taken its toll on our steeple, soffits, frieze boards, trim, and gutters. Over the next few weeks, contractors Fort Construction and Senger Roofing will be attending to these concerns: replacing and upgrading materials, patching, caulking, and painting will abound.

Please keep an eye out for the movement of the heavy equipment during the next few weeks as we incrementally move around the building to reach the high altitude areas. The big lift will be in use on Saturdays, September 21st and 28th. The office and preschool entrance area could be blocked: especially on these dates and in the weeks ahead travel slow and with caution. Our Facilities Team crew also will be tackling the maintenance projects closer to the ground.

Cheers to the next 60 years!

— Your Facilities Team

Martha's Meals on Wheels ANNUAL FUNDRAISER

Join us for a Spaghetti Dinner
complete with salad and dessert!



Sunday, October 20, 2019

4:00 - 6:00 PM

Verona Moose Lodge

1510 Commerce Road (Rt. 11)

Verona/Staunton

On the hill behind Eye One

Tickets at the Door:

\$10 for ages 12 and up | \$5 for ages 5 to 12 |
Free for those under age 5

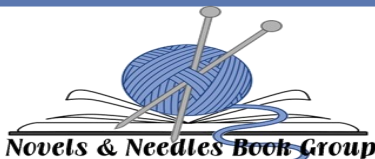
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
22 8:30 AM Blended Worship 9:10 AM Alpha Choir Practice (K-3rd graders) 9:30 AM Sunday School 10:30 AM Traditional Worship 11:45 AM Omega Choir Practice (4th-7th gr) 11:45 AM Children in Poverty Task Force 6:00 PM YOUTH Group	16 10:30 AM Morning Bible Study Covenant Connection Published	17	18	19 5:45 PM Bell Choir 7:00 PM Covenant Choir	20	21
29 4 Cents a Meal 8:30 AM Blended Worship 9:10 AM Alpha Choir Practice (K-3rd graders) 9:30 AM Sunday School 10:30 AM Traditional Worship 11:45 AM Omega Choir Practice (4th-7th gr) 2:00 PM Fifth Sunday Event	30 10:30 AM Morning Bible Study Covenant Connection Published	Oct. 1	2 6:00 PM TOW - Together on Wednesday 7:00 PM Bible Study on Creation	3 5:45 PM Bell Choir 7:00 PM Covenant Choir	4	5
6 Peanut Butter Sunday Presbyterian Coffee Project 8:30 AM Blended Worship 9:10 AM Alpha Choir Practice (K-3rd graders) 9:30 AM Sunday School 10:30 AM Traditional Worship 11:45 AM Omega Choir Practice (4th-7th gr) 11:45 AM Christian Ed. Team 11:45 AM Fellowship Team	7 10:30 AM Morning Bible Study 4:30 PM Covenant Community Nursing Steering Committee 5:30 PM Congregational Care Team 7:00 PM Facilities Team 7:15 PM Worship Team	8 9:30 AM PW Executive Board 11:30 AM PW Circle Meeting 5:30 PM Preschool Team	9 6:00 PM TOW - Together on Wednesday 7:00 PM Bible Study on Creation	10 5:45 PM Bell Choir 7:00 PM Covenant Choir	11 9:00 AM Items due for Newsletter 10:00 AM Novels & Needless Book Group 5:45 PM Fired-Up Friday (2nd-8th graders)	12

SEPT-OCT 2019

Please keep in your prayers:

Judy Sorrell and family
on the death of her mother,
Julia Kyle "Doots" (Hitt) Singers,
on Wednesday, August 28th.

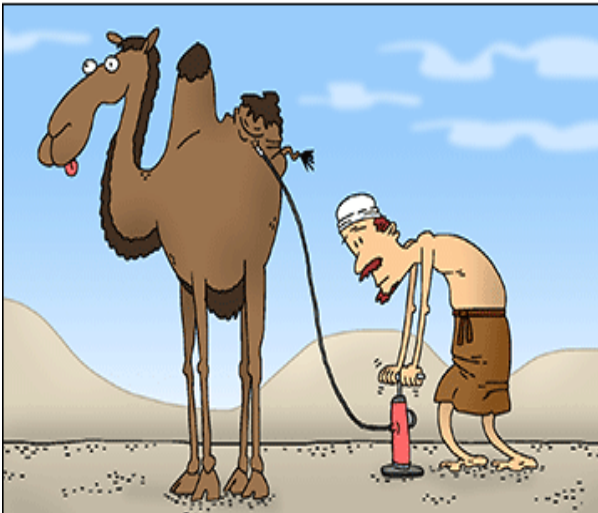
Condolences



Novels & Needles Book Group

Novels & Needles Book Group is having their first meeting of the Fall session on Friday, October 11th, at 10:00 AM in the Breezeway. The book for discussion is *Sold on a Monday* by Kristina McMorris. Discussion will be led by Susan Polly and Jerry Lynn Shipplett. Bring your thoughts and your knitting or crocheting for an enjoyable morning!

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COVENANT PRESBYTERIAN CHURCH

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



Please let us know you are coming!

In order to prepare the correct quantity of food, we ask that you **RSVP by noon on the Monday** before the TOW you will be attending.

Two options to RSVP:

Sign the Friendship Register in the pew on Sunday

or

Call the church office at 885-2138

Vegetarian options are available at all meals.

**TOGETHER ON
★ TOW ★
WEDNESDAY**

October 2 @ 6:00 PM
CHEF BILL ROBERSON IS PREPARING:

*Pork Tenderloin
Mashed Potatoes
Lima Beans
Baked Fruit
Salad, Rolls and Dessert*

**RSVP by noon on
Monday, Sept. 30**

*Join us at 7:00 pm for Bible Study:
The Stories of Creation*