

Covenant Connection

January 20, 2020 | Bi-Weekly Newsletter of Covenant Presbyterian

MARK YOUR CALENDAR

1-20

CHURCH OFFICE CLOSED

1-21

Covenant Women's Luncheon

1-22

TOW—Together on Wednesday

TOW Book Study

1-23

Bell Choir Practice

Covenant Choir Practice

1-26

Blended Worship

Alpha Choir Practice (K-3rd graders)

Sunday School

Traditional Worship

Omega Choir (4th-7th graders)

YOUTH Group

1-27

Monday Morning Bible Study

1-29

TOW—Together on Wednesday

TOW Book Study

1-30

Bell Choir

Covenant Choir

2-2

Blended Worship

Alpha Choir Practice (K-3rd graders)

Sunday School

Traditional Worship

Omega Choir (4th-7th graders)

Chili Cook-off

Connect with the Associate Pastor ...



*D*ear Friends:

Last weekend, I had the privilege of briefly becoming a campus minister again. A seminary classmate was co-director of the Montreat College Conference, and she asked me if I could be with her college students during the conference as she would be running around like crazy during it. And so, for a few days, I was the campus minister for Ole Miss's UKirk program.

The theme for this year's conference was "Remembering Sabbath." Each day, we gathered with 900 other college students to worship, to play, to sing, to pray, and to ask ourselves, "How can I remember Sabbath?" The conference leadership asked us to examine Sabbath from different perspectives -- Sabbath as play; Sabbath as worship; Sabbath as liberation and resistance.

After the busy-ness of the holiday season, it turned out that many of us had forgotten Sabbath and needed to do some work to remember it again. Dr. Lauren Winner, one of the keynote speakers, had an interesting perspective on Sabbath as she was raised a very observant Jew and, during college, converted to Christianity. She now serves as a professor at Duke Divinity School and is an Episcopal priest. Dr. Winner explained that when she converted to Christianity, she lost Sabbath for a while. Growing up, Sabbath dictated the week for her family; the three days leading up to it looked forward to Sabbath and the three days after recalled it fondly. Dr. Winner challenged us to reclaim a Jewish understanding of Sabbath. At first, we balked. Where other leaders at the conference had suggested that we find Sabbath

Continued on Page 3

**A Bible Verse to
Think About
Lamentations 3:22-23**

Because of the LORD's
great love we are not
consumed, for the
LORD's compassions
never fail. They are new
every morning; great is
your faithfulness.

Items for the next
newsletter are
due to Martha by
**9:00 AM on Friday,
January 31st.**

Please email her at:
covenantpcusastaunton@gmail.com



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!



**29th Annual Martin Luther King, Jr.
Memorial Service**

**January 20, 2020
7:00 PM**

**First Presbyterian Church
100 E. Frederick Street, Staunton**

Join us for a spirited evening in which we will
showcase the talents, gifts, and aspirations of
MBU students and the devotion of Staunton's
citizens to this gathering of the "beloved
community." Come and be inspired by King's
undying faith in a just and faithful America.
Co-sponsored by Mary Baldwin University
and Staunton Branch NAACP.

Please keep in your prayers:
**Bonnie Powell and her family
on the death of Bonnie's aunt,
Minnie Popes.**

Condolences

Connect with the Pastor *(cont'd)*

where we can -- in an hour or two here or there, Dr. Winner challenged us to take a full day. She told us that by giving God a whole day, we were giving God sovereignty over our timekeeping. She told us that Sabbath was a gift from God, and if we could not receive that gift, then we should lament and not dilute it down to a few hours.

What a challenge. I sat in Anderson Auditorium with my newly adopted college students and contemplated the ways that I spend my Sabbath. I often begin them with a to-do list. All of the things I'd been putting off during the week got done on my Sabbath. But now, with Dr. Winner's challenge, I'm going to try to view Sabbath as a gift. I'm going to try to get those onerous tasks done ahead of time so that I can truly enjoy the gift of God's Sabbath for me. I'm going to *try*. I know that I will *fail* at times. (After all, Dolly wasn't singing about being a minister when she sang "9 to 5.") But I'm still going to *try*.

In this new year, I invite you to search deep and ask yourself, "Have I forgotten Sabbath? How can I go about accepting God's *gift* of Sabbath rest?" If you'd like to hear more about Sabbath and what it might look like for you or your family, let me know, and I'd be more than happy to continue this conversation.

Happy Sabbath, y'all.

Peace,



Thank You Note

My thanks to Covenant Presbyterian Women for the basket of pine, and holly. Even with Christmas long gone, it still is here reminding me of the true joy of Christmas.
Jane Shaffer

Presbyterian Women

Latest Polling Data

Americans are in the season of polling. Each day – or even several times each day – we get some new data derived from a poll. In that vein, women at Covenant Presbyterian Church have been polled. The question was “Why do you participate in Presbyterian Women?” The poll results are enlightening!
For the fellowship. 100% of women chose this answer.

To get to know church members better.

100% of women chose this answer.

To share a time of prayer and Bible Study.

100% of women chose this answer.

To participate in service projects.

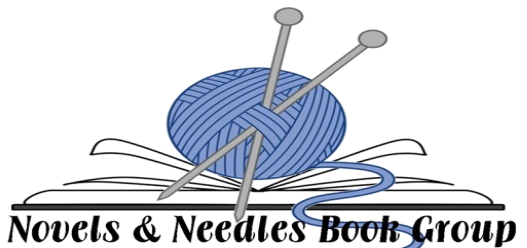
100% of women chose this answer.

For the shared laughter.

100% of women chose this answer.

100% of women must be right!

Come. Participate. Join us the second Tuesday of each month until June in the church's Breezeway. Fellowship begins at 10:00 AM followed by Bible Study at 10:30. The next gathering is February 11th!



Novels & Needles Book Group
is meeting on Friday,
February 14th, at 10:00 AM
in the Breezeway.
The book for discussion is
The Island of Sea Women
by Lisa See.

Bring your thoughts and your
knitting or crocheting for
an enjoyable morning!

Nursing Nook with Kathy Henderson, RN

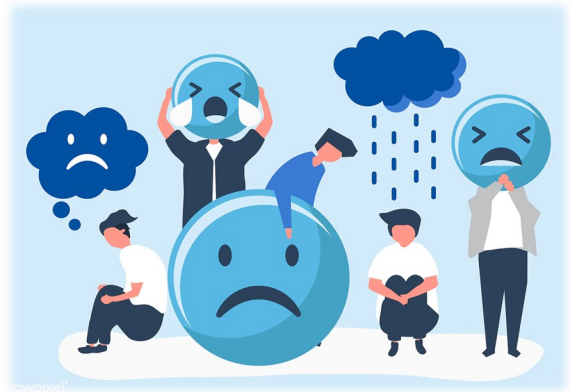
Does the certainty that spring is still at least two gray months away have you feeling blue? Craving comfort food? Feeling lethargic – or restless? Sleeping badly? If so, you have plenty of company: An estimated *10 million* Americans suffer from some form of Seasonal Affective Disorder (SAD).



Nestled under the psychiatric label “major depressive disorders,” SAD’s symptoms have been linked to biochemical imbalances in the brain and eyes, triggered by winter’s shorter days and decreased amount of sunlight. Symptoms can range from annoying to distressing and overwhelming. Women and young adults (20s and 30s) seem to be more seriously affected than men of any age.

A good first move to alleviate SAD’s symptoms: Go outdoors. Even overcast skies provide enough light to help. If you can’t get outside, stand or sit next to a window for a while. “Bright light boxes” that simulate sunlight’s spectrum are widely available. (Tanning beds are *not* an acceptable form of light therapy, researchers caution.)

Other suggestions, offered by the American Psychological Association, include the usual advice for avoiding – or lessening -- general depression: Eat well (avoiding carb overload); spend time with family and friends; stay active; become (or remain) involved in community activities (i.e. church!); talk with family or friends about your feelings. If symptoms persist or become overwhelming, please seek professional help.



For good general information about SAD, check the Mayo Clinic’s website: <https://www.mayoclinic.org> . Search “bright light therapy” and “SAD.”

ANNUAL EVENT

CHILI COOK-OFF & DESSERT BAKE-OFF

Those not wishing to compete
are encouraged to
bring cornbread to share!

FEBRUARY

2ND

Begins at

11:30 AM

#1
Best
Award



The Fellowship Team will supply beverages, cheese, oyster crackers, & sour cream.
Entries can be brought to the Great Hall between services.
If you have questions, please contact Dave Melvin.

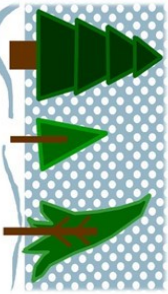
Congregational Care

In response to Christ's call to love one another, the Congregational Care Team seeks to extend love and support to Covenant members and friends through a variety of ministries. What a blessing to receive a meal, a note, a ride, or a hug . . . and what a blessing to offer these tender mercies to others!

Did you know that in 2019 the Congregational Care Team delivered 97 meals, sent 55 cards, arranged for 78 rides, paired visitation partners with 12 members in senior living facilities, organized the new pictorial directory, mailed 12 kits of trail mix and blankets to our college students, gave 17 prayer shawls, and ministered to Covenant's congregation through our community nurse?? And this does not include all the unrecorded meals, visits, or rides, our members bless each other with. Amazing!

We do all this to serve God by serving others. If you would like to join our team, or help out in any way, please call Janie Ballurio.



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	20 Covenant Connection Published Church Office Closed	21 11:45AM Covenant Women's Monthly Luncheon	22 6:00PM TOW - Together on Wednesday 7:00PM Book Study	23 5:45PM Bell Choir 7:00PM Covenant Choir	24	25
26 4 CENTS A MEAL 8:30AM Blended Worship 9:10AM Alpha Choir Practice (K-3rd graders) 9:30AM Sunday School 10:30AM Traditional Worship 11:45AM Omega Choir Practice (4th-7th gr) 6:00PM YOUTH Group	27 10:30AM Monday Morning Bible Study	28	29 6:00PM TOW - Together on Wednesday 7:00PM Book Study	30 5:45PM Bell Choir 7:00PM Covenant Choir	31 9:00AM Items due for Newsletter	Feb. 1
2 PEANUT BUTTER SUNDAY PRESBYTERIAN COFFEE PROJECT 8:30AM Blended Worship 9:10AM Alpha Choir Practice (K-3rd graders) 9:30AM Sunday School 10:30AM Traditional Worship 11:30AM Chill Cook-Off 11:45AM Omega Choir Practice (4th-7th gr)	3 Covenant Connection Published 10:30AM Monday Morning Bible Study 5:30PM Congregational Care Team 7:00PM Facilities Team	4	5 6:00PM TOW - Together on Wednesday 7:00PM Book Study	6 5:45PM Bell Choir 7:00PM Covenant Choir	7	8
9 8:30AM Blended Worship 9:10AM Alpha Choir Practice (K-3rd graders) 9:30AM Sunday School (Adults w/Shea Tuttle) 10:30AM Traditional Worship 11:45AM Omega Choir Practice (4th-7th gr) 11:45AM Outreach Team 11:45AM Fellowship Team	10 10:30AM Monday Morning Bible Study 7:15PM Worship Team	11 9:30AM PV Board Meeting 10:00AM PV Circle Meeting 5:30PM Preschool Team 7:15PM Stewardship & Finance Team	12 6:00PM TOW - Together on Wednesday	13 5:45PM Bell Choir 7:00PM Covenant Choir	14 9:00AM Items due for Newsletter 10:00AM Novels & Needles 5:45PM Fired-Up Friday (2nd-8th graders)	15

JANUARY-FEBRUARY 2020

SHEA TUTTLE TO VISIT COVENANT

SUNDAY, FEBRUARY 9

8:30 AM & 10:30 AM
SERVICES IN THE
SANCTUARY

BOOK DISCUSSION AT
9:30 AM IN THE
GREAT HALL



EXACTLY AS
YOU ARE

The LIFE and FAITH of
MISTER ROGERS

SHEA TUTTLE

Shea Tuttle is the author of *Exactly as You Are: The Life and Faith of Mister Rogers* and co-editor of *Can I Get a Witness? Thirteen Peacemakers, Community Builders, and Agitators for Faith and Justice*. Her essays have appeared at Greater Good Magazine, The Toast, The Other Journal, Role Reboot and Jenny. She holds an M.Div. from Candler School of Theology at Emory University in Atlanta.

Exactly As You Are Book Study

Shea Tuttle, the author of "Exactly As You Are: The Life and Faith of Mister Rogers," will be coming to Covenant to preach and to discuss her book on Sunday, February 9th.

There are two ways that you can study her book before her visit:

Adult II class (Room 6) from January 12-February 2 during Sunday school.

Wednesdays after TOW (Fellowship Hall) from January 22-February 5 at 7:00 PM.

Reading Schedule for Adult II:

Introduction - January 12

Part 1 (Chs. 1-9) - January 19

Part 2 (Chs. 10-13) - January 26

Part 3 (Chs. 14-18) - February 2

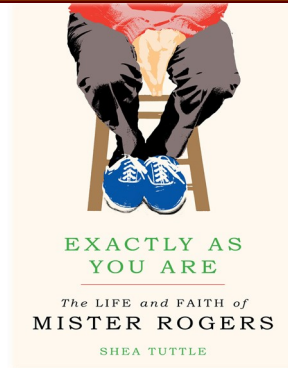
Reading Schedule for TOW Study:

Intro and Part 1 (Chs. 1-19) - January 22

Part 2 (Chs. 10-13) - January 29

Part 3 (Chs. 14-18) - February 5

Tuttle's book can be purchased on Amazon.



Recycle it, of course!

What should we do with all the cardboard we use around the building?

Recycle it, of course!

However, there are rules we need to follow to make it easier for Cleo to know what's to be recycled and what's not.



CARDBOARD RULES –

- Any cardboard that has food stains **CANNOT** be recycled, i.e. pizza boxes. Any other cardboard can.
- All cardboard should be broken down - seams cut and flattened, **NOT** smashed!
- Place recyclable cardboard beside any trash can in the building.
- For food-soiled cardboard -
 - if a small quantity, put in the big trashcan in the Great Hall Kitchen.
 - if a large quantity, i.e. pizza boxes, bag them in large trash bags and put outside the Great Hall Kitchen in the city-owned trash can.

Note that Charlie Huppuch has and continues to manage/recycle paper and bulletins for the church. Thank you, Charlie!

Thanks for your cooperation in helping make Charlie and Cleo's jobs easier by recycling paper and cardboard correctly.

— Covenant's Facilities Team

Covenant Women's Monthly Luncheon

Join with women of Covenant for lunch and fellowship at 11:45 AM on Tuesday, January 21, 2020.

We will meet at the Hometown Grill off Sanger's Lane across from Mrs. Rowe's Family Restaurant. If you are interested in joining us, please contact Sherry Woodland at 703-403-0965 or Sue Morley at 540-887-0085.



New Elders - Class of 2020

On Sunday, January 12 at the 10:30 service, the following elders were ordained and installed: Anne Bell, Elissa McDonald, Janice Rockwell, and Tad Shuey. Also installed were the following elders who have been previously ordained: Michael Norris, John Sayers, and Louise Scott.

Glorious Gifts Recap



The Outreach Team would like to thank the members of Covenant Presbyterian Church for your inspiring generosity and continuing support of Glorious Gifts. Because of your support, Renewing Homes of Greater Augusta will have an additional \$2,305 for local building projects this coming year. Presbyterian Giving programs will have \$970 more to support rural families and indigenous farmers near and far. The \$3,760 for iCARE will enable the Gore Youth Hostel to provide for more children while enhancing their living conditions and giving them a sense of community. The Verona Community Food Pantry, which served an average of 1368 families a month last year, will have \$1,785 more to continue providing for some of the more vulnerable members of our area. And EVACE International will have an additional \$1,320 in their multifaceted approach of empowering the people on Ponson Island in the Philippines to become more self sufficient! Fifty individuals and families contributed a total of \$10,140 this year, the 19th anniversary of Glorious Gifts!

If you'd like more information about each organization, go to these websites:

<https://renewinghomes.org>

<http://specialofferings.pcusa.org/pgcresources.html>

<http://shenpres.org/icare/>

<http://www.veronafoodpantry.org>

<http://www.evace.org>

ATTENTION!

MEALS ON WHEELS VOLUNTEERS

Here are a few reminders about inclement weather:

- If Staunton City Schools are closed, no meals will be delivered.
- If Staunton City Schools have a delayed opening, we hope to deliver meals. If snow or ice make travel from volunteers' homes to clients' homes dangerous, the volunteers should contact their church's coordinator to discuss options. It is possible that one of the two routes could be delivered. If the church coordinator is unable to locate a substitute to safely deliver the route(s), he or she can call Sally Crickard, Program Coordinator for Martha's Meals on Wheels, at 540-886-1219. Sally will then contact the restaurant and clients if no other substitutes are available. Sally must call the restaurant with any cancellations before 9:15 AM.



***The weather outside is frightful!
Are church services or an event canceled?
Want to know the answer?***

Information is available via an opt-in email, through the Covenant Facebook page, on the home page of the church website, and on WHSV-TV. If you are not on the opt-in email list and would like to be, please contact Martha in the church office at 540-885-2138.

Middle and High School youth
come together the fourth Sunday
of the month from 6:00 to 8:00 PM
in the YOUTH Room for
games, snacks, and
some Bible studying.

Our next
meeting is
Sunday,
January 26th!

YOUTH Group

Bring your friends!

From Faith's Heart – Nigeria

We are so excited to announce that Decapolis Community Development Center is now an officially registered non-profit! This was one of the last big goals we had to check off our list in 2019 for our fledging ministry. As we head into 2020, we are making plans to head out to the proposed area for our first center. Ika is a rural community made up of about 28 different villages. Our first center would aim to provide training and services to the entire area!



Please join us in prayer for wisdom and safety as we travel to do our baseline surveys, hold our first town hall meetings, and work toward opening the first center in the second quarter of 2020! We are excited to share with you, in the coming weeks and month ahead, many different ways you can continue to partner with us in this work!

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.





REVEREND FUN WWW.REVERENDFUN.COM



I WAS JUST MESSING WITH YOU ON THAT LAST ONE ...
CHOCOLATE AND PIZZA ARE STILL OK

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COVENANT PRESBYTERIAN CHURCH

2001 N. Coalter Street, Staunton, VA 24401

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.



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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



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

Join us after TOW:
Jan. 22 - Book Study - Exactly As You Are: The Life and Faith of Mister Rogers



January 22 @ 6:00 PM
TACO BAR

January 29 @ 6:00 PM
CHINESE NIGHT
THAI ICED TEA, GARDEN SALAD,
SUMMER ROLLS, VEGETARIAN
PAD THAI, CHICKEN PENANG,
PORK STIR FRIED RICE
STEAMED RICE

Vegetarian options are available at all meals.