



Covenant Connection

February 17, 2020 | Bi-Weekly Newsletter of Covenant Presbyterian Church

MARK YOUR CALENDAR

2-17

Monday Morning Bible Study

2-18

Covenant Women's Luncheon

2-19

TOW— Together on Wednesday

2-20

Bell Choir Practice
Covenant Choir Practice

2-22

Confirmation Retreat

2-23

4 CENTS A MEAL

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

2-24

Monday Morning Bible Study

2-26

TOW— Together on Wednesday
Lenten Taize Service

2-27

Bell Choir
Covenant Choir

3-1

**PEANUT BUTTER SUNDAY
PRESBYTERIAN COFFEE PROJECT**

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

Connect with the Pastor ...



With Valentine's Day just behind us and Lent just ahead it is an appropriate time to think about hearts. We are all encouraged to eat a heart-healthy diet and live a heart-healthy lifestyle in order to keep healthy hearts beating in our chests.

There are suggestions for fruits and vegetables to eat, tasty foods to avoid (why is it always the tasty foods!), exercise regimens to follow, vices to give up (e.g. smoking, too much alcohol or sugar) and relaxation techniques to practice. Keeping our hearts healthy takes some work on our part; it doesn't just happen! We may stray into bad practices from time to time, but we are assured that it is never too late to get back with the program to make our hearts as healthy as possible.

Lent is a time to be intentional about heart health – from a spiritual perspective. It is a time to do a little soul-searching and heart-cleansing in order to live healthier, happier lives as God's people. "Create in me a clean heart," says the psalmist, which is an acknowledgment that our hearts tend to accumulate a lot of dirt and grime and stains from broken relationships, old grudges, selfish pursuits, unholy practices, and sinful actions. God alone can cleanse our sin-stained hearts and create clean hearts in us (cardiologists are not much help on this count), but it does take some work on our part with God. What can we do? We can practice a holy Lent which should include repentance, self-examination, and prayer, and might also include fasting, reading Scripture, reflective worship, and self-denial in some form. It may involve giving up some things in the short term (or the long term)

A Bible Verse to Think About Psalms 3:2-6

Many are saying of me, "God will not deliver him." But you, LORD, are a shield around me, my glory, the One who lifts my head high.

I call out to the LORD, and God answers me from the holy mountain. I lie down and sleep; I wake again, because the LORD sustains me. I will not fear though tens of thousands assail me on every side.

Items for the next newsletter are due to Martha by **9:00 AM on Friday, February 28th.**

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!

and the **WINNERS ARE...**



Congratulations to Troy Lawson, winner of the Chili Cook-Off with his Lamb Chili with Herbed Garnish and Yogurt Topping, and to Caity Campbell, winner of the Dessert Bake-Off with her Chocolate Peanut Butter Oreo Truffles.

Caity is a first-time winner and Troy is repeating his win from last year.



The Prayer Shawl Ministry is in need of more knitted or crocheted prayer shawls. All colors, styles, and sizes are welcome. We have yarn, needles, hooks, and patterns if you need them. Contact Joan Sayers with any questions.

Connect with the Pastor (cont'd)

and taking on some holy practices in order to re-order our priorities and strengthen our hearts in love for God.

To help in these heart-healthy Lenten practices we offer the following:

- Taizé worship at 7:00 every Wednesday evening in Lent beginning with Ash Wednesday on February 26
- Lenten study on Sunday mornings during the Sunday School hour (beginning March 1 at 9:30) as we consider the experience of the people of Oberammergau, Germany where a passion play has been performed by the city every 10 years for the past 386 years!
- Lenten devotionals to aid in your personal reflection and prayer throughout these 40 days
- Sunday worship as together we walk through Lent toward the cross and empty tomb

Join us on this journey! Make a commitment to make your heart healthier – not only for your sake, but for God's sake as well!



Lenten Study

Sundays, March 1 - April 5
9:30 AM in the Chapel

Join us for *The Passion Play: Living the Story of Christ's Last Days* as together we share the experience of the people of Oberammergau, Germany where a passion play has been performed by the townspeople every ten years for the past 386 years.

The class will be led by John Peterson.

Presbyterian Women

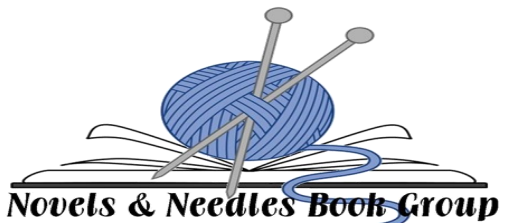


PRESBYTERIAN
WOMEN

Bible study is the glue that holds Presbyterian Women together. It's our history for the more than 100 years. This year, our study, *Love Carved in Stone: A Fresh Look at the Ten Commandments* has inspired wonderful discussion and new insight. Next year, we will gather to explore *Into the Light: Finding Hope Through Prayers of Lament*. Future studies are *Women in Matthew's Genealogy of Jesus* (working title) and *Sabbath* (working title).

The Presbyterian Women's Purpose calls Presbyterian Women to nurture faith through prayer and Bible study. Our Bible studies are written from within the Reformed tradition and strengthen the Presbyterian Church (USA). All of our studies can be read and studied by individuals, but it is what the individuals discover together through group prayer and Bible study that nurtures Presbyterian Women. Gather with the Presbyterian Women of Covenant Presbyterian Church and study together!

**Mark your calendar for our next gathering:
March 10 at 10:00 AM in the Breezeway.**



Novels & Needles Book Group

Novels & Needles Book Group is meeting on Friday, March 13th, at 10:00 AM in the Breezeway.

The book for discussion is *The Water Dancer* by Ta-Nehisi Coates.

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

You are invited to the 4th Annual Breaking Bread 2020

**What We Lost: Honoring the community
demolished by urban 'renewal' in
Staunton's Augusta Street corridor**



Saturday, March 14, 1:00-3:00

**Booker T. Washington Community Center
1114 West Johnson Street, Staunton**

Attendees will be able to explore reconstructions of the neighborhood's businesses and community focal points, hear stories from community elders, and enjoy conversations with neighbors over pie and coffee. It will be a time to explore both 'what we lost' and to consider how we want to go forward. While enabling us to understand the harm caused by destructive policies in the past, the project will also inspire us to help revitalize entrepreneurship and prosperity within the African-American community and across racial lines in Staunton.



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 join the fun, please contact Susie Oberg



*Time to make
everything tidy,
spit spot!
Save the Date for
Spring Clean-Up
April 4th,
9 AM to noon.*

I Spy! Can You Find it?

Can you find the mouse? Don't scream or run! Just be the first person to contact Martha at the church office by 9:00 AM on Friday, February 21st and let her know you've found the hidden mouse and where it is. Look closely . . . It will be very small (even smaller than the picture below).



The winner will be acknowledged in the next newsletter.

February is Heart Health Month!
Take these steps in the next 28 days to improve your heart health.

28 Days Towards a Healthy Heart

#ourhearts
are healthier together

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

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 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*®.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>23 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) 11:45AM Outreach Team 11:45AM Poverty Task Force 6:00PM YOUTH Group</p>	<p>24 10:30AM Monday Morning Bible Study</p>	<p>18 11:45AM Covenant Women's Monthly Luncheon</p>	<p>19 6:00PM TOW - Together on Wednesday</p>	<p>20 5:45PM Bell Choir 7:00PM Covenant Choir</p>	<p>21</p>	<p>22 10:00AM Confirmation Retreat</p>
<p>March 1 COMMUNION 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 11:45AM Omega Choir Practice (4th-7th gr) 11:45AM Christian Education Team 11:45AM Fellowship Team</p>	<p>2 Covenant Connection Published 10:30AM Monday Morning Bible Study</p>	<p>3</p>	<p>4 6:00PM TOW - Together on Wednesday 7:00PM Lenten Taize Service</p>	<p>5 5:45PM Bell Choir 7:00PM Covenant Choir</p>	<p>6</p>	<p>7</p>

FEBRUARY 2020



Taize

WORSHIP SERVICES

SONG - WORD - SILENCE - PRAYER

WEDNESDAYS, FEBRUARY 26 THRU APRIL 1, 7:00PM IN THE SANCTUARY

COVENANT PRESBYTERIAN CHURCH FINANCIAL STATEMENT (YEAR END 2019)

	YEAR END 2019
TOTAL CONTRIBUTIONS	564,956
TOTAL OTHER RECEIPTS	28,442
TOTAL RECEIPTS	593,398
OUTREACH	76,914
PERSONNEL	341,242
FACILITIES	120,930
CHRISTIAN EDUCATION	7,045
FELLOWSHIP	3,247
STEWARDSHIP & FINANCE	4,441
CONGREGATIONAL CARE	2,596
WORSHIP	7,010
TOTAL EXPENSES	563,425
LESS REINVESTED DIVIDENDS (ENDOWMENT)	21,031
NET INCOME	8,942
PRESCHOOL OPERATIONS	
TOTAL PRESCHOOL INCOME	132,817
TOTAL PRESCHOOL EXPENSES	122,646
NET INCOME	10,171

Are You a Super Soup Maker?

We need your help!

TOW-Together on Wednesday will be serving soups during the Lenten season from February 26 through April 1. The TOW Team will provide the soups on February 26th but we need your help the remaining Wednesdays (March 4, 11, 18, 25, & April 1).

We need five (5) crockpots of soup with one being a vegetarian option each Wednesday.

TOW will provide salad and bread.

A Soup Sign-Up Sheet is available on the kiosk in the Breezeway.



Augusta
HEALTH **HEART**
Health Fair

Care within minutes,
not miles

Wednesday, February 19

7 am - 10 am at the Augusta Health Fitness Center

FREE HEALTH EDUCATION AND SCREENINGS:

Carotid Artery, Stroke Assessment, Sleep Assessment,
Blood Pressure, **Fasting*** Glucose, and Pulmonary Function Tests

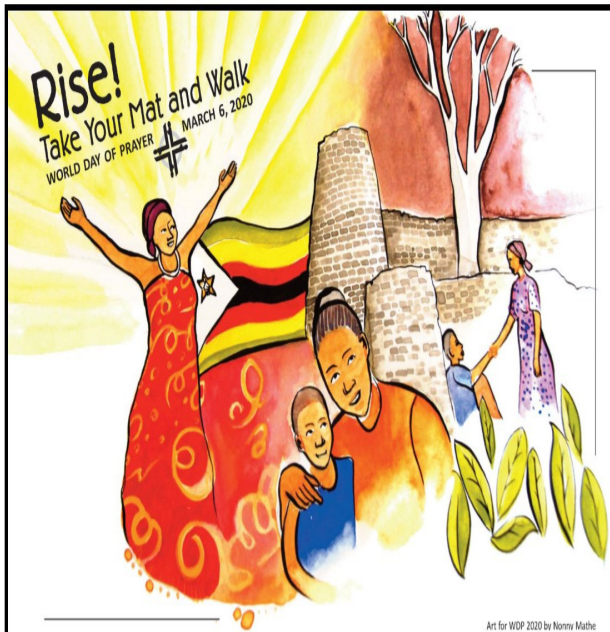
*no food or liquid (except water) for 8 hours prior

CHOLESTEROL LIPID PANEL BLOOD TEST: \$10

Must
PRE-REGISTER
for the Carotid
Artery Screening
and Pulmonary
Function Tests
by calling
540-245-7910



Augusta
HEALTH
Heart & Vascular Center



Art for WDP 2020 by Nonny Mathe

**CHURCH WOMEN UNITED of STAUNTON/AUGUSTA INVITES YOU TO
OUR ANNUAL WORLD DAY OF PRAYER**

Friday, March 6, 2020

Staunton Church of the Brethren

1615 North Coalter Street (enter lower level), Staunton, VA

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.

This will be the last celebration as the Staunton/Augusta Church Women United Unit is being dissolved. CWU will continue at the state and national level.

Presbyterian Women



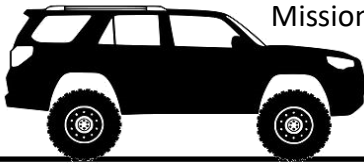
Presbyterian Women of Shenandoah Presbytery presents
The Annual Spring Gathering on Saturday, April 4,
“Go Out With Joy and Be Led Forth With Peace”
Massanetta Springs Conference Center Harrisonburg, VA
More information forthcoming!



Dear Covenant Family:

Thank you so much for blessing us once again with a contribution toward putting us behind the wheel of a "new" car. In mid-November, we were able to purchase a Toyota 4-Runner. We are so excited to head out to the villages in January to start making arrangements for our first development center. It's also nice not to get messages several times a week that our old car has left Raph stranded somewhere and is costing us more in repairs!

Much love, Crystal, Raph & Tom
Missionaries in Nigeria



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06-26-2015

NOAH KNEW THERE WOULDN'T BE ANOTHER
FLOOD, YET HIS ARK REFLEX REMAINED
HEIGHTENED FOR YEARS TO COME

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COVENANT PRESBYTERIAN CHURCH

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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.

COVENANT



Presbyterian
Church

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Staunton, VA 24401

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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



February 26 @ 6:00 PM

*Lenten Soups,
Salad and Bread*

March 4 @ 6:00 PM

*Lenten Soups,
Salad and Bread*

*Vegetarian options are
available at all meals.*

**Join us after TOW on February 26th @ 7:00 PM
for worship at our first Taize Service of the Lenten Season.**