

# COVENANT CONNECTION

A PUBLICATION OF COVENANT PRESBYTERIAN CHURCH

JANUARY 17, 2022  
STAUNTON, VA

## *From the Pastor's Desk*

***"The best laid schemes o' mice an' men. Gang aff a-gley."***

That quote from a poem by Robert Burns is probably more familiar to you as *"The best laid plans of mice and men can still go awry."* It seems an apt description of life these days. Between the surge of the omicron variant of the virus and the winter storms blowing through our area, all our plans seem to contain an asterisk - *\*subject to change due to virus or weather.* Air travel, school schedules, family gatherings, church services, and planned events have been disrupted, often with great disappointment and frustration. It is yet another way in which these pandemic days are testing our patience and resilience.

This past weekend is a living illustration of that quote realized here at Covenant as a combination of virus and weather – but especially the weather – forced changes from what we had hoped to do together. After months of planning and coordinating with area agencies and volunteers, service opportunities have had to be delayed to another time subject to the same \*; the annual MLK community service was cancelled due to the virus and our planned reading of King's *Letter from a Birmingham Jail* is, as of this writing, doubtful due to predictions of a

*(continued on page 3)*

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VISIT US ONLINE AT  
[WWW.COVENANTPRESSTAUNTON.ORG](http://WWW.COVENANTPRESSTAUNTON.ORG)



## Monday Morning Bible Study

Join us each Monday at 10:30 am via Zoom online. A link to the meeting is sent out each Sunday via opt-in email.

*Serving*  
**GOD**  
*Together*



### **GREETERS**

JAN 23 -

8:30 AM....Bobbye Kimbrough & Don Netschke

10:30 AM....Christy Davis & Dan Drumheller

JAN 30 -

8:30 AM....David & Janet Surratt

10:30 AM....Brandan Sommerfield & BC Sommerfield

### **COVENANT KIDS @ 10:30 service**

JAN 23 - Mandy Drumheller & Jacki Dull

JAN 30 - Anne Bell & Kristin Gaffney

### **FLOWER COORDINATORS -**

Susan Polly and Christy Davis

### **CHURCH OPENING and CLOSING**

JANUARY - Mike Riddell

## THANKS *from the* HEART

Covenant Church Family:  
Thank you all for your support as we grieve the loss of my dad. Your sweet cards, interested phone calls, kind words, and wonderful visits have held us up. Thanks to John and Sarah who stayed in close contact reminding us of the blessings we all share. You all supported us through the deaths of Johnny's parents and my mom and now we are leaning on that support again. Praise God for God's love for us all together.

— Joan & John Sayers

*With Sympathy*

Janet Guynn, a long time member of Covenant for whom we have been praying across this last year, died January 6, after a valiant battle with cancer.

Please keep Janet's husband Jim, their daughters Jamise and Jacqi, and their family in your prayers.

May God grant them comfort and peace.

Please keep in your prayers Jacki Dull and family on the passing of her father, Eddie Edwards, on January 12. May God grant him eternal rest, and grant to the family comfort and peace.

## FROM THE PASTOR'S DESK *(cont'd)*

winter storm. Our Sunday morning worship has been altered for months now under COVID safety protocols while each winter weekend has us keeping a wary eye on the weather. The uncertainty seems to go on and on, and the words of the psalmist seem apt, "How long, O Lord! How long!"

God's response to us is, I suspect, not so different from that offered to our ancestors in faith:

*Do not fear, I am with you.*

*Be still, and know that I am still God.*

*Do not worry about tomorrow.*

*Rejoice in hope; be patient in suffering.*

Again and again, God encourages us to persevere, reassures us that God's strength is sufficient for us to weather the storms (be they viral or snow or continuing frustration), and urges us to enjoy the blessings of the day, even when the day has a big \*! Through it all, may God bless us one and all with un-asterisked patience - and peace!



## 2022 Baja Trip Informational Meeting

The congregations of Shenandoah Presbytery are happy to announce we will be again sponsoring a mission trip to Baja Mexico for 2022. This year's trip will be July 9 –16, 2022. Our mission is to work with the Oaxacan Indian people living and working in the area of Colonia Vicente Guerrero on the Baja California peninsula of Mexico. We will be serving these people as we build houses, but most important, spreading the love of Christ and building relationships that form across cultures.

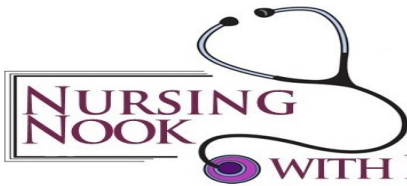
All are invited to join in this life changing experience. If you are interested in making this trip, please check out the FAQ and fill out the registration form online at <https://shenpres.org/baja/>. We also welcome those interested in fundraising, making donations of money toward this trip, donations of time to prepare for this trip and of course prayers for the preparation, safe travels and testimony that we have the ability to share.

**To learn more about our 2022 Baja Mission Trip please join us on Sunday, February 6 at 2:00 pm at Massanutten Presbyterian Church for our first meeting.**

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

Please email Martha at: [covenantpcusastaunton@gmail.com](mailto:covenantpcusastaunton@gmail.com)





Kathy Henderson, RN • (540) 290-6396  
covenantnurse@gmail.com  
Contact Kathy with medical questions or  
for a blood pressure check.

In recent months, it seems, every news outlet – electronic, print and broadcast – has fed us a daily diet of mental health warnings, tips and “backgrounders.” “Anxious? You’re Not Alone” (a parenting newsletter); “Covid’s latest surge causing emotional instability for many” (Apple news); “Could Covid-19 infection be responsible for your depressed mood or anxiety?” (Harvard Health News). And then there’s “Mental Health Reset 2022: Striving for Stability,” in which US News lists a dozen simple ways to reset your worried mind. Almost 20 percent of all US adults live with a mental illness of some sort, the National Institute of Mental Health tells us. You are more likely to encounter someone in emotional distress than someone having a heart attack, our own Valley Community Services Board adds.

I hear this distress, in conversations in my office and elsewhere, and often feel helpless that I can offer little more than a sympathetic ear and telephone numbers for various resources. You, also, may have had this experience – at home, with friends, in seemingly casual conversations.

“**Mental Health First Aid**,” a daylong class offered through Valley Community Services Board, is designed to help. The course description states that MHFA “teaches you how to identify, understand and respond to signs of mental illness and substance abuse disorders, (giving you) the skills you need to reach and provide *initial support* to someone who may be developing a mental health or substance abuse problem and help connect them to appropriate care.” The course, which includes graduates from the City of Waynesboro and the Virginia Dept. of Health, works along the model of traditional first aid classes, course instructor Erin Botkin explains. “Participants can choose to apply the MHFA model or not based on participant preference and comfort level. Nothing “mandates” participants to utilize the information, much like CPR and First Aid.”

On February 26, Ms. Botkin and colleague Jordan Brooks will lead the adult MHFA class at Covenant. It promises to be a real eye-opener. For more information, feel free to call me (540) 290-6396. To learn more about the genesis of MHFA, check out the “FAQ” section at: <https://www.mentalhealthfirstaid.org>  
I hope to see you in class!

### **Mental Health First Aid (Adult)**

**When:** 9:00 a.m. - 5:00 p.m. on Saturday, Feb. 26. (Lunch included!)  
(Plus: 2-hour, self-paced online segment to be completed before class)

**Where:** Great Hall, Covenant Presbyterian Church

**Instructors:** Erin Botkin, Prevention Services Coordinator, Valley CSB;  
Jordan Brooks, LPC Regional Suicide Prevention Initiative  
Coordinator, Region Ten CSB.

**How to Register (deadline is February 11):**

Email Martha Pierce, at [covenantpcusastaunton@gmail.com](mailto:covenantpcusastaunton@gmail.com) with name, telephone number, and email address for each person registering.



## Peanut Butter Sunday First Sunday of Each Month

You can drop off your jar of peanut butter in the vestibule area just outside the church office.

## FILL THE BUCKET - HELP RESTOCK THE VERONA FOOD BANK



Help feed our neighbors in need! Donations can be dropped off in the **RED BUCKET** located in the vestibule area just outside the church office.

### Boys and Girls Club

**So far we have collected 1328 pounds of bags. The second bench is on order from the Nextrex company.**

500 pounds = 1 bench. Bring your plastic bags to the church and drop in a designated receptacle located in the office vestibule, or drop off at RefillRenew, 110-1 Baldwin Street. Also, we need volunteers to help with taking

the bags collected at the church to Food Lion. Volunteers will need to weigh the bags (there is a luggage scale next to the receptacle at the church), advise Robyn Sommerfield of the weight, and drop bags off at Food Lion. If you would like to help, you can sign up at: [www.signupgenius.com/go/30E0A4AAAAE2BA6F94-covenant1](http://www.signupgenius.com/go/30E0A4AAAAE2BA6F94-covenant1)

number of the families are needing basic kitchen supplies to help them make use of the various food items they receive -- things like salt & pepper, spices, sugar, powdered milk, cooking oil, etc. ... along with disposables like paper plates, cups, utensils, and resealable plastic bags, as there are a few families who are living in motels or homeless, and don't have a kitchen for washing dishes. For easy drop off, collection boxes are located both in the vestibule by the church office and in the narthex. Thank you!

### Shelburne Middle School Project

The generosity of our Covenant family continues to assist our middle-school students and their families through our "Shelburne Support Project"! Recently we were reminded how a

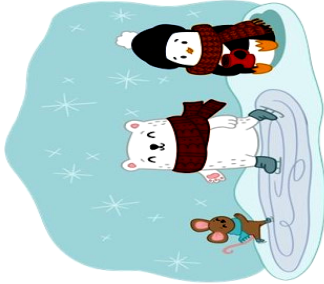




# JANUARY 2022



# FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>23</b> 8:30 AM Worship Service in Sanctuary 10:30 AM Worship Service in Sanctuary 10:30 AM Worship Service via Live Stream on Facebook</p> 	<p><b>17</b> <b>COVENANT CONNECTION PUBLISHED</b> 10:30 AM Monday Morning Bible Study via Zoom</p>	<p><b>18</b> 4:00 PM Valley Mission Dinner Drop-off in Great Hall Kitchen</p>	<p><b>19</b> 5:30 PM Long-Range Planning Committee</p>	<p><b>20</b></p>	<p><b>21</b></p>	<p><b>22</b></p>
<p><b>23</b> 8:30 AM Worship Service in Sanctuary 10:30 AM Worship Service in Sanctuary 10:30 AM Worship Service via Live Stream on Facebook</p>	<p><b>24</b> 10:30 AM Monday Morning Bible Study via Zoom</p>	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b> 9:00 AM Newsletter Deadline</p>	<p><b>29</b> 8:30 AM Session Retreat in Great Hall</p>
<p><b>30</b> <b>4 Cents a Meal</b> 8:30 AM Worship Service in Sanctuary 10:30 AM Worship Service in Sanctuary 10:30 AM Worship Service via Live Stream on Facebook</p>	<p><b>31</b> <b>COVENANT CONNECTION PUBLISHED</b> 10:30 AM Monday Morning Bible Study via Zoom</p>	<p><b>FEB. 1</b> 7:00 PM Fellowship Team via Zoom</p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>	<p><b>5</b></p>

## WORSHIP OPPORTUNITIES

### 8:30 AM SUNDAY MORNING WORSHIP *(In Person)*

To provide an opportunity for safe in-person worship, we offer a service of prayer, Scripture, reflection, instrumental music, and singing in the Sanctuary each Sunday morning at 8:30 AM. Masks are required. No registration required, but we will require attendees to sign in so that contact tracing can be done if needed.

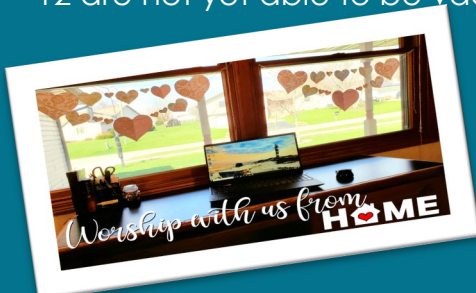


### 10:30 AM SUNDAY MORNING WORSHIP *(In Person)*

No registration required. But we will require attendees to sign in so that we can do contact tracing, if necessary. This will be our regular Sunday worship including singing. We will sit in alternate pews for social distancing but can sit together within pews with those with whom you are comfortable. We will all wear masks throughout the service to protect our older folks who might be more vulnerable and our kids since those under 12 are not yet able to be vaccinated.

### 10:30 AM SUNDAY MORNING WORSHIP *(Virtual)*

Please join us as we worship together via live stream at 10:30 AM on Sunday. Below is the link to the Facebook page where the live stream will be shown. The video for the service will be in the top-left spot of the video page.

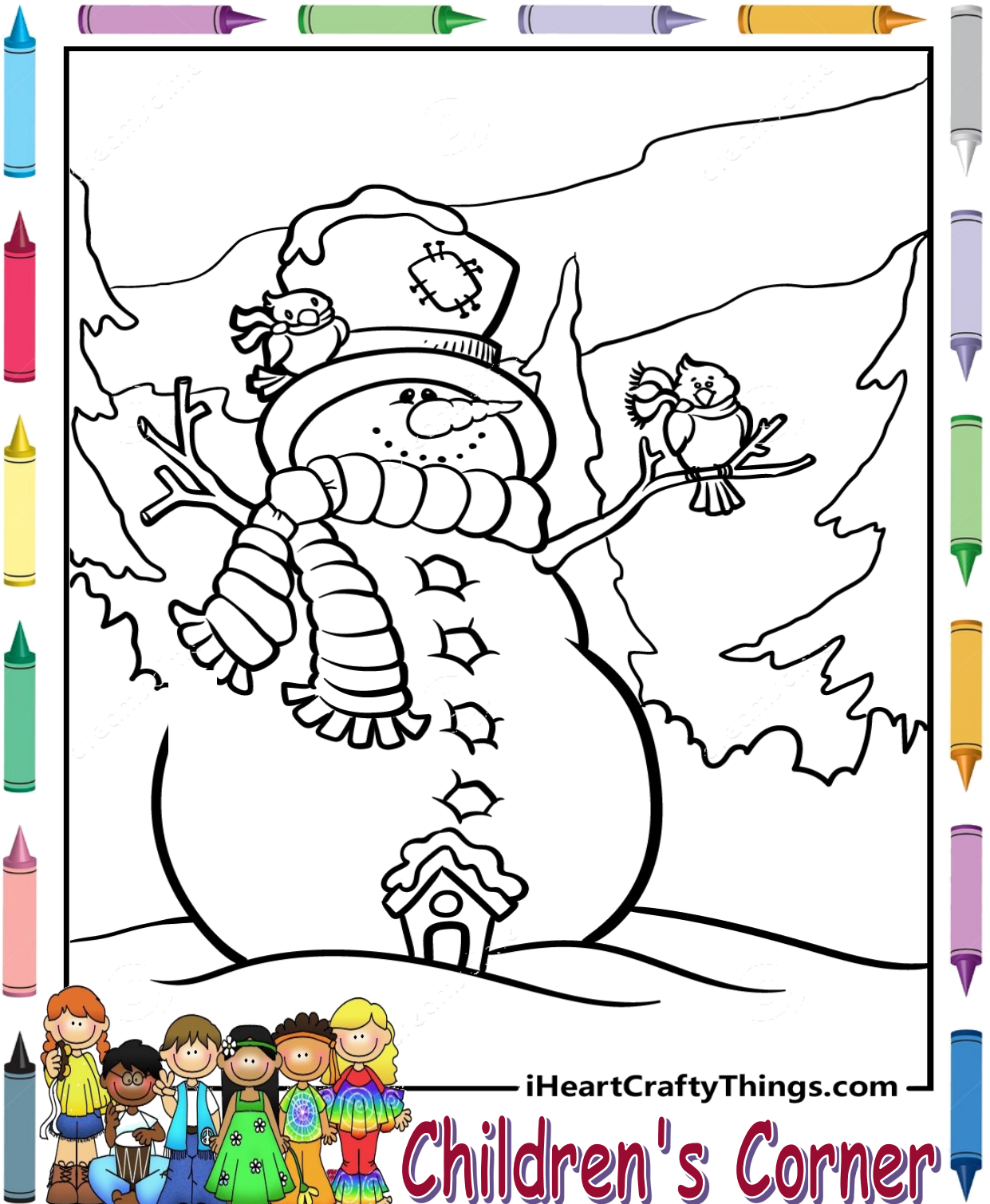


[www.facebook.com/pg/Covenant-Presbyterian-Church-163891301309/videos/](https://www.facebook.com/pg/Covenant-Presbyterian-Church-163891301309/videos/)

## FACILITIES TEAM

### What happened to the weird "boxes" in the Sanctuary?

With Session approval the Covid Task Force along with assistance from Facilities recently upgraded the air flow systems in many areas of the church. The air purifying technology in the "boxes" perched in the sanctuary are now installed in the systemic vent lines of the Sanctuary, the Breezeway, the Great Hall, the Preschool wing and the Staff area. The stand alone "boxes" have been reassigned to the Fellowship Hall, the Choir room and the Covenant Kids room. We hope this adds to the support of improved air ventilation in our current climate of concern and well into the future. As we look forward to greater ease and usage of spaces throughout our buildings our aim will be to continuously create a safe space for continued worship, fellowship, learning, music, prayer and play.



iHeartCraftyThings.com

# Children's Corner

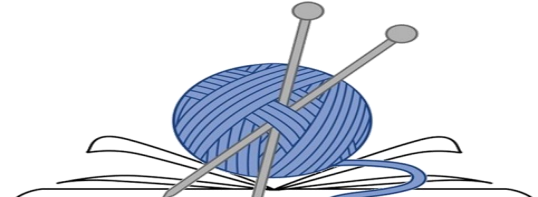


# PRESBYTERIAN WOMEN



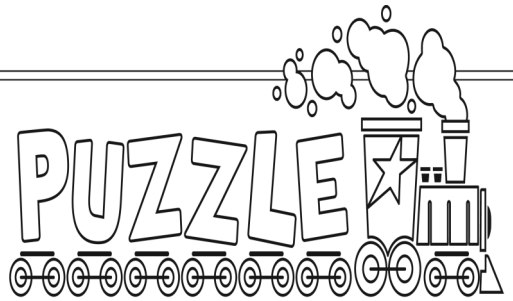
Presbyterian Women are planning to meet Tuesday, February 8 at 10:30 AM in the Sanctuary. Because our January meeting was cancelled, we will have two lessons that

morning: Mary Ann Stripling will be talking about Lesson 5 "Ruth and Redemption" and Peggy Roberson will be examining the life of Bathsheba in Lesson 6. We welcome all women to join us. Please remember to avoid driving around the back of the church as children may be playing outside.



**Novels & Needles Book Group**

Novels & Needles Book Club will meet at 10:00 AM on Friday, February 11th in the church Breezeway. The book we will be discussing is *The Power of One* by Bryce Courtney. Members are encouraged to bring their knitting or crocheting which could benefit the Covenant Prayer Shawl Ministry. Please join us! And remember to wear your mask!



## Teach us to pray

In Luke 11:1-13 (NIV), Jesus teaches about prayer.

*Directions: Add or subtract the letters indicated and unscramble the letters to form a new word, using hints from the passage. Then unscramble the circled letters to answer the question below.*

party - t = **P R A Y** (v. 1)

lady + i = \_ \_ **O O** \_ \_ (v. 3)

drab + e = \_ **O** \_ \_ \_ (v. 5)

rod + o = \_ **O** \_ \_ (v. 7)

bask - b = \_ \_ \_ (v. 9)

keeps - p = **O** \_ \_ \_ \_ (v. 9)

define - ee = \_ **O** \_ \_ \_ (v. 9)

shift - t = \_ \_ \_ **O** (v. 11)

sneaky - y = \_ \_ \_ \_ \_ (v. 11)

sift + g = \_ \_ \_ **O** \_ (v. 13)



What will the Father give to those who ask of him?

\_\_\_\_\_ (v. 13)



## ON-CALL NURSERY WORKERS NEEDED

The Nursery Team is looking for adults who would enjoy playing with our youngest members during the 10:30 AM service.

Volunteers are needed to help one Sunday a month.

Volunteers are also needed to be on an on-call list to fill in when needed.

If you would like to volunteer, please contact Sarah Wolf.



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

Information is available via an opt-in email, through the Covenant Facebook page ([www.facebook.com/Covenant-Presbyterian-Church-163891301309](http://www.facebook.com/Covenant-Presbyterian-Church-163891301309)), on the home page of the church website ([covenantpresstaunton.org](http://covenantpresstaunton.org)), 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.

## COVENANT PRESBYTERIAN CHURCH

2001 N. Coalter Street,  
Staunton, VA 24401

Office — 540-885-2138

Fax — 540-885-4399

Office Hours:

Mon - Thurs, 8:15AM - 3:15PM

FRI, 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:**

**Worshipping 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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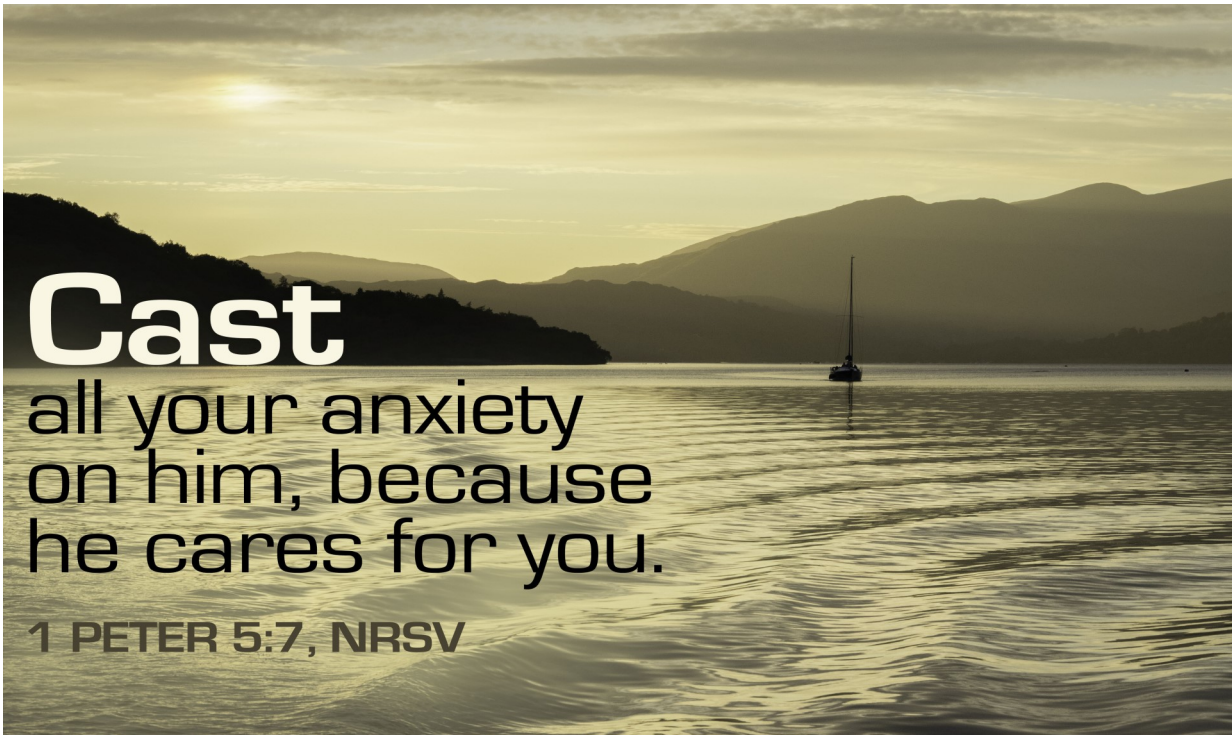
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STAUNTON, VA

**RETURN SERVICE REQUESTED**

LET US NOT  
BECOME WEARY  
*in doing good.*  
FOR AT THE  
PROPER TIME  
WE WILL REAP  
A HARVEST IF  
WE DO NOT GIVE UP.

GALATIANS 6:8

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



**Cast**  
all your anxiety  
on him, because  
he cares for you.

**1 PETER 5:7, NRSV**