

COVENANT CONNECTION

A PUBLICATION OF COVENANT PRESBYTERIAN CHURCH

MAY 9, 2022
STAUNTON, VA

From the Pastor's Desk

Last week the Facilities Team had a work day to spread mulch around the shrubs and trees on the church grounds. From all accounts it was a great day with lots of good help! Among the helpers were two of our youngest, both under five years of age, who used their little rakes to spread mulch alongside their adult co-workers – as you can see from their picture! That picture is a good reminder that we teach our children not only their colors and ABCs and elements of the periodic table, but also our values. We teach them by our words and by our examples, by including them in service projects as a way to learn about serving, by praying as a way to teach them about praying. And they teach us too, by their examples. Jesus says that unless we become like children, we cannot hope to enter the Kingdom of Heaven. These children spreading mulch offer us a pretty good example to follow in that regard!



(continued on page 3)

Volunteers are the
HEART
of our church

What's INSIDE

- Sunday Volunteers.....2
- Novels & Needles.....2
- Mental Health First Aid.....2
- From Pastor's Desk (cont).....3
- Nursing Nook.....4
- Outreach.....5
- Calendar.....6
- Prayer List / Birthdays.....7
- Grief Support Group.....8
- Volunteer Spotlight.....8
- Worship Opportunities.....8
- Presbyterian Women.....9
- Go to Sleep.....9
- Family Movie Night.....10
- Puzzle.....10
- Nursery Volunteers Needed.....11
- Helping Hands.....11

VISIT US ONLINE AT
WWW.COVENANTPRESSTAUNTON.ORG

Serving
GOD
Together



GREETERS

MAY 15 -

8:30 AM....Kristen Lambert

10:30 AM....Eileen Cooper, Cathy
Ryan, Carter Lawson

MAY 22 & 29 -

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

10:30 AM....Eileen Cooper, Cathy
Ryan, Carter Lawson

COVENANT KIDS @ 10:30 service

MAY 15 - Jacki Dull &

Dan Drumheller

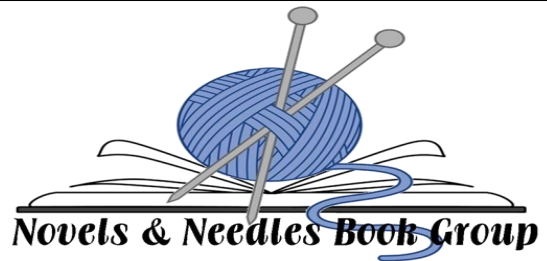
MAY 22 - Anne Bell & Kristin Gaffney

FLOWER COORDINATORS -

Susan Polly and Christy Davis

CHURCH OPENING and CLOSING

MAY - Adam Campbell



Novels & Needles Book Group

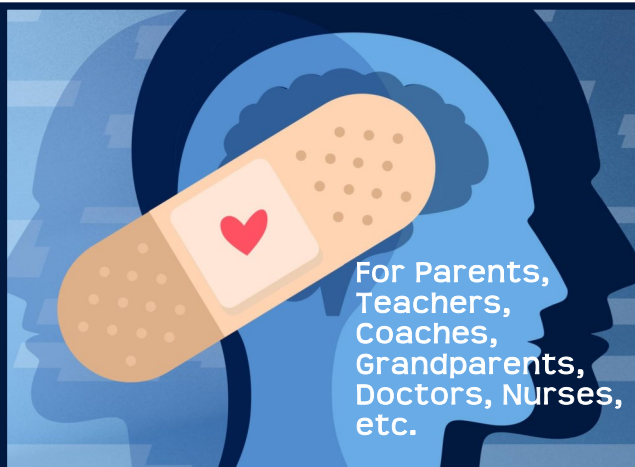
Novels & Needles Book Club
will meet at 10:00 AM on
Friday, May 13th
in the church Breezeway.

The book being discussed is
Norwegian by Night
by Derek B. Miller.

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

*We also welcome those who
do not knit or crochet.*

Please join us!
This is the last meeting until Fall.



For Parents,
Teachers,
Coaches,
Grandparents,
Doctors, Nurses,
etc.

YOUTH MENTAL HEALTH FIRST AID

WHO: Adults who interact with
adolescents (This course is not
for adolescents themselves.)

WHAT: Topics to include common
signs and symptoms of mental
health challenges in adoles-
cents (anxiety, depression,
eating disorders, ADHD,
substance abuse, impact of
social media); how to interact
during a crisis; how to find help.

WHEN: 9:00 AM to 4:00/5:00 PM on
Saturday, June 11th

WHERE: Covenant Fellowship Hall

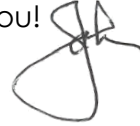
How: To register, contact Martha Pierce at the church office (540-885-2138) or by
email at covenantpcusastaunton@gmail.com. Please provide your name,
email address, and telephone number. Registration deadline is May 27.

FROM THE PASTOR'S DESK (cont'd)

It is said that the Christian faith is always just one generation away from extinction, which is to say that unless we teach our children and grandchildren and great-grandchildren, our nieces and nephews and neighbors, about the triune God in whom we believe, then that good news will die with us. That responsibility is not something that is delegated to Sunday School teachers or pastors; it lies with all of us as followers of the risen Christ. But in order to share that good news, we first must wrestle with what it is **we** believe. Have you done that wrestling with God? Do you know what you believe and value, what is really important to you about faith and faithfulness in life and in death? Do you believe it so strongly that you want to share it with the next generations so that they too may find it to be good news, saving news, which brings hope, direction, and purpose to their lives – as it does to yours? Or is faith not central to your life and living day to day?

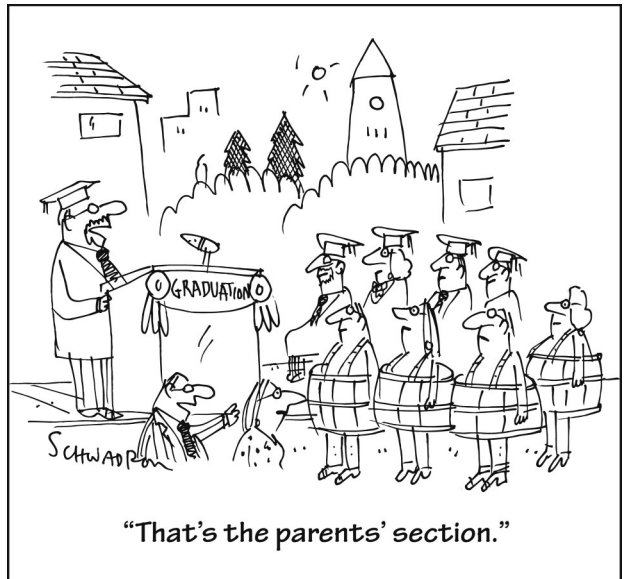
If serving is not important to you, then it will not be important to them. If coming to worship is not important to you, they will note that as well. If praying is not important to you, you can hardly expect them to adopt that practice on their own. But if we provide faithful, loving examples of what we believe and show them what that faith looks like in action, then they too may come to embrace that good news for their own lives. They will still have to do that hard wrestling with God about what they believe – we all do and our confirmands are in the midst of that hard

wrestling now – but they will have an example to follow and perhaps a conversation partner along the way, an example and conversation partner that might be you!



DOOR REMINDER:

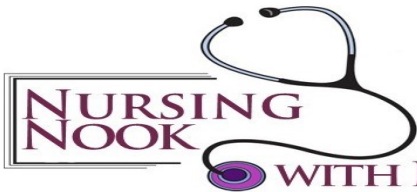
If you are exiting a locked door, please double check to make sure it has latched closed. Some of the doors don't latch easily on their own and need assistance. Thanks!



Items for the next newsletter are due by **9:00 AM on Friday, May 20th.**

Please email Martha at: covenantpcusastaunton@gmail.com





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

We live in a small city with big mental health challenges.

Staunton, which ranks just 41st among Virginia's 50 most populated cities, rates itself as the 6th most depressed population among all 500 of the state's cities. This alarming statistic comes to us courtesy of a self-screening mental health tool included in the website of Mental Health America of Augusta (MHA-A). The screening is not intended as a diagnostic tool, but as a way for individuals to decide if they need to initiate a conversation with a professional, MHA-A executive director Bruce Blair explained recently.

The 13 online screenings offered (ranging from Anxiety and Bipolar Disorder to Workplace challenges and Youth issues) provide a "snapshot" of a given community's mental health concerns during a specific period of time. Between 2015 and 2020, MHA-A averaged about 200 screenings a year. For the past two years, that number has approached 1,000: Almost 60 percent were submitted by residents between 11 and 24 years old.

"Anxiety and depression seem to be the biggest issue (among this age group) . . . (with) a drastic increase" seen among numbers of college students doing self-screenings over the past two years, Blair said. For those who like statistics: Among the 1,100 SAW area screenings submitted through MHA-A over the past year, 32.3 percent were for depression, 19.77 percent for anxiety and 17.22 percent for bipolar screenings. Hundreds of those were done by adolescents and young adults.

Interested in understanding more about mental health issues among the young people in your life? Sign up to spend an eye-opening day learning about "**Mental Health First Aid: Youth**," a class designed for adults who want to learn more about the signs and symptoms of mental health challenges among adolescents and young adults. More information about this class scheduled for **June 11th from 9:00 am to 4:00 pm** and how to register can be found on page 2 of this newsletter. Registration **deadline is May 27**.

Other resources worth exploring:

- ◆ **Mental Health America of Augusta's** well-designed, user friendly website includes copious amounts of information about how to find more information – and help – locally. <https://mha-augusta.org/>
- ◆ **BeMe**, designed by psychiatrists and psychologists with content input from a teen advisory board, is a "teens only" website and app, with videos and content specifically designed to appeal to today's technologically-connected adolescents and young adults. It also includes a great deal of helpful information for family members and other adults. <https://beme.com/>
- ◆ **Valley Community Services Board** is local and has a well-organized website that includes information about how to get in touch with services you might be seeking. <https://www.myvalleycsb.org/>

OUTREACH



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.

Bags into Benches

Turn your plastic bags into benches for the Boys & Girls Club.



THE 3RD BENCH IS ON THE WAY TO US!

See your benches in action on the playground at the Waynesboro Boys & Girls Club. Thank you! Bring your plastic bags to the church and drop in a designated receptacle located in the office vestibule.

WANT TO HELP? Volunteers are needed to help take the bags collected at the church to Food Lion. Contact Robyn Sommerfield or sign up at <https://>



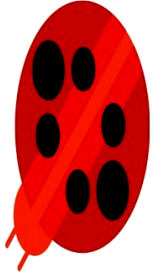
Egg cartons no longer needed.

Shelburne M.S. Update

The school year is soon to end! At this point there are no plans for the Shelburne Pantry to operate while school is out for the summer, so it's time for a big push to stock the kitchens for the families in need! They've asked to focus on supplies that will last --

salt, sugar, cooking oil, aluminum foil, baggies, etc. (items that are needed long-term and are expensive for the families to purchase themselves). We need to have all contributions at the church by May 18. Drop off is easy and the collection boxes are located in both the church office vestibule and the narthex. Thank you for giving food and supplies - with a generous sprinkling of hope and dignity!





MAY

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9</p> <p>COVENANT CONNECTION PUBLISHED</p>	<p>10</p> <p>10:30 AM Presbyterian Women's Birthday Celebration</p> <p>5:30 PM Preschool Team</p>	<p>11</p>	<p>12</p> <p>7:00 PM Choir Rehearsal in Sanctuary</p>	<p>13</p> <p>10:00 AM Novels & Needles Book Group</p>	<p>14</p>	
<p>15</p> <p>8:30 AM Worship Service in Sanctuary</p> <p>9:10 AM Children's Choir Rehearsal</p> <p>9:30 AM Sunday School</p> <p>10:30 AM Worship Service in Sanctuary</p> <p>10:30 AM Worship Service via Live Stream on Facebook</p> <p>11:45 AM CareGivers Group in Room 5</p>	<p>16</p> <p>7:00 PM COVID Task Force</p>	<p>17</p> <p>7:00 PM Stewardship & Finance Team</p>	<p>18</p>	<p>19</p> <p>8:45 AM Executive Team</p> <p>7:00 PM Choir Rehearsal in Sanctuary</p>	<p>20</p> <p>9:00 AM Newsletter Deadline</p>	<p>21</p>
<p>22</p> <p>8:30 AM Worship Service in Sanctuary</p> <p>9:10 AM Children's Choir Rehearsal</p> <p>9:30 AM Sunday School</p> <p>10:30 AM Worship Service in Sanctuary</p> <p>10:30 AM Worship Service via Live Stream on Facebook</p> <p>6:00 PM STATED SESSION MEETING</p>	<p>23</p> <p>COVENANT CONNECTION PUBLISHED</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>



Realizing that grief is a process that each person experiences uniquely in his or her own way, Covenant offers a place of understanding, caring, and support where you can feel comfortable sharing your experiences and feelings with others on the same journey, knowing you are not alone.

The next Grief Support Group will meet on Sunday, May 22nd, at 11:45AM in Room 5. Whether your loss is recent or long past, all are welcome. Light refreshments will be served.

volunteer spotlight

*Thanks from
Valley Supportive Housing:*

"Mike Norris and his crew prepped and painted a hallway and set of steps at our newest Staunton property. . . preparing four apartments for individuals with mental health illnesses. We would not have completed this job for at least another two years without his help."

— Lou Siegel, Executive Director



WORSHIP
with us

BLENDED WORSHIP
Sundays @ 8:30 am
The Blended Service is a condensed, less formal service.
Masks are optional.

After a two year wait, communion by intinction at the 8:30 service each week will resume May 15!

TRADITIONAL WORSHIP
Sundays @ 10:30 am
At our Traditional Service, music plays a central role in worship. Communion is served the first Sunday of every month. This service includes a Children's Moment with the pastor.
Masks are required to help protect our unvaccinated children.

VIRTUAL WORSHIP
Sundays @ 10:30 am via Facebook
This is a live-stream of the Traditional Worship Service. Worship with us wherever you access Facebook! The link is:
www.facebook.com/Covenant-Presbyterian-Church-163891301309/videos/

PRESBYTERIAN WOMEN



ALL women of the church are invited to celebrate the 100th birthday of Presbyterian Women by attending the Birthday Gala celebration on Tuesday, May 10th at 10:30 AM in the Great Hall. It's your chance to fellowship with other women of the church and support the PW Birthday Offering recipients: a homeless shelter in Maine, and a community kitchen in Puerto Rico. We will also have some special award presentations and will announce the new leadership team for next year. Our celebration will feature cake and ice cream with some allergy-friendly options.

Preschool will still be in session that day so when you come to the PW meeting, please remember to avoid driving around the back of the church as children may be playing outside.

Go to Sleep, God Has the Wheel

I remember driving with my Dad at night when it would rain hard, and as a kid, I was afraid. I thought to myself, "How could he see? What about all of the cars around him?" However, time and time again, I would drift off to sleep in the back of the car. You see, no matter how dark and stormy the road, my Dad had the wheel, and I trusted him.

I'm reminded of a story about the English Reformer martyr, Nicholas Ridley. Nicholas Ridley was a Bishop of London who lived during the times of the Marian persecution of Protestants. The night before Ridley was to be executed, we find recorded that when asked by some friends if he would like them to stay up with him that night, he said, "*No, no, that you shall not. For I mind (God willing) to go to bed, and to sleep as quietly tonight, as ever I did in my life.*"

How could he sleep before his execution? It was because he knew that his heavenly Father had the wheel, no matter how dark and stormy the road ahead might be. The Psalmist wrote about this experience in Psalm 4:8, "*In peace, I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.*" Another way to say this is, "*Be still and know that I am God.*" Still your heart Christian, because God is God. No matter what happens, no matter what your experience may be, there is not a square inch in this universe or moment in time over which he does not reign. Lay your head on this pillow and sleep: God is God. Whisper to your heart, "Be still, heart, God is God." Fall, recklessly into the pillow of his sovereignty, love, mercy, and care. What is happening in your life? What anxiety is keeping you up at night? You can drift off to sleep because your Heavenly Father has the wheel, and no matter how dark and stormy the road ahead of you might be, you can trust him with your life. — Paul Banfe, ChurchLetters.org



Join us on the grassed area next to the church on Friday, June 3rd for Family Movie Night. We will begin gathering at 8:00 pm with the movie starting at 8:30 (sunset). Showing will be Encanto (this is subject to change). Bring chairs, blankets, etc. and snacks and/or drinks. Popcorn will be provided. Sign-up at <https://bit.ly/3NaEwN5>

PUZZLE



Resurrection refresher

All four gospels confirm Jesus' resurrection, and each one offers important details.

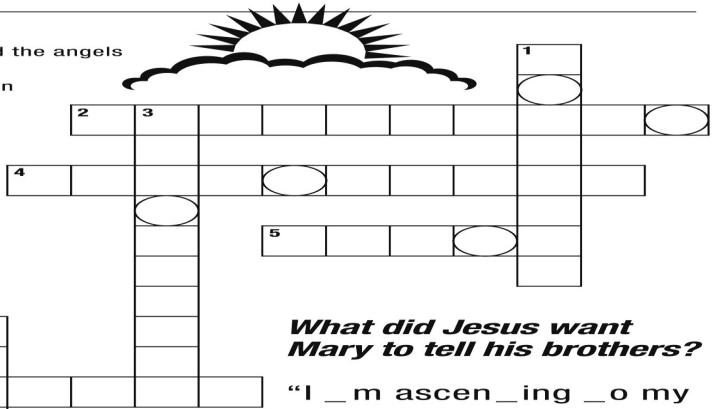
Directions: Complete the crossword. Then insert the circled letters (in order of the clue numbers) to complete John 20:17 below.

ACROSS

- 2. The women did this when they heard the angels talk about Jesus' death. (Luke 24:8)
- 4. The women at the tomb did this when they saw Jesus. (Matthew 28:9)
- 5. The man in Jesus' empty tomb wore this color robe. (Mark 16:5)
- 7. Jesus instructed his brothers to go here. (Matthew 28:10)
- 8. Peter saw strips of this in the tomb. (Luke 24:12)

DOWN

- 1. At first, Mary thought Jesus was this person. (John 20:15)
- 3. As an angel came from heaven, this happened. (Matthew 28:2)
- 6. She went with Mary to anoint Jesus' body. (Mark 16:1)



What did Jesus want Mary to tell his brothers?

"I _ m ascen _ ing _ o my Fat _ er and your Fa _ her, to _ y _ od and your God."
Joh _ 20:17, NIV



Answer: ACROSS 2. remembered, 4. worshipped, 5. white, 7. Galilee, 8. linen; DOWN 1. gardener, 3. earthquake, 6. Salome; "I am ascending to my Father and your Father, to my God and your God." John 20:17, NIV



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



HELPING HANDS DAY CAMP 2022

is a cooperative ministry of Trinity Episcopal, Emmanuel Episcopal, Central United Methodist, First Presbyterian & Covenant Presbyterian.

HELPING HANDS DAY CAMP

is for children who have completed grades K through 5 and youth who completed grades 6 to 12 during the 2021 - 2022 school year.

CAMP DATES:

Monday, August 1 through Friday, August 5
9:00 am to 1:30 pm

LOCATION:

Covenant Presbyterian Church

COST:

\$15.00 per camper

Scholarships are available and contributions to sponsor a camper in need of financial assistance are welcome.

Registration forms are available on the church website homepage (covenantpresstaunton.org).

The deadline for registration is Friday, June 24, 2022

For more information,
email helpinghandsstaunton@gmail.com

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:
Worshiping with Joy,
Growing in Faith, Serving in Love."*

Covenant Connection
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Covenant Presbyterian Church.
The newsletter is published bi-weekly to
inform members and friends of church
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The Connection newsletter is online at
www.covenantpresstaunton.org.



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**Pray for
the World**

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

Because your
steadfast love
is better than
life, my lips
will praise
you. PSALM 63:3

