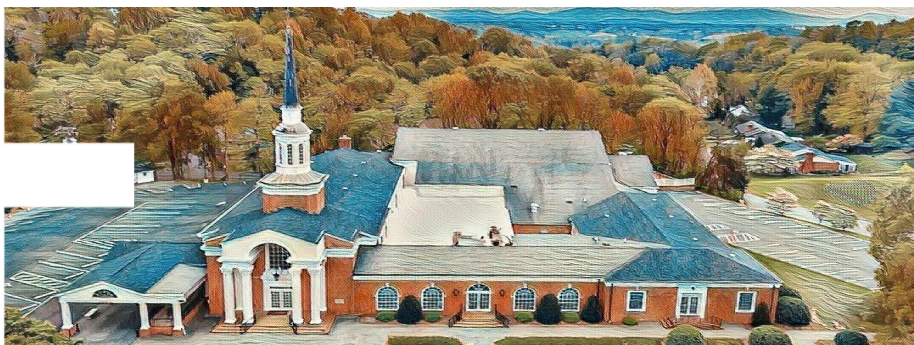


May 22, 2023
STAUNTON, VA



COVENANT CONNECTION

A PUBLICATION OF COVENANT PRESBYTERIAN CHURCH

From the Pastor's Desk

Each year the President offers a State of the Union address to Congress which is often more political theater than substance. We hope to flip that script in our own "State of Covenant" report on Sunday, June 4, at 9:30 in the Great Hall. It will not be nationally televised, and there will be no political posturing! This will be an opportunity for folks to hear from Covenant teams about their work over the last year, to ask questions, and to hear about our vision for the coming year. There has been a lot happening since last June's "State of Covenant" report, and we have high hopes and expectations for the year to come!

Memorial Day marks the beginning of summer and for us there are some summer changes as well. Sunday School, Monday Morning Bible Study, and choirs take a break until after Labor Day. Preschool has finished their year until a return in August. In July and August worship services will be at 8:30 and 10:00 with our summer Happy Half Hour between services for fellowship. The Fellowship Team has some activities planned for the summer months, so keep an eye out for those opportunities. The youth will head to Montreat for their annual Youth Conference. We hope, perhaps,

(continued on page 3)



What's INSIDE

Sunday Volunteers.....	2
State of the Church.....	2
Anniversary.....	2
Condolences.....	2
From the Pastor's Desk (cont).....	3
Pentecost Offering.....	3
Summer Flowers.....	3
Christian Education Volunteers.....	4
Communion Helpers.....	4
Nursing Nook.....	5
Prayer List/ Birthdays.....	6
Calendar.....	7
Missionary Update.....	8
Outreach.....	9
Equal Exchange Sale.....	10
Baby Shower Donations.....	10
Helping Hands Camp.....	11
New Mailing Address.....	back cover

VISIT US ONLINE AT
WWW.COVENANTPRESSTAUNTON.ORG

Serving
GOD
Together



GREETERS

MAY 28 -

8:30 AM....Chris & Becky Earhart

10:30 AM....Cindy Bowman,
Dan Drumheller

JUNE 4 -

8:30 AM....Gary & Nancy Gourley

10:30 AM....TBD

NURSERY (10:30 AM)

MAY 28 - TBD

JUNE 4 - Joan Sayers

FLOWER COORDINATORS

Susan Polly and Christy Davis

CHURCH OPENING and CLOSING

MAY - Adam Campbell

JUNE - Tom Compton

60th Wedding
Anniversary



Congratulations to
Fran & Bill
von Seldeneck who
will celebrate their
60th Wedding
Anniversary on
June 3rd!!



During the Sunday School hour (9:30AM -10:15 AM) on June 4 there will be an update and informational session on the current "state of the church" at Covenant. There will be presentations on ongoing programs, finances, and an opportunity for questions about Covenant, what has been happening, and where we plan to go in coming years. Please join us in the Great Hall on June 4 for this informative session.

*With
Sympathy*

Please keep in your prayers:

Debbie Metz and family on the passing of Debbie's mother, Jan Tiderman, on May 12th. This is less than two months after the death of Debbie's father.

The family is grateful for the 74 years they had together.

May God grant this family comfort, strength, and resurrection hope.

TO OUR VISITORS

If you have been visiting and are interested in learning more about Covenant, our ministries, or membership, please give John Peterson a call at 540-885-2138.

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

to offer a book study or two along the way. Many of our Outreach activities continue as well as does weekly worship, so we hope that you will stay engaged and continue to nurture your faith and share your talents through these "hazy, lazy" days of summer. Thankfully, God does not take the summer off, even if we do! Blessings to you all in your travels along the way!



Do you have flowers in your garden that you would like to share? Please contact Susan Polly or Christy Davis. They will use your flowers to make an arrangement to decorate the narthex.



Items for the next newsletter are due by **9:00 AM on Friday, June 2nd.**

Please email Martha at: covenantpcusastaunton@gmail.com

PENTECOST OFFERING - MAY 28

At Pentecost, we celebrate that God offers more than we can plan. Our gifts to the Pentecost Offering help guide young people in Christian formation from their earliest years to young adulthood. With our gifts, we are there to help build these youngest members of the body of Christ into people God would have them become. Forty percent (40%) of your donation stays with our congregation, 25% supports Young Adult Volunteers (YAV), 25% supports Ministries with youth, and 10% is devoted to children at risk. When we all do a little, it adds up to a lot! Ways to give: through our offering during services on May 28th, online at pcusa.org/donatepentecost, or text PENTECOST to 91999.

*"I will pour out my Spirit
on all people."*

Joel 2:28, NIV



Ushers/Greeters Needed



Your help is needed!

If you are available at the 8:30 or 10:30 service, please sign-up at <http://bit.ly/3KPmamT>



COMMUNION



HELPERS

If you are willing to assist with Communion set-up and clean-up for the 8:30 service, please contact Nancy Gourley at gourleygd@aol.com or call/text 540-569-0839. Thank you!

THANK YOU FROM THE CHRISTIAN EDUCATION TEAM

This year of Sunday School and Covenant Kids has come to an end!

On Sunday, May 7 at the 10:30 service we honored those who volunteered in our Christian Education ministries. The Christian Education Team would like to take a moment to thank all of those who have participated in Christian Ed ministries this year by mentioning

them in this newsletter. We rely heavily on the time and talents of these wonderful people and our programs are richer because of them. If you see them out and about, please take a moment to offer them a word of thanks. While you're at it, ask them how easy and how much fun it is to volunteer. . . and then come join the ranks when we start up again in the Fall!

And now . . . in no particular order . . . our terrific Christian Ed Volunteers (Sunday School, Covenant Kids, and the Nursery):

Sally Griffith, Matt and Kristen Gaffney, Mason Lawson, Leslie Burdick, Caity Campbell, Cindy Bowman, Kara Miller, Mandy Drumheller, Joan Sayers, Elissa McDonald, Jack Dull, Rebecca Allison, Susie Oberg, Amanda Campbell, Kristen Lambert, Anne Bell, Laura Lawson, Craig Whitacre, Tom Bellamy, Bill Terry, Rod Owen, Eileen Cooper, Charlotte Scott, Mac Wilson, Jean Wielage, Janet Surratt, Melissa Blinn, Jane Maxton, Nancy Headifen, Peggy Jennings, Juliana Wszalek, and Susan Wszalek.

Watch for information about when Sunday School and Covenant Kids begins in the Fall!



OUR VOLUNTEERS!

BUMBLE BEE BALLS

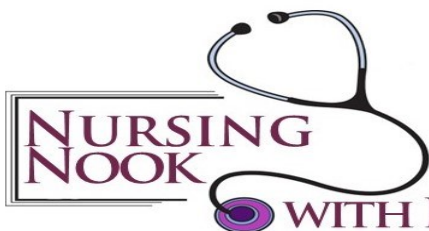
Make these yummy treats as a summer snack.

What you need:

- 1 cup peanut butter
- 1½ oz. instant oats
- ¼ cup honey
- ½ cup instant milk powder
- ½ cup dark chocolate chips
- 40 mini chocolate chips
- 20 slivered almonds
- 40 sliced almonds
- Adult help

What you do:

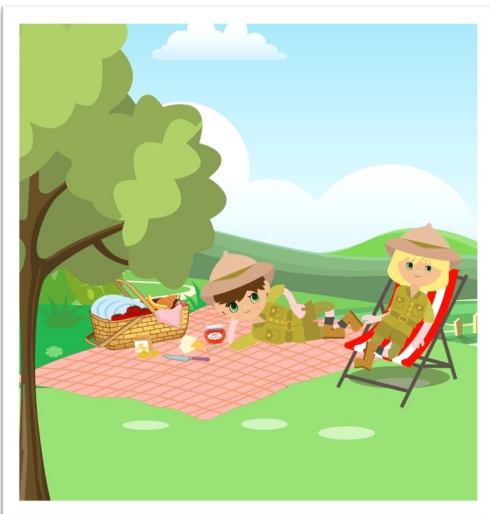
1. In a bowl, mix peanut butter, oats, honey and instant milk powder into dough. If too dry, add more peanut butter or honey.
2. Roll dough into 20 long balls. Place them on a cookie sheet and refrigerate.
3. Melt the dark chocolate chips and place them in a zippered baggie. Cut a tiny bit off one corner.
4. Remove dough from refrigerator. Squeeze thin lines of chocolate as stripes onto the bee bodies.
5. Use two mini chocolate chips for eyes, a slivered almond for a stinger and two sliced almonds as wings. Enjoy!



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

WITH KATHY HENDERSON, RN

May is **Mental Health Month**, and my inbox has been bombarded with reminders that going outdoors is one of the best ways to improve our mental and emotional well-being. Spending time outdoors, Mental Health America reminds us, lowers stress, improves mood, and reduces the risk of developing various mental health issues. (And we do live in one of the most beautiful places in the world.)



Before you venture outdoors, please spray with bug repellent: May is also **Lyme Disease Awareness Month**, accompanied by the CDC's message that almost a half million US citizens are diagnosed with and treated for Lyme every year. Lyme probably won't kill you, but this tick-borne disease can (a) be extremely difficult to diagnose in its early stages (not all victims get the "bull's eye" rash associated with the tiny tick's bite) and (b) cause life-long misery with symptoms ranging from mild fatigue to serious joint damage. Concerned about bug spray safety? One Cleveland Clinic researcher strongly recommends using a spray with DEET (less than 50 percent) as most effective against the black-legged ticks so prevalent in this area.

Decide for yourself. The Environmental Protection Agency offers a nifty search tool to help you decide which mosquito/tick repellent is best for you. Find the tool at the following link:

<https://www.epa.gov/insect-repellents/find-repellent-right-you#search%20tool>

For a helpful overview of Lyme, check the Mayo Clinic:

<https://www.mayoclinic.org/diseases-conditions/lyme-disease/symptoms-causes/syc-20374651>

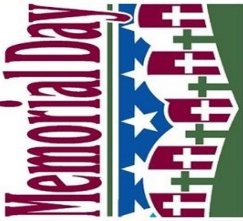
After you've sprayed for ticks and mosquitos, please remember your sunscreen (SPF 30+), because May also is **Skin Cancer Awareness Month**. With more than five million cases diagnosed in the US every year, it's one of our most common cancers, although one of the most treatable if caught in the early stages. Use that sunscreen, and have a dermatologist check you over annually.

To learn the basics of a skin self-exam, check out the following link:

<https://www.skincancer.org/early-detection/self-exams/>

Now, take your well-protected self outside and give thanks for the beauty surrounding us!

May/June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	22 COVENANT CONNECTION PUBLISHED	23	24 9:30 AM <i>Yoga Class in Breezeway</i>	25 7:30 PM <i>APNC</i>	26	27
28 4 Cents a Meal Pentecost Special Offering 8:30 AM <i>Worship Service in Sanctuary</i> 10:30 AM <i>Worship Service in Sanctuary</i> 10:30 AM <i>Worship Service via Live Stream</i> 11:45AM <i>Fellowship Team</i>	29 CHURCH OFFICE CLOSED 	30	31 9:30 AM <i>Yoga Class in Breezeway</i>	JUNE 1	2 9:00 AM <i>Newsletter Deadline</i>	3
4 Peanut Butter Sunday Presbyterian Coffee Project 8:30 AM <i>Worship Service in Sanctuary</i> 10:30 AM <i>Worship Service in Sanctuary</i> 10:30 AM <i>Worship Service via Live Stream</i> 11:45AM <i>Outreach Team</i>	5 COVENANT CONNECTION PUBLISHED 5:30 PM <i>Congregational Care Team</i> 7:00 PM <i>Facilities Team</i> 7:15 PM <i>Worship Team</i>	6	7 9:30 AM <i>Yoga Class in Breezeway</i>	8	9 10:00 AM <i>Novels & Needles Book Group</i>	10

Missionary UPDATE

FROM FAITH'S HEART — April 2023 Update
(Crystal & Raphael)

PFU-what? Pfumvudza, pronounced foom-vood-za and literally meaning “new season,” is a sustainable farming technique developed by a local non-profit organization in Zimbabwe as a way to ensure food security for a family of six for a year on just 1/16 the amount of land they would normally farm. This, along with many other strategies and methodologies in conservation agriculture will be presented during an in-depth international training in Zimbabwe in June. And we're going!! We are so excited!

In April, we got final confirmation from Equipping Leaders International (ELI) and Foundations for Farming (FfF) of our registration for the week-long training. This training will not only help us in our own farming but will also provide a unique new ministry opportunity. ELI has offered us the chance to become the in-country trainers for Nigeria. Their model is for the trainers (that will be us!) to train indigenous pastors who will then take the training back to their villages and train their congregations, empowering people to sustainably and affordably feed their families. Our community development center will be the perfect place to host these trainings!

Please pray for on-time flights, that our funding needs for the trip will be met, and that the Lord will bless this time of learning and networking.

“And God said, ‘Let the earth sprout vegetation. . . And it was so. . . And God saw that it was good.’” ~ Genesis 1:11-12





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.

Fun Fact: On average you donate over 80 lbs. of food per week. That's a lot of peanut butter!

FILL THE BUCKET -

HELP RESTOCK THE VERONA FOOD PANTRY

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



500 lbs. = a bench



BAGS TO BENCHES

THANK YOU, COVENANT! In 3 years we have kept over 2000 pounds of plastic out of the landfills. AND we've donated 4 benches to the Boys and Girls Club. Help us keep up the good work:

- Please make sure your bags are **CLEAN, DRY** and **FREE OF FOOD RESIDUE**.
- Plastic bags need to be stretchy. Look for a #2 or #4 recycling symbol (polyethylene films).
- You don't need to cut off zip tops or remove paper labels.
- Please no cellophane (as in snack bags) or metallic films (see nextrex.com for details)

WANT TO HELP? Volunteers are always needed to do the weekly weigh-in and take bags to Food Lion. Sign up at <https://bit.ly/3CzoJTW>

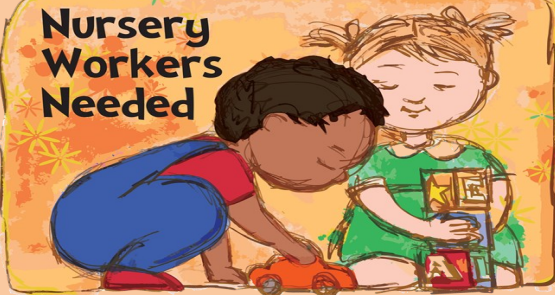
Questions? Contact Robyn Sommerfield at robynsommerfield@gmail.com

EQUAL EXCHANGE SALE



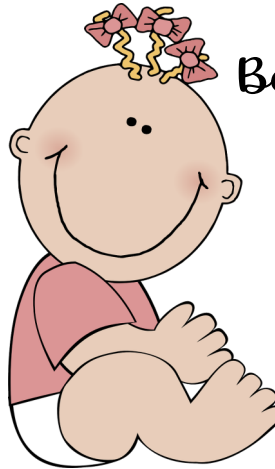
The next Equal Exchange Sale will be **Sunday, June 4th**. Items available are: coffee for \$8.00, tea for \$4.00, and dark chocolate for \$3.00. Make your purchase between the 8:30 AM and 10:30 AM worship services and after the 10:30 worship service. If you would like to place a pre-order, email bettyandcliff@comcast.net or call 540-290-1089.

Nursery Workers Needed



Covenant needs one additional adult (age 14+) to volunteer in the nursery for infants through 4-year-olds each week during 10:30 service (10:00 in July and August). These volunteer spots are for the second adult present to satisfy our Child Protective Policy. If you would like to volunteer, please sign-up at <http://bit.ly/3Y9CvWf>

Outreach Baby Shower



What a JOYFUL RESPONSE to an opportunity to help! Our Covenant Family has again responded so generously to the Outreach Team's request to help. We have

all the items we need to provide a blessing-filled Baby Shower for a young lady finishing her time at Gemeinschaft—a place where folks can be for 90 days to plan for reentering society after incarceration. This young lady and the other ladies at Gemeinschaft will feel God's love as we deliver these gifts through a "Celebration of Baby" Shower at Gemeinschaft. There are boxes by the sanctuary, the church offices, and in Room 3. Please deliver contributions by Sunday, May 28. What joy to be in such a giving, loving church family! Thank you all!

Another way to help:

- Contact Susie Oberg or Joan Sayers if you have "gently used" baby equipment to give her or some other special idea to share.



HELPING HANDS DAY CAMP 2023

is a cooperative ministry of
Emmanuel Episcopal, Central United Methodist,
First Presbyterian, Second 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 2022 - 2023 school year.

CAMP DATES:

Monday, July 31 through Thursday, August 3
from 9:00 am to 1:30 pm and
Friday, August 4 from 9:00 am to noon

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 23, 2023

For more information,
email helpinghandsstaunton@gmail.com

COVENANT PRESBYTERIAN CHURCH

Mailing Address:

PO Box 2948, Staunton, VA 24402

Physical Address:

2001 N. Coalter Street, Staunton

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

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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MATTHEW 25

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



SNAIL MAIL ADDRESS CHANGE

Covenant's mailing address changed on April 1st. The new address is:

PO Box 2948, Staunton, VA 24402

Please use this address going forward.
This change increases the security of
mail handling.

REMEMBERING
**OUR
HEROES**

MEMORIAL DAY