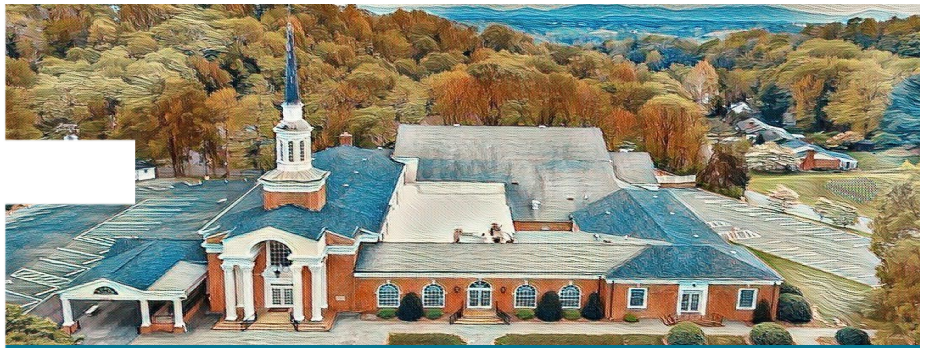


APRIL 22, 2024
STAUNTON, VA



COVENANT CONNECTION

A PUBLICATION OF COVENANT PRESBYTERIAN CHURCH



From the Pastor's Desk

What does it mean to be a member of the church? First and foremost, it means to be a disciple of Jesus who seeks to follow the risen Christ by loving God and one another, forgiving and praying for others, serving as Jesus showed us and taught us, and proclaiming the good news of his resurrection and God's love for the world. The basic affirmation of faith in the early church was simply, "Jesus is Lord!" To be a church member is to make that same affirmation personal – to affirm that Jesus is Lord in your life by how you live day to day. Our Book of Order offers a vision for what those commitments look like in practice:

A faithful member bears witness to God's love and grace and promises to be involved responsibly in the ministry of Christ's Church. Such involvement includes:

- ◆ *Proclaiming the good news in word and deed,*
- ◆ *Taking part in the common life and worship of a congregation,*
- ◆ *Lifting one another up in prayer, mutual concern, and active support,*
- ◆ *Studying Scripture and the issues of Christian faith and life,*
- ◆ *Supporting the ministry of the church through the giving of money, time, and talents,*
- ◆ *Demonstrating a new quality of life within and through the church,*
- ◆ *Responding to God's activity in the world through service to others,*

(continued on page 3)

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VISIT US ONLINE AT

WWW.COVENANTPRESSTAUNTON.ORG

Seeing
GOD
Together



GREETERS

APR. 28 -

8:30 AM....Janice & Rae Rockwell

10:30 AM....Melissa Druff, Jane Wimmer

MAY 5 -

8:30 AM....**2 volunteer needed**

10:30 AM....Dan Drumheller,
Charlie & Mary Huppuch

NURSERY (10:30 AM)

APR. 28 - **Volunteer needed**

MAY 5 - **Volunteer needed**

COVENANT KIDS (10:30 AM)

APR. 28 - Anne Bell

MAY 5 - Cora Leigh Clark,
Reagan Gwaltney

FLOWER COORDINATORS

Susan Polly and Christy Davis

CHURCH OPENING and CLOSING

APRIL -- Kent Diduch

MAY -- Adam Campbell



Monday Morning Bible Study

Join us on Mondays at 10:30 AM

We look at the text for the next Sunday's sermon. Come dive a little deeper into God's word, share your insights, and get a head start on the next sermon.

We will meet **in person** in Room 6 **and** also offer this meeting **virtually** through Zoom. A link to the Zoom meeting will be sent out via opt-ins each Sunday afternoon.



VOLUNTEERS NEEDED

HELPERS (age 14+) ARE NEEDED FOR NURSERY & COVENANT KIDS SUNDAYS DURING THE 10:30 SERVICE

These volunteer spots are for the second adult present to satisfy our Child Protective Policy.

SIGN UP FOR NURSERY:

<https://bit.ly/3Y9CvWf>

SIGN UP FOR COVENANT KIDS:

<https://bit.ly/4b2wFxA>

EQUAL EXCHANGE SALE



The next Equal Exchange Sale is **Sunday, May 5th.**

Available are:

- ♦ regular coffee for \$9
- ♦ decaf coffee for \$10
- ♦ tea for \$4
- ♦ dark chocolate for \$3


Make your purchase between the 8:30 AM and 10:30 AM worship services and after the 10:30 service. You can place a pre-order by calling 540-290-1089 or emailing bettyandcliff@comcast.net.

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

- ◆ *Participating in the governing responsibilities of the church, and*
- ◆ *Reviewing and evaluating regularly the integrity of ones' membership, and considering ways in which one's participation in the worship and service of the church may be increased and made more meaningful. (G-1.0304)*

In different seasons of our lives the shape of our responses may vary, but we can hardly call ourselves members of the church if we are not actively participating in the life of the church in some way, shape, or form. The advent of livestreaming of worship and virtual participation have expanded opportunities for such committed involvement.

How then are you doing as a member of Christ's Church in this Covenant community? Are those marks of membership reflected in your life? If not, then might this be an opportune time to consider how you might commit to be a more faithful member, not in order to impress your neighbors, but in order to respond to Christ's call? For, the church is not a club you join without any responsibilities that go with it. It is call to discipleship – and whether it is here or elsewhere, it is a call to which we respond by our action and by our inaction. *Membership in the Church of Jesus Christ is a joy and a privilege, suggests that same provision in the Book of Order. Embrace the joy!!*



Items for the next newsletter are due by **9:00 AM on Friday, May 3rd.**

Please email Martha at: covenantpcusastaunton@gmail.com

SESSION HIGHLIGHTS

At its stated meeting on April 21, the Session took the following actions:

- ◆ Elected Sam Hostetter and Mandy Drumheller as commissioners to the May meeting of presbytery
- ◆ Appointed to the Memorial and Endowment Fund Committee: Bob Stripling and Elissa McDonald in the Class of 2026, and Stan Grimm to fill an unexpired term in the Class of 2024
- ◆ Approved funds for the movement of AC equipment during the roof replacement over the choir room



Card Shower

Long-time Covenant member Helen Ramsey is turning 98 years old on April 24th!

Help her celebrate by participating in a card shower.

If you would like to send well wishes, please address cards to:

Helen Ramsey
422 Windemere Drive
Staunton, VA 24401



**CHANGE
of ADDRESS**

Bill & Fran von Seldeneck
21 Woodlee Road, Apt. 228
Staunton, VA 24401





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

Although we live in one of the most beautiful, fertile places on earth, food insecurity is a fact of life for too many of our neighbors. We at Covenant already address this issue with our "Yes, We Can" produce canning project and by volunteering at – and donating food to – the Blue Ridge Food Bank and Shelburne Middle School. We can also help others with *their* gardens, while doing good for our bodies and souls.

Project Grows, founded in 2012 to address serious health issues, has a large farm in Verona and emphasizes educational activities, hosts a summer camp and works in schools. Grows needs volunteers, to help with hands-dirty farm work, farmers' markets and educational outreach. Check out their website, and offer a hand at: <https://projectgrows.org/get-involved/>

Jones Gardens, founded in 2021 by sisters Naomi and Sarah Jones to create a food oasis within Staunton, has expanded exponentially, to include food delivery to more than 60 families a week (during season), and offers child-friendly garden workshops. They also have "drop in gardening" Saturdays during growing season and Friday-Saturday "Market Days" from May through October. Bonus: Garden helpers take home free produce. Find them at: <https://www.jonesgarden.org/#/>

The "new" **Farm at Augusta Health** began in 2017 as a joint project with the Allegheny Mountain Institute and is managed by former AMI manager Hannah Dorrel. The farm is believed to be the only hospital-based farm in the state. The farm's 30,000 +/- pounds of seasonal produce is used in the hospital's cafeteria, to fill food boxes (delivered to area residents), as CSA shares for hospital employees, and in a weekly Farm Stand (3-6 p.m. Thursdays on Mule Academy Rd) The Farm is seeking adult volunteers (teens 13-18 may work but must be accompanied by an adult) to work in the garden, alternate Tuesdays and Thursdays (tomorrow, May 7, May 21), 10 a.m.-noon and 4-6 p.m. Please register by contacting Ms. Dorrell at HDorrell@augustahealth.com or use the following link: <https://www.signupgenius.com/go/10C0B4EA9AA2DA3F4CE9-48860057-volunteer#/>

For a scholarly explanation of gardening's mental and physical benefits, check out the following from the National Library of Medicine:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8125471/>

Easier, entertaining reads (ignore the annoying ads) come from Healthline: <https://www.healthline.com/health/healthful-benefits-of-gardening#reduces-stress> and <https://www.healthline.com/health/healthful-benefits-of-gardening#improves-memory>

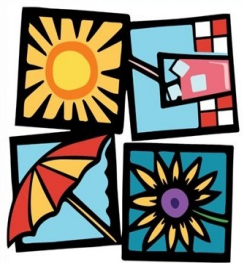


Before you head outside please remember: Sunscreen, bug spray, and hat. If you have lung issues, check air quality. Many smart phones include air quality ratings in their weather apps, but you can also check: <https://www.airnow.gov/>

If allergies are an issue, check out the following, from the American College of Allergy, Asthma and Immunology. <https://acaai.org/allergies/management-treatment/living-with-allergies/gardening-with-allergies/>

Remember: **Gardening is good for body and soul**, so get out there and get dirty.

APRIL

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	22 COVENANT CONNECTION PUBLISHED 10:30 AM Monday Morning Bible Study 	23	24 9:30 AM Yoga Class in Breezeway 6:00 PM Together on Wednesday (TOW) 7:00 PM Intergenerational Activity	25 5:45 PM Bell Choir Rehearsal 7:00 PM Choir Rehearsal	26	27
28 4 Cents a Meal 8:30 AM Worship Service 9:15 AM Alpha Choir 9:30 AM Sunday School 10:30 AM Worship Service and via Live Stream 11:45 AM Omega Choir 11:45 AM Confirmation Class 11:45 AM Grief Support Group 2:30 PM Fellowship Team	29 10:30 AM Monday Morning Bible Study	30	MAY 1 9:30 AM Yoga Class in Breezeway	2 5:45 PM Bell Choir Rehearsal 7:00 PM Choir Rehearsal 	3 9:00 AM Newsletter Submission Deadline	4
5 Peanut Butter Sunday Presbyterian Coffee Project 8:30 AM Worship Service 9:15 AM Alpha Choir 9:30 AM Sunday School 10:30 AM Worship Service and via Live Stream 11:45 AM Omega Choir 11:45 AM Outreach Team 11:45 AM Confirmation Class	6 COVENANT CONNECTION PUBLISHED 10:30 AM Monday Morning Bible Study 5:30 PM Congregational Care Team 7:00 PM Facilities Team 7:15 PM Worship Team	7	8 9:30 AM Yoga Class in Breezeway	9 5:45 PM Bell Choir Rehearsal 7:00 PM Choir Rehearsal	10 10:00 AM Novels & Needles Book Group	11

CHRISTIAN FORMATION

RACHEL WATSON • (540) 885-2138
revrachelwatson@gmail.com

There is a place for everyone, younger and older, learner or leader, in Christian Formation at Covenant! Check out the opportunities below for ways to learn with us each week!

Christian Formation Links are at the Covenant website:

www.covenantpresstaunton.org/christian-formation/

Adult Christian Formation

Sunday School | 9:30AM | Fellowship Hall | Sundays

The adults are engaged in a six-week study of the parables of Jesus. No prep is needed and all are invited.

Monday Morning Bible Study | 10:30AM | Room 6 and on Zoom | Mondays

We look at the text for the next Sunday's sermon. Come dive a little deeper into the story, share your insights, and get a head start on the next sermon. Watch for the Zoom link sent out via opt-in email every Sunday.

Wired Word | Online Resource

Check out the Wired Word each week which provides a Christian perspective on current events. You can find the link above.

A SPECIAL NOTE FROM RACHEL—

One of the gifts of the church family is the ability to celebrate milestones with each other. As we come to the end of the academic year, we want to celebrate the accomplishments of all those students among us who have completed their course of study and are preparing for their next steps. If you are a graduating senior, either from high school or from college, or you know and love a graduating senior in your family, email Rachel with their name, school from which they are graduating, and where they are going next (college and course of study/plan after college). If you are a college student and have words of wisdom for our new graduates, email Rachel so we can collect those nuggets of advice and prepare them as they head off to school. If you are a graduating youth or one of their parents, be on the lookout for an email asking for the days you can be at church to be celebrated on this milestone. What a joy to celebrate with our youth in this way!

Children's Christian Formation

Sunday School | Age 3-Grade 1, Grades 2-5 | 9:30AM | Preschool Wing | Sundays

The children gather for stories, crafts, and activities in the preschool wing. On April 28, they will begin a new unit on the call to Do Justice.

Covenant Kids | Age 3 – Grade 1 | 10:45AM | Covenant Kids Classroom | Sundays

Our youngest disciples are invited to go to Covenant Kids following the children's message to learn about the day's Bible story in an active way during the service.

Faith Explorers | Grades 3-6 | 6:30-8:00PM | Great Hall | May 10

Join us once a month for fellowship and games.

Youth Christian Formation

Sunday School | Grades 6-12 | 9:30AM | Youth Room | Sundays

The youth gather for discussion and games. On April 28, they will begin a new unit on the call to Do Justice.

Confirmation Class | Grades 8-9 | 11:45AM | Youth Room | Sundays

This class works together to explore faith and discipleship in the Presbyterian church.

Youth Journeys | Grades 6-12 | 11:45-1:30pm | May 26

The youth group meets once a month for a special activity. All youth are invited to come participate in a spring games day. We will have our very own field day to celebrate the end of our year.

ONGOING 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

MAKE A DIFFERENCE WITH PLASTIC BAGS

THANK YOU, COVENANT! We have kept over **2918 pounds (52 since the last newsletter)** of plastic out of the landfills. **AND** we've provided benches to the Boys and Girls Club. 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



HELP SUPPLY THE SHELburnE PANTRY

The **most needed items** for the pantry are **hygiene products** such as **shampoo, conditioner, liquid body wash, deodorant, and shaving razors**, as well as foods such as **canned vegetables, canned fruits, and soups**. Also, snacks that are easy for the kids to grab and eat. Please place your donations in the boxes outside the church office or in the Narthex.



Summer Dinner Groups Begin Soon

How do dinner groups work?

- ◆ Groups are made up of eight people (singles or couples), *you don't have to be a church member to join a group.*
- ◆ Each couple/single will take turns hosting either at home, in a restaurant or other location
- ◆ The group divides up the work by each bringing a dish; host provides the main course.

COME AND JOIN IN THE FUN!

SIGN UP AT <https://forms.gle/k9suu2rRa13rSpi69>

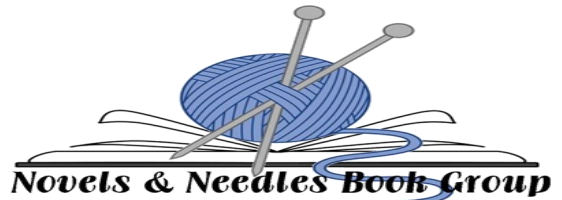
OR COMPLETE THE INSERT IN SUNDAY'S BULLETIN.

DEADLINE TO SIGN UP IS APRIL 30TH.



**Sunday, April 28th,
at 11:45AM in Room 5.**

We meet on the 4th Sunday of each month immediately after the 10:30 service. We will continue to explore ways to navigate the emotions, experiences, and questions of grief in order to move forward in our individual grief journeys. We hope you can join us!



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

The book being discussed is
Louisiana Longshot
by Jana DeLeon

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

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

Breaking Bread to Build Bridges

making connections to meet community needs



Housing ★ Homelessness ★ Voter Registration ★ Minority Business Development ★ Uniontown Future

Saturday April 27, 2024

1:00-3:00 pm

Booker T Washington Community Center
1114 West Johnson Street, Staunton

Connect with others to learn how you can achieve your own goals – and to explore how we can work together to meet everyone's needs. *We are stronger together!*

If you can, please bring a pie or homemade bread to share



11th Annual Ecumenical National Day of Prayer Observance

When: May 2, 2024 at 11:30AM

Where: Fellowship Hall at First Baptist Church,
301 South Wayne Ave, Waynesboro

Cost: \$13/person for catered luncheon

To secure your reservation, make your check payable to First Baptist Church and send to Charlie Downs at 109 Gloucester Court, Waynesboro, VA 22980.

Please put "Prayer Luncheon" in the memo line.

Deadline to register is April 18.



Our guest speaker will be Dr. Earl Pendleton, who has been senior pastor at Union Baptist Church in Waynesboro, VA since 2023. Dr. Pendleton is a graduate of Samuel DeWitt Proctor School of Theology. He is active in the community and has served on several boards in Central Virginia.

Our program will be led by members of Union Baptist Church. Dr. Pendleton will speak on Acts 27:43-44 - "Safe on Broken Pieces."



SPRING GALA for BAJA

May 2, 2024 / 6:30 - 8:30 PM

PAY WHAT YOU WILL EVENT

Ox Eye Vineyard Tasting Room
44 Middlebrook Avenue, Staunton

Special culinary tastings from the Oaxacan Region of Mexico and a Conversation about the Cuisine Provided by James Harris.

Non-alcoholic beverages and lite bites provided; wine available for purchase.

We can't wait to share this experience with you!

In Support of the Baja Mission Trip
Building Houses and Memories to Last a Lifetime

For more information, please contact Robyn Sommerfield.



HELPING HANDS DAY CAMP 2024

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 2023 - 2024 school year.

CAMP DATES:

Monday, July 29 through **Thursday, August 1**
from **9:00 am to 1:30 pm** and
Friday, August 2 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 21, 2024**

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

Rachel Watson
Associate Pastor

Jeffrey Ryman
Minister of Music

Christopher Wzalek
Organist

Lou Dolive
Handbell Director

Katherine McLean
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 24402

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RETURN SERVICE REQUESTED



MATTHEW 25


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



**Let's Gather
Together on Wednesday,
April 24th at 6:00 pm for a meal.
If you plan to attend,
there are 3 ways to reserve a seat.
Please register by noon on
Monday, April 22nd.**

1. Sign up at bit.ly/3TPsvCB
2. Sign the Friendship Register on Sunday morning
3. Call the church office at 540-885-2138

After the meal, we will **gather for inter-generational and interactive worship at 7:00 pm.**



"Singing the Music of the Masters"

An American Portrait

Adam C. Phillips, Conductor
Featuring the music of Aaron Copland, Samuel Barber, Charles Ives, Morten Lauridsen, Jester Hairston, Hall Johnson, Robert Shaw and Alice Parker, Peter Wilhousky, and more.

**Sunday, May 5 @ 3:00 p.m.
First Baptist Church
301 South Wayne Avenue, Waynesboro**