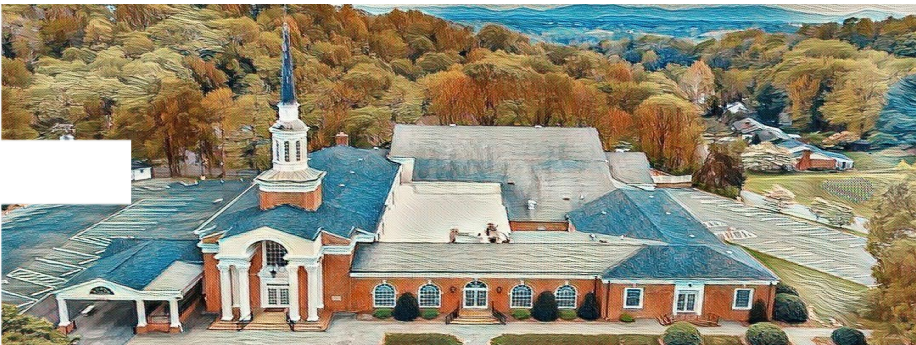


MAY 19, 2025  
STAUNTON, VA



# COVENANT CONNECTION

A PUBLICATION OF COVENANT PRESBYTERIAN CHURCH

## *From the Pastor's Desk*

**Grow our faith. Serve our community. Spread the Word.**

Those were the priorities identified in January by the Session for us in 2025. All three priorities are marked by active verbs. There are times to be still and know that the Lord is God. There are times to rest and recharge. There are times to wait patiently and prayerfully for God's guidance. Those are not alternatives to those three priorities but are intermingled with them as we seek to discern how God would have us grow in faith and serve our community and spread the Word – and then go to do it!

As schools finish up, summer approaches, and vacations draw near, it may seem like a season for rest and recharging. It is. But it is also a season for continuing to grow in faith, serve our community, and spread the Word. **Growing** in faith is a key component of Christian formation, but it does not just happen through Sunday School classes and PW Bible studies. We can grow in faith through summer reading, conversations with friends, and worship. We have youth attending the Montreat Youth Conference and Middle School Conference at Massanetta Springs. In July, the Massanetta Springs Music and Bible Conference offers a convenient venue to stimulate faith in worship, music, and study led by gifted preachers, scholars, and musicians. The week of July 28, Helping Hands offers children an opportunity to experience God in their midst amid fun activities.

(continued on page 3)



## **What's INSIDE**

|                                    |      |
|------------------------------------|------|
| Sunday Volunteers.....             | 2    |
| Ushers/Greeters Needed.....        | 2    |
| Flowers.....                       | 2    |
| Condolences .....                  | 2    |
| From the Pastor's Desk (cont)..... | 3    |
| Session Highlights.....            | 3    |
| Renewing Homes.....                | 3    |
| Nursing Nook.....                  | 4    |
| Prayer List/ Birthdays.....        | 5    |
| Calendar.....                      | 6    |
| Presbyterian Women.....            | 7    |
| Grief Support Group.....           | 7    |
| CareGivers.....                    | 7    |
| Equal Exchange Sale.....           | 7    |
| Ongoing Outreach.....              | 8    |
| Summer Fun.....                    | 9    |
| Technology Team.....               | 10   |
| Birth Announcement.....            | 10   |
| Helping Hands .....                | 11   |
| Outreach Opportunities.....        | Back |



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

Serving  
**GOD**  
Together



### **GREETERS**

MAY 25 -

8:30 AM....Jeanne & Mick Lambert

10:30 AM....Jane Wimmer

JUNE 1 -

8:30 AM....Jeanne & Mick Lambert

10:30 AM....Sally Griffith, Janet Surratt

### **NURSERY (10:30 AM)**

*(sign up below to volunteer)*

MAY 25 – Beverly Riddell

JUNE 1 – **Volunteer Needed**

### **FLOWER COORDINATORS**

Susan Polly and Christy Davis

### **CHURCH OPENING and CLOSING**

MAY — Bill Terry

JUNE — Tom Compton



## **NURSERY VOLUNTEERS NEEDED**

The nursery for infants through 4 years old needs 2 volunteers (age 14 and up) each week during the 10:30 service (**10:00 in July & August**).

Please consider serving in this way. If you can help even one time, that is one Sunday that is covered. Thank you!

**SIGN UP HERE:**

<https://bit.ly/3Fe0pfV>



*With Sympathy*

Mary Huppuch, a long-time Covenant member and elder, died this morning in hospice care at her home. Please keep in your prayers Mary's husband, Charlie, their son Christopher, daughter Maria, and their families. May God grant Mary eternal rest and resurrection joy, and grant her family comfort and peace.



Provide flowers in memory or in honor of someone, or just to decorate the sanctuary. Directions are given on the sign-up form. Questions? Contact Susan Polly or Christy Davis. Please sign up at <https://bit.ly/3MD9wXO> least two weeks before your desired date.

## **Ushers/Greeters Needed**



**Help is always needed!**

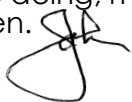
If you are available at the 8:30 or 10:30 service, please sign-up at <http://bit.ly/3KPmamT>

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

There are also opportunities to **serve** our community, whether it be rocking babies in our nursery during Sunday worship or removing pesky weeds that sprout up around the church, feeding folks at Trinity Soup Kitchen or joining a project with Renewing Homes Augusta, reading to a child at Community Child Care or helping out with Helping Hands. Summer is a time to explore new opportunities for service!

**Spreading** the Word is what we do in our service, worship, and daily conversations. It is not necessarily standing on a street corner calling people to repent. Often that does more harm than good! It is showing folks how to live faithfully by the example of your life and sharing with them one-on-one the faith you hold dear. By inviting a friend or new neighbor to church one Sunday, you may help them on their faith journeys while strengthening your own.

Covenant Connection and opt-ins will keep you apprised of possibilities to grow, serve, and spread the Word throughout the summer. This summer, take time to explore your faith as you also rest, relax, and recharge. In so doing, may you find the "aaah" in amen.



WITH  
*sympathy*

Carolyn Hensley, a long-time Covenant member, died May 16th in hospice care. Please keep her husband Allen, their children Robin Graves, Michael Hensley, and Christopher Hensley, and their families in your prayers. May God grant Carolyn eternal rest and peace, and grant to Allen and their family comfort and resurrection hope.

Items for the next newsletter are due by **9:00 AM on Friday, May 30th.**

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

## SESSION HIGHLIGHTS

At its stated meeting on May 18, the Session took the following actions:

- ♦ Approved inviting Edward Scott to preach and celebrate the Lord's Supper on July 6 at the 10:00 service and Crystal Raphael to preach on August 17 at both services
- ♦ Approved presenting the State of the Church at 9:30 AM on June 8
- ♦ Moved the June Session meeting to June 22



**Renewing  
Homes**  
of Greater Augusta

Renewing homes and lives for people in need

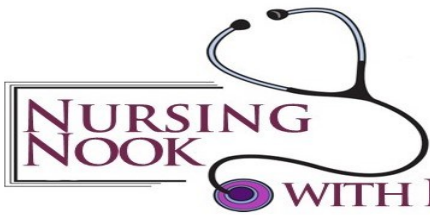
Covenant Presbyterian members have been active supporters, individually and through small teams, of Renewing Homes of Greater Augusta for many years. This has been a great way to participate in outreach to local residents that need help. Volunteers with varying skill levels are welcome. Site supervisors are present for each project.

Are you interested in volunteering with other congregation members?

If so, please contact Rick Fauerbach or Clay Robinson to determine how and when Covenant members can serve together to re-engage with this important local organization. Thank you.







WITH KATHY HENDERSON, RN

Kathy Henderson, RN • (540) 290-6396  
[covenantnurse@gmail.com](mailto:covenantnurse@gmail.com)

Contact Kathy with medical questions or  
for a blood pressure check.

**Gen Xers, take note:** A new lifestyle study examining the effects of midlife food choices on health and well-being at 70 and beyond was recently released. While the information may not be new, its conclusions are startling.

Researchers used data collected from two long-term studies correlating eating patterns with later-in-life health. ("Health" was defined as being free of chronic or debilitating disease, remaining mentally alert and engaged in physical activities of various sorts. "Healthy eating" was described as rich in plant-based foods, unsaturated fats, nuts and legumes, fish and low-fat dairy products.) Researchers found that only about 9 percent – or about 9,800 of the original studies' 105,000 participants – could be considered "healthy" at age 70.

So what can you, our next generation of elders, do to make up for all that fast food you ate when younger? You probably can't unclog your arteries, but if you rework your diet and sedentary lifestyle, you can slow (or even halt) the progression toward an infirm old age, Harvard University professor Dr. JoAnn E. Manson, says. So, put on those sneakers and take a brisk walk around the Farmers' Market. Better yet, plant your own garden.

For detailed information about the study:

<https://www.nih.gov/news-events/nih-research-matters/midlife-eating-patterns-tied-health-decades-later>

Nature Medicine Journal's "Optimal Eating Patterns for Healthy Aging" also includes helpful information:

<https://www.nature.com/articles/s41591-025-03570-5>

**Hallucinogens in our gardens?** Who knew! Sage -- that aromatic little herb with the pretty purple flowers -- has an evil cousin whose leaves are ground up and smoked or dissolved into tea by users seeking a quick high.

*Salvia divinorum* - part of the same mint family as the *salvia officinalis* we use to season stews and meats – has long been used by Mexican shamans for spiritual practices. Although not often seen in this area (it's illegal), it has been sold as a psychoactive street drug. "Considered one of the most potent naturally-occurring hallucinogens... it rapidly crosses the blood brain barrier and its effects onset in about 30 seconds after smoking ... Unlike serotonergic hallucinogenic plants, which generally cause euphoria, those using *salvia* more often describe disorienting or unpleasant experiences," according to a Blue Ridge Poison Control report released last week.



**Should gluten-intolerant people avoid kissing gluten-eaters?** The actual question – posed at a recent Digestive Disease Week meeting – was "Can Sharing a Kiss Lead to Gluten Transfer?" A small (10-couple) study had one partner eat 10 crackers and wait 5 minutes before kissing their partner. A second protocol had the cracker-eater drink four ounces of water immediately after eating, then kiss their partner. The result? Gluten-intolerant partners need not worry too much: Although gluten showed up in urine tests taken several hours later, no one with celiac disease reported symptoms six and 12 hours after the kiss, researchers reported.



MAY



JUNE

| SUNDAY   | MONDAY  | TUESDAY                            | WEDNESDAY                          | THURSDAY  | FRIDAY  | SATURDAY  |
|--|---|------------------------------------|------------------------------------|-----------|---|-----------|
| <br><b>19</b><br><b>COVENANT CONNECTION<br/>PUBLISHED</b><br>10:30 AM<br>Monday Morning<br>Bible Study                                    | <b>20</b><br>9:30 AM<br>Presbytery Meeting<br>at Woodstock<br>Presbyterian Church   | <b>21</b><br>9:30 AM<br>Yoga Class | <b>22</b>                          | <b>23</b> | <b>24</b>   |           |
| <b>25</b><br>4 Cents a Meal<br>8:30 AM<br>Worship Service<br>9:50 AM<br>Choir Rehearsal<br>10:30 AM<br>Worship Service<br>and via Live Stream<br>11:45 AM<br>Grief Support Group   | <b>26</b><br>CHURCH OFFICE<br>CLOSED<br>                             | <b>27</b>                          | <b>28</b><br>9:30 AM<br>Yoga Class | <b>29</b> | <b>30</b><br>9:00 AM<br>Newsletter<br>Submission<br>Deadline<br>2:00 PM<br>Memorial Service<br>for Betty Bonham | <b>31</b> |
| <b>1</b><br><b>Peanut Butter Sunday</b><br><b>Presbyterian Coffee Project</b><br>8:30 AM<br>Worship Service<br>9:50 AM<br>Choir Rehearsal<br>10:30 AM<br>Worship Service<br>and via Live Stream<br>11:45 AM<br>Outreach Team | <b>2</b><br><b>COVENANT CONNECTION<br/>PUBLISHED</b><br>5:30 PM<br>Congregational Care<br>Team<br>7:00 PM<br>Facilities Team<br>7:15 PM<br>Worship Team | <b>3</b>                           | <b>4</b><br>9:30 AM<br>Yoga Class  | <b>5</b>  | <b>6</b>  | <b>7</b>  |



PRESBYTERIAN  
WOMEN

**NEXT GATHERING:**  
**Tuesday, June 10,**  
**11:30 AM at**

## **LUNCH & FELLOWSHIP**

June Shipplett has graciously offered her home for our last meeting this semester. Parking is limited so please consider sharing a ride by meeting at the church upper parking lot no later than 11:15 AM.

June is providing lunch so no need to bring anything other than yourself! If you haven't already done so, please RSVP by June 7th so June knows how many to plan for.



**Sunday, May 25th**  
**at 11:45AM in Room 5.**

Realizing that grief is a process that each person experiences uniquely in their own way, our Grief Support Group offers a place of understanding, caring, and support. We provide a welcoming and safe place where you can feel comfortable sharing your experiences and feelings with others on the same journey, knowing you are not alone. Whether your loss is recent or long past, all are welcome. Join us!

We meet on the 4<sup>th</sup> Sunday of each month immediately after the 10:30 service.

Please contact Eileen Cooper if you would like more information.



CareGivers will meet immediately after the 10:30 service on

**Sunday, June 15th**

in the Room 5

Anyone caring for a loved one who would like to talk with others in similar situations is invited to come.

For more information, please contact Ruth Arnold.



The next  
**Equal Exchange**  
Sale is **Sunday,**  
**June 1st.**

Available are:

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

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 contacting 540-290-1089 or [bettyandcliff@gmail.com](mailto:bettyandcliff@gmail.com).



## ONGOING OUTREACH

### Peanut Butter Sunday

First Sunday of Each Month

You can drop off your jar of peanut butter in the vestibule area 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 BUCKETS** located in  
the vestibule just outside  
the church office or in  
the Narthex.



### PLASTIC BAG COLLECTION MAKES A DIFFERENCE!

**THANK YOU, COVENANT!** We have kept over **3480 pounds** of plastic out of the landfills. **AND** we've provided benches to the Boys and Girls Club and Covenant Preschool. **We are now working towards a sixth bench!** 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](mailto:robynsommerfield@gmail.com)



### SHELburnE PANTRY

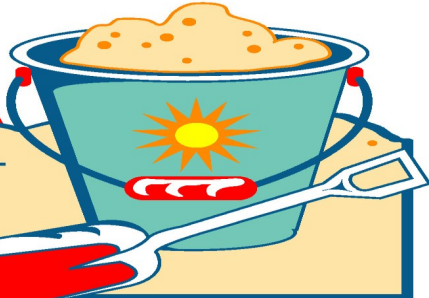
#### SCHOOL IS OUT, NEEDS CONTINUE!

The pantry shelves are almost bare, but the children and families always need our help. Let's work on restocking all of the items in time for the summer Open House events at Shelburne. Items needed: canned foods like fruits and veggies & soups; small jugs of laundry detergent and dish soap; hygiene products such as toothbrushes, hygiene items, and shampoo; and packaged snacks like trail mix, nuts, dried fruit, and jello. There are boxes outside the church office and in the narthex waiting for your generous donation.

*Thank you for your continued support of this Outreach Project!*



# SUMMER FUN



## Happy Feet



This summer, put your best foot forward by brightening up a pair of flip-flops.

### What you need:

- Flip-flops in your size
- Metallic permanent markers
- Foam stickers
- Craft gemstones
- Plastic flowers
- Ribbon
- Hot glue gun (and adult help)

### What you do:

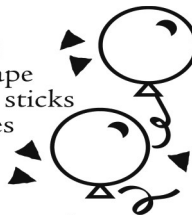
Use these ideas to decorate clean, dry flip-flops:

- Draw with markers on the soles.
- Decorate the sides and soles with stickers.
- Glue gemstones along the strap.
- Glue plastic flowers on the strap between your toes.
- Wrap ribbon around the strap and glue in place.

## GREAT SUMMER GAMES

### What you need:

- Masking tape
- Large craft sticks
- Paper plates
- Balloons
- Ribbon
- Scissors
- Green construction paper
- Craft glue



### What you do:

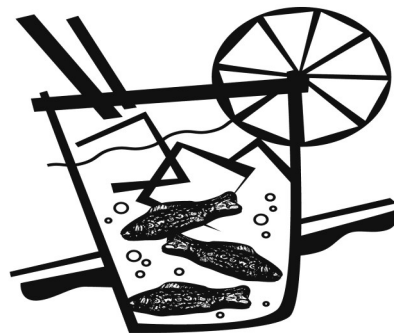
**Balloon Badminton:** Make rackets by taping a stick "handle" to each plate. Blow up and tie a balloon. Use the rackets to pass the balloon back and forth, without letting it touch the floor.

**Rhythmic Routines:** Using tape, firmly attach one end of a 4-foot ribbon to a craft stick. Display style and skill by waving it around. Try choreographing a routine to a praise song.

**Champion Crown:** Cut a large hole out of the center of a paper plate. Cut 2-inch ovals from green paper. Glue those "leaves" to the ring as garland. Crown a winner of each game!

## OCEAN WATER

After a busy summer day, relax in the shade with this cool drink.



### What you need:

- 3 Tablespoons water
- 3 Tablespoons sugar
- 1 teaspoon coconut extract
- 3 drops blue food coloring
- 24 oz. (2 cans) lemon-lime soda
- Clear cup or glass
- Ice
- Swedish Fish candy

### What you do:

1. In a small microwave-safe bowl, combine the water and sugar. Heat for 1 minute. Stir until sugar is dissolved.
2. Pour the mixture into a pitcher. Add coconut extract, food coloring and soda. Stir.
3. Pour into cup. Add ice and fish. Enjoy!



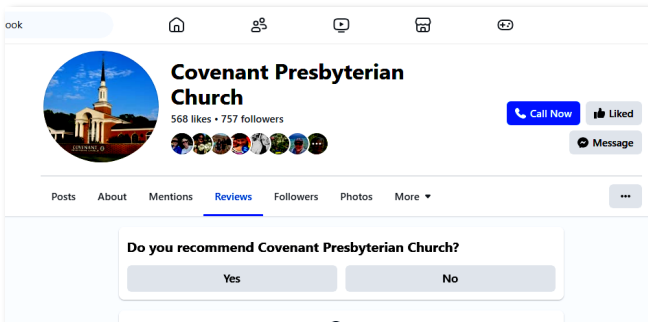
# FROM THE TECHNOLOGY team

When people are trying to find out about a church to see if it might be a good fit, one of the places they look are Facebook reviews.

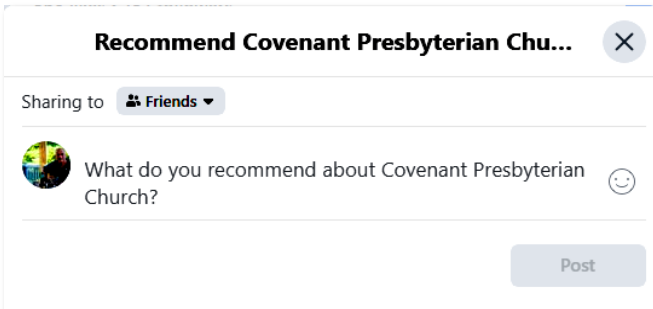
To look at what reviewers have said about Covenant, click here:  
<https://www.facebook.com/CovenantPresStaunton/reviews>

If you feel inclined to share your experience at Covenant, please feel free to add a review!

To add a positive review, from the Covenant Presbyterian Church page, click on **Reviews**.



Then click on **Yes** if you recommend us. When the next screen comes up, type in the box why you would recommend Covenant and click on **Post**.



Congratulations to  
Molly and James Corbin  
on the birth of Henry James Corbin  
at 9:28 am on Tuesday, May 6th,  
weighing 7 lbs., 14 oz.,  
and 21.5 inches long.





## HELPING HANDS DAY CAMP 2025

is a cooperative ministry of  
Emmanuel Episcopal, Central United Methodist,  
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 2024 - 2025 school year.

### CAMP DATES:

**Monday, July 28** through **Thursday, July 31**  
from **9:00 am to 1:30 pm** and  
**Friday, August 1** 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 at:

[www.covenantpresstaunton.org/  
helping-hands-camp-2025/](http://www.covenantpresstaunton.org/helping-hands-camp-2025/)

The deadline for registration is **Friday, June 20, 2025**

For more information,

email [helpinghandsstaunton@gmail.com](mailto: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 Wszalek**

*Organist*

**Lou Dolive**

*Handbell Director*

**Mitzi White**

*Developmental Preschool Director*

**Martha Pierce**

*Administrative Assistant*

**Debby Bibens**

*Financial Secretary*

**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](http://www.covenantpresstaunton.org).

COVENANT



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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*

