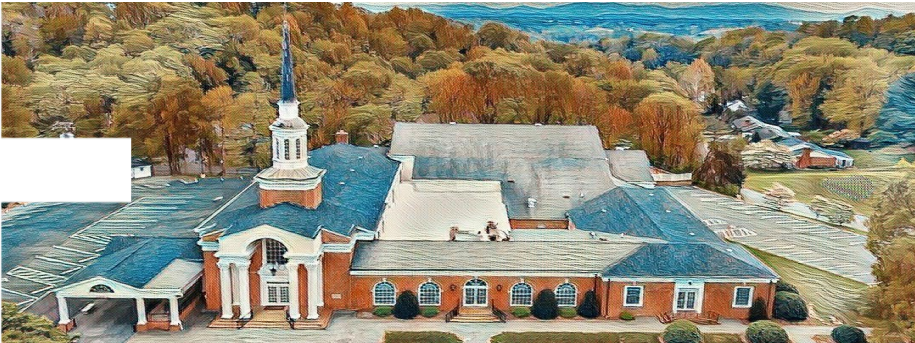


JUNE 16, 2025
STAUNTON, VA



COVENANT CONNECTION

A PUBLICATION OF COVENANT PRESBYTERIAN CHURCH



From the Pastor's Desk

A recent article in *The Presbyterian Outlook* cites a portion of the 2023 report from the Office of the Surgeon General of the USA entitled, "Our Epidemic of Loneliness and Isolation." The statistics quoted are sobering:

"The lack of social connection poses a significant risk for individual health and longevity. Loneliness and social isolation increase the risk for premature death by 26% and 29%, respectively. More broadly, lacking social connection can increase the risk for premature death as much as smoking up to 15 cigarettes a day."

The words of God quoted in the 2nd chapter of Genesis come to mind: "It is not good that the man should be alone." Apparently, it is not good that any of us should be alone! God created us to be social creatures, loving and caring for one another across our lives. While some of the isolation is a lingering effect of COVID, there are many other folks who are isolated by lack of social contacts or family, or by circumstances that prevent them from being out and about to engage with others. What might we do to combat this plague upon our nation and neighbors?

Here at Covenant, in addition to the pastors, there is a visitation team that makes regular visits to some of our homebound or less mobile folks. Those visits have proven to be valuable to both the visitees and the visitors! If you would like to be visited or to share in that ministry as a visitor, contact me or Becky Earhart and we will be glad to add you to the list! Our livestreaming of worship services provides

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VISIT US ONLINE AT
WWW.COVENANTPRESSTAUNTON.ORG

Serving
GOD
Together



GREETERS

JUNE 22 -

8:30 AM....Cindy Bowman

10:30 AM....Janet Surratt, Jane Wimmer

JUNE 29 -

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

10:30 AM....Dan Drumheller

NURSERY (10:30 AM)

(sign up below to volunteer)

JUNE 22 - **Volunteer Needed**

JUNE 29 - **Volunteer Needed**

FLOWER COORDINATORS

Susan Polly and Christy Davis

CHURCH OPENING and CLOSING

JUNE — Tom Compton

THANKS
from the
HEART

To our Covenant Family:

We were overwhelmed by the love, support, care, cards, texts, and wonderful meals shared with us during David's decline from Creutzfeldt-Jakob disease. Don't ever let someone tell you "it's only a card" or "it's only a meal" -- the love and thoughtfulness saw us through a devastating transition for our family -- and for that we will always be grateful and feel cherished. With enormous thanks,
Laura, Zoe, and Julia Stahl



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>



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.

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)

a way for people to stay connected when they cannot be here in person, but it may also make it convenient for some folks to worship at home in their pajamas rather than sharing a pew with a friend on a regular basis. I recall one of our members telling me that when she first came back to worship in-person she found tears streaming down her cheeks; "I didn't realize how much I missed being here with everyone," she told me. If you have been delaying coming back, now may be the time! We also have Grief Support and Caregiving Support groups that meet monthly as a way of helping one another through those shared experiences. Fellowship events like TOW and supper groups provide additional opportunities for folks to get to know one another, but perhaps as importantly, just to be together!

Our Christian faith is inherently a community-based faith. Nowhere do new disciples go off on their own to live out their faith. They are always part of a community of believers who welcome and support one another through shared worship, fellowship, and service. Surveys consistently show that those who are active in faith communities are healthier than those who are not; I doubt that is just a coincidence! So rise, shine, and get involved! Come to worship and invite your neighbors! It is good for your health – and for your soul!



Sanctuary flowers SIGN-UP

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/3MD9wX0> least two weeks before your desired date.

Items for the next newsletter are due by **9:00 AM on Friday, June 27th.**

Please email Martha at: covenantpcusastaunton@gmail.com





**July & August
Happy Half Hour**
Every Sunday in
July and August at
9:15AM in the Breezeway

Join us between the 8:30AM and 10:00AM services for an opportunity for BOTH services to come together for fellowship, conversation, beverages, and snacks!
Gather with old friends or make new ones!

HELP NEEDED WITH HAPPY HALF HOUR

Happy Half Hour occurs between services in July and August. The Fellowship Team invites volunteers who would like to set up, monitor, and clean up to sign up using the link below. The setup should be complete by 9:15 to account for the end of the first service. The Fellowship Team will provide breakfast and pastry items and deliver them to the church prior to Sunday morning. If you would like to supply breakfast or pastry items, please indicate this on the sign-up. Generally, about 60-80 small items are needed. Contact Brandon Cline-Taskey with questions (he's in the Directory).

SIGN UP HERE: <https://bit.ly/3ZtYFGj>

Summer OUTREACH

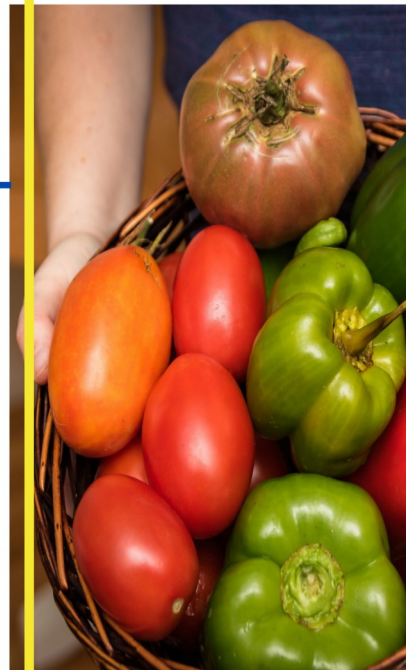
EVERYONE IS WELCOME

JONES GARDEN

Provide fresh produce for people with food insecurity.
Need more information?
Contact Nancy Headifen at
nheadifen@gmail.com

COMMUNITY CHILDCARE CENTER

Read to Children.
Need more information?
Contact Linda Tenney at
outriding4@gmail.com



HIGH **2025** SCHOOL

Congratulations Graduates!



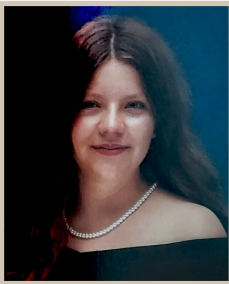
JESSICA ANNE HARROP

Jessica graduated from Buffalo Gap High School (Swoope, VA) with honors. She was highly involved in the Buffalo Gap theater program and helped manage their theater performances as well as taking their theater One Act competition to states. Jessica also was a part of the Varsity soccer program and attended classes at Blue Ridge Community College during her senior year. She will be attending James Madison University in Harrisonburg starting this fall and plans to major in Nursing.



DELILAH WATSON

Delilah graduated from Staunton High School in May, 2025. During her high school years, she was involved in several role-playing groups, including at the Staunton-Augusta YMCA, and has been involved in some voice acting projects. Delilah plans to spend this year working and getting ready for her next steps. She hopes to attend Blue Ridge Community College in the spring where she plans to study to work in Information Technology.



JULIANA WSZALEK

Juli is the daughter of Chris and Becky Wszalek so it will come as no surprise that she spent her school days involved in Band, Marching Band, 4 musicals, Concert Choir, District Chorus, Tri-M, Speech and Debate and FCCLA. She enjoys singing really high and practicing karate with her friends. She recently earned her brown belt. She can't wait to move onto JMU's campus in August where she will be an MRD and pursue a degree in social work or perhaps music. She is keeping her options open for now but that's what happens when you work really hard and graduate from Stonewall Jackson High School Magna Cum Laude.



SUSAN WSZALEK

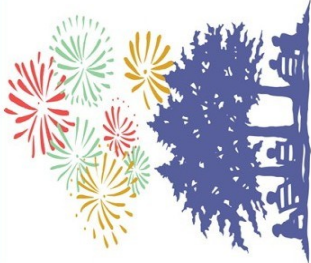



Susan is the daughter of Chris and Becky Wszalek. She enjoys playing with their dog, singing, drawing and long walks on the beach. Susan is also very musical and theatrical. She's been in four musicals, District Chorus, Tri-M, Art Guild, Marching Band handling flag, rifle and sabre, Winter Guard, and Concert Choir. Where others do well, she excels having also earned the distinction of Magna Cum Laude from Stonewall Jackson High School. Susan plans on attending JMU and auditioning for their Winter Guard in the Fall. She's also considering a degree in Musical Theatre. For now she's excited to see what college life is all about.

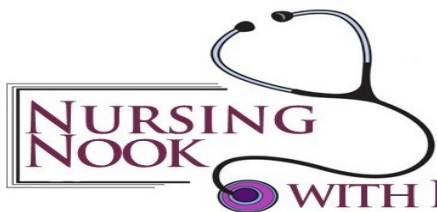


JUNE



JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div>16</div> <div>Covenant Connection Published</div> </div> <div>  </div>		<div> <div>17</div> <div>7:00 PM Stewardship & Finance Team</div> </div>	<div> <div>18</div> <div>9:30 AM Yoga Class</div> </div>	<div> <div>19</div> </div>	<div> <div>20</div> <div>9:00 AM Executive Team</div> <div>  </div> </div>	<div> <div>21</div> </div>
<div> <div>22</div> <div>8:30 AM Worship Service 9:50 AM Choir Rehearsal 10:30 AM Worship Service and via Live Stream 11:45 AM CareGivers Group 11:45 AM Fellowship Team 11:45 AM Grief Support Group 7:00 PM STATED SESSION MEETING</div> </div>	<div> <div>23</div> </div>	<div> <div>24</div> </div>	<div> <div>25</div> <div>9:30 AM Yoga Class</div> </div>	<div> <div>26</div> </div>	<div> <div>27</div> <div>9:00 AM Newsletter Submission Deadline 6:30 PM Faith Explorers (Grades 2-5)</div> <div>  </div> </div>	<div> <div>28</div> </div>
<div> <div>29</div> <div>4 CENTS A MEAL 8:30 AM Worship Service 10:30 AM Worship Service and via Live Stream</div> </div>	<div> <div>30</div> <div>Covenant Connection Published</div> </div>	<div> <div>JULY 1</div> </div>	<div> <div>2</div> <div>9:30 AM Yoga Class</div> </div>	<div> <div>3</div> </div>	<div> <div>4</div> <div>CHURCH OFFICE CLOSED</div> <div>  </div> </div>	<div> <div>5</div> </div>



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

WITH KATHY HENDERSON, RN

Summer: Time to get outside and play. Before heading out to the beach, garden, woods, or fields, please Remember: **sunscreen, bug spray, sunglasses**, and a wide-brimmed hat.

New (to me) factoid about sun protection: **Dark, closely-woven materials offer better UV protection than light, gauzy cottons**, the Skin Cancer Foundation reports. Loosely fitting clothes in red, black, or navy blue (preferably in synthetic materials like polyester or rayon) or dense, tightly woven materials (wool, denim or corduroy) will shield you from UV far more effectively than bleached or refined cotton, silk, or crepe. Clothes and bathing suits with built-in Ultraviolet Protection Factor (UPF) can be helpful. Look for items with a minimum 40 UPF rating. A helpful comparison: A typical white cotton T-shirt has approximately a UPF 5 rating, meaning that 1/5th (roughly 20%) of available UV radiation can pass through. *Clothing rated UPF 30 allows about three percent through, while UPF 50 should block all but two percent of UV radiation.*

Bottom line from the Foundation:

- ♦ One ounce of sunscreen (30+ minimum) evenly applied to all exposed skin, every two hours;
- ♦ Dark or bright, loose-fitting clothing (or with a high UPF rating);
- ♦ Large-brimmed hat, with a brim at least three inches wide;
- ♦ UV-rated sunglasses.



For a useful overview of sunscreens, check out the American Academy of Dermatology Association's website: <https://www.aad.org/media/stats-sunscreen>

When heading out, **don't forget the bug spray**. Biting black flies at the beach. Mosquitos everywhere. Ticks wherever you least expect them. Deciding which repellent to use can be tricky. In addition to DEET-based products like "Off Deep Woods," we can buy IR3535-based "Repel," or picaridin-based "OFF! Clean Feel." Both OFF! and Repel also offer oil of lemon eucalyptus-based sprays, which some prefer because they are botanicals. All have pros and cons. Some studies have indicated that DEET is more effective against ticks, while others suggest IR3535 works to repel black flies. Some suggest that Oil of Lemon Eucalyptus is the most environmentally friendly – but can cause more serious skin irritation. The Environmental Working Group (EWG) – which generally opposes chemical-based products – has given its blessing to DEET-based repellents. "Opt for 7-to-10 percent (DEET) if you only need a few hours of protection. If you need all-day protection, look for 20-30 percent DEET, ideally in a time-release formulation," a recent EWG newsletter advised. *For children:* No more than 30 percent DEET – no more than once a day – the American Academy of Pediatrics advises. For a clear, concise (paywall-free) explanation of repellents, check out:

<https://www.consumerreports.org/health/insect-repellent/how-safe-is-deet-insect-repellent-safety-a4952100929/>

One last word of caution:

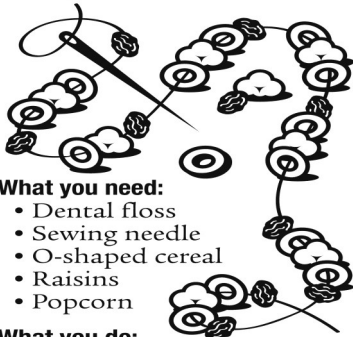
Before you pop open that cold drink, rinse or swipe its top with water (or a wipe).

Groups ranging from the FDA to open-source scientific website Longdom.com warn that all sorts of nasties can linger on the lids of aluminum cans. Random testing of cans from vending machines, convenience, and grocery stores found *e. coli*, *stenotrophomonas maltophilia*, *pseudomonas luteola*, and *enterobacter cloacae*. ICK!

SUMMER HAS ARRIVED, BRINGING ALONG THE EXCITEMENT OF KIDS BEING HOME, ROAD TRIPS, CAMPOUTS, AND ALL KINDS OF FUN! HERE ARE SOME TASTY SNACK IDEAS THAT ARE PERFECT FOR ENJOYING AT HOME OR WHILE YOU'RE ON THE GO! AND THESE ARE FUN FOR THE KIDS TO MAKE!

ROAD TRIP TREAT!

Make this snack necklace to enjoy during summer travels.



What you need:

- Dental floss
- Sewing needle
- O-shaped cereal
- Raisins
- Popcorn

What you do:

1. Carefully thread a yard of floss through the needle.
2. String a pattern of cereal, raisins and popcorn on the floss until only 4 inches remain on either end. Tie the two ends together.
3. Repeat to make necklaces for your whole family.
4. When you're ready to eat, simply bite off each "bead." Experiment with other non-perishable foods.

Grape EXPECTATIONS

Try this chilly new take on a healthy snack.

What you need:

- 30 grapes, washed and dried
- ½ cup vanilla yogurt
- 4 graham crackers, crushed
- Toothpicks
- Parchment paper

What you do:

1. On a baking sheet lined with parchment paper, arrange grapes in a single layer. Freeze for two hours.
2. Insert a toothpick into each grape.
3. Dip each grape into the yogurt, coating half of it.
4. Roll each dipped grape in the crushed crackers. Place back on the parchment.
5. Freeze for two more hours. Enjoy!



HARVEST Trail Mix

This portable snack combines favorite fall flavors.



What you need:

- ¼ cup maple syrup
- 1 tsp. pumpkin pie spice
- 1/8 tsp. salt
- 2/3 cup pecan pieces
- 1/3 cup roasted pumpkin seeds
- 1/3 cup almonds
- 1/4 cup raisins
- 2/3 cup dried fruit (any)

What you do:

1. Microwave syrup, spices, seeds and nuts for 30 seconds at a time, stirring frequently, until mixture thickens.
2. Spread the mixture on a baking sheet lined with wax paper. Let cool and harden.
3. Break the candied nuts into chunks. Combine with dried fruit.
4. Store in airtight container.

NO-Bake Energy Balls



- 1 cup old-fashioned oats
- 1/2 cup peanut or almond butter
- 1/2 cup chocolate chips
- 1/2 cup raisins or dried cranberries
- 1/3 cup toasted coconut
- 1/3 cup honey

In a medium bowl, stir together all ingredients until thoroughly mixed. Refrigerate 30 minutes or until well chilled. Once chilled, roll into heaping teaspoon-sized balls. Store in an airtight container and keep refrigerated up to 1 week.



Missionary UPDATE

FROM FAITH'S HEART — May 2025 Update
(Crystal & Raphael)

It has been a busy month! This month, we've hosted our regional director from Equipping Farmers International, held a 5-day training of 12 new trainers, done a classroom presentation at a local school, prepared our fields for planting, AND distributed 1,735 kg (3,817 lbs.) of improved variety seeds (non-GMO) to our farmers across Nigeria.



One of the ways we assist our farmers is by making sure they have access to the best seed available. By buying early and in bulk, directly from the local seed company, we can secure seed for our farmers ahead of the main planting season when seed becomes scarce in the country. With good seed and regenerative farming practices, they can make a profit of over \$300 from a \$10 investment in seed, breaking the cycle of poverty, hunger, and dependence in a sustainable and empowering way. As it says on the front, "A Great Harvest Starts with the Right Seed".

As we teach people to farm, we are also planting the seeds of the Truth of the Gospel of Christ. Most churches in Nigeria have been planting the seeds of false teaching, leading to millions misguidedly putting their hope for salvation in something or someone other than Christ. Pray not only for a bountiful harvest of corn and other crops in our communities this year, but also for a bountiful harvest of spiritual fruit, as the true seed — Jesus Christ, takes root in the hearts of the people.

"...Scripture does not say 'and to seeds,' meaning many people, but 'and to your seed,' meaning one person, who is Christ. ~ Galatians 3:16

Editor's Note: Covenant supports Decapolis through our Outreach budget and Glorious Gifts.

checks: Commission to Every Nation
PO Box 291307
Kerrville, TX • 78029-1307
online: www.cten.org/crystalraphael

Helpful links to follow Decapolis
Community Development Center:

[FACEBOOK](#)
[WEBSITE](#)
[YOUTUBE](#)
[EMAIL](#)



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*

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.

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MATTHEW 25

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

Summer
WORSHIP TIMES
JULY AND AUGUST

8:30AM — Blended Service
9:15AM — Happy Half Hour
10:00AM — Traditional Service