

ECHOES

COVENANT UNITED METHODIST CHURCH

August, 2017

Issue 62, Number 7

Preparing to Build



by
**Pastor Quentin
Wallace**

If the Lord doesn't build a house, the work of the builders is useless. If the Lord doesn't watch over a city, it's useless for those on guard duty to stand watch over it.

(Psalm 127:1-2)



I read a story about a contractor that was erecting a large building with several crews and suddenly encountered problems after finishing the first level and starting on the second. They noticed that hallways were in the wrong

places and doorways did not fit into the blueprints. They became frustrated. Eventually after many setbacks, they decided to check the blueprints individually and to their surprise they discovered they were operating from different sets of blueprints for the same building. After this discovery and their correcting the problem, all went well.

Sometimes we as Christians run into problems as a group, because we are operating from different views of the mission and purpose of the church; sometimes it results in many setbacks and frustration.

In Psalm 127, King Solomon has written this as a worship song. He has an understanding that the temple is the Lord's house, and that God has a blueprint for it. If God's people yield to his plan, their work will be fruitful.

In August as we prepare for the fall schedule at Covenant I pray that each

of us find the time to spend with God in meditation so that we are assured that God is building the house. Nothing is more frustrating that feeling as if our work is not fruitful. However, Paul the Apostle provides the following words of comfort.

Don't worry about anything. No matter what happens, tell God about everything. Ask and pray, and give thanks to him. (Phil. 4:6)

Therefore let us not worry and pray the following together.

Dear Lord, we pray for a very fruitful upcoming season for your church, Covenant United Methodist Church. We pray for continued spiritual and numerical growth. Lord you know what we need to build your house, and we ask that you would send us the laborers to do the work. We thank you in advance for the increase. Amen.

Annual Conference Report

The 231st Annual Conference of the Eastern Pennsylvania Conference of the United Methodist Church embraced the theme "Rise Up and Pray!" from June 15 through 17, 2017, at the Philadelphia Expo Center in Oaks, PA.

Rev. Quentin Wallace as Senior Pastor of Covenant Church and Lois Neidermyer as Covenant's Lay Member par-

ticipated in the three days of sessions and worship services.

Tamie Scalise, who recently served at Covenant as an intern from Lancaster Theological Seminary, was assigned as Associate Pastor to First United Methodist Church of Germantown in the Philadelphia area.

A complete summary report of Annual Conference as provided by John Coleman, EPA Director of Communications, is available in the lobby and on the church website.

More detailed information regarding the 231st EPA Annual Conference can be accessed on the denomination's website at <http://www.umc.org/who-we-are/2017-eastern-pennsylvania-annual-conference>.

Short & Sweet

NOTES OF THANKS

Faith Hough Roda sends a note of thanks for the recognition of her graduation and the support she has received from Covenant. She also says thanks for the gift card from Lifeway.

MEMORIALS RECEIVED...

In memory of **Helen Fegley**, a gift to the Dolly Kepner Fund from Pastor Sally W. Ott.

In memory of **Dale Snyder**, gifts to the Children's Ministry (Noah) Fund from: Karen Schneider, Debbie Bealler, Jeanne Schall, Wanda & Patrick Snyder, Tina Butler, Jeff & Marth a Brandt, Grace Fisher, Henry & Delores Galen, Jr., E.L. Kleinhaus, Jr. & Brook Kleinhaus.

SAVE THE DATE

"The Way Of Salvation", a choral concert featuring the combined choirs of Covenant, Grandview, and Otterbein UM Churches will be held at Grandview UMC on Sunday, November 5, at 4:00 p.m. The concert will celebrate the hymns of Charles Wesley and will include a choir of 70 plus voices, guest soloists, and instrumentalists.

Please mark your calendars now. More details will become available as the concert date nears. All funds raised at this special concert will be shared by all three churches.

CHILDREN'S DEPARTMENT SUMMER TEACHING SCHEDULE

- ◆ August 6: Sara Cuebas & TBD
- ◆ August 13: Jeannine Spece & Larry Spece
- ◆ August 20: Sara Cuebas & TBD
- ◆ August 27: Stephanie Schall & TBD
- ◆ September 3: Nancy Grau & Bill Grau

Contact Wanda Snyder or Don Zechman with questions.

Lancaster Urban ConneXion News

You have probably not heard much about the Lancaster Urban Ministry ConneXion. It's made up of Lancaster City's United Methodist churches, and the goal is to develop shared and cooperative ministries, and to help support ministries of the various churches in the ConneXion.

Pastoral and lay representatives from the eight Lancaster UM churches, plus ministries like LUMINA, meet every other month for discussion and planning. Churches include:

- ◆ Covenant
- ◆ First, Otterbein
- ◆ Pearl Street
- ◆ Ross Street
- ◆ Christ
- ◆ New Creation (St. Paul's)
- ◆ Grandview
- ◆ Bethel AME

Pastor Wallace and Covenant's Lay Leader Roger Kresge have been representing Covenant at ConneXion meetings, but all are welcome.

For the last year we have been discussing a potential common ministry focus, and have decided to work on housing needs in and around Lancaster City. There is a real shortage of affordable housing, especially rentals and homes for low-income families, and we have been looking at ways to address that need.

Several of our churches, including Covenant, are already working with IMPACT! Missions, a local faith-based non-denominational housing ministry. Following the ConneXion's July meeting, we are taking to our member churches a framework proposal

for working in a much closer partnership with IMPACT! Missions to address city housing needs.

ConneXion churches are also supporting ministries like the Anchorage Breakfast program at First UMC, LUMINA, and Labor for Lancaster; you'll find information about some of these in this month's Echoes.

We will announce more ways for you to help in future Echoes newsletters, and at our church website, www.covenant-umc.com.

We Worship Together



August 6, 2017—9th Sunday after Pentecost

Holy Communion

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will preach at both services. Special music during the 10:20 service will be provided by John Hamilton, viola. Holy Communion will be celebrated during both services.

August 13, 2017—10th Sunday After Pentecost

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will present the message during both services. John Darrenkamp will present special music for the second service.

August 20, 2017—11th Sunday After Pentecost

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will offer the message during both services. Kathy Seaber will provide the special music at the 10:20 service.

August 27, 2017—12th Sunday After Pentecost

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will preach at both the 9:00 a.m. & 10:20 a.m. services this day. Special music will be provided by Minister Brenda and Michell Drumheller.

September 3—13th Sunday After Pentecost

Holy Communion

Labor Day Weekend

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will present the message during both services. Jay Hart will provide special music at 10:20.

Anchorage Breakfast Program Seeks Volunteers



First United Methodist Church presently hosts the Anchorage Breakfast program, serving breakfast Monday through Friday, 52 weeks a year to Lancaster's low income, unsheltered, and socially excluded populations, and to all who are hungry. Breakfast is served from 8:30-9:45 a.m. each day with a regular menu of hot beverages, juice, milk, cereal and toast.

Anchorage has a 30 year history and is important to the ongoing feeding

ministry for the people of Lancaster. The goal is to become as connected and ecumenical with other churches, synagogues, religious organizations, social service agencies, and the business community as possible. We do not want this to be a ministry of First UMC only, but a ministry of the whole community.

We ask for your help. Volunteers are needed to help every week of just once a month. Please submit your information through the Availability Sheet (see link below) and they will connect you with a Team Leader.

Search online for "Anchorage Breakfast Program First United Methodist Church" and you will find all the links you need to submit your volunteer information.

Monetary Donations are always welcome. You can make donations online or send a check payable to "First UMC" and write in the memo line "Anchorage". Send it to First UMC, 29 East Walnut St., Lancaster, PA 17602. All contributions are tax-deductible.

Volunteers for August

August 6

Anchorite: 10:20 - Denise Troop
Hallway Greeter: 10:20 - Bonnie Herr
Lobby Greeters: 8:40 - Faye Zechman & Brenda Roth; 10:00 - Lori Brown & Tina Butler

August 13

Anchorite: 10:20 - Minister Brenda
Hallway Greeter: 10:20 - Carol Zeszotarski
Lobby Greeters: 8:40 - Cindy & Bob Hean
10:00 - Joann Scheid

August 20

Anchorite: 10:20 - Joan Gentry
Hallway Greeter: 10:20 - Jeanne Schall
Lobby Greeters: 8:40 - Mary Lou Hill;
10:00 - Sandy & Guy Carrigan

August 27

Anchorite: 10:20 - Carol Brower
Hallway Greeters: 10:20 - Lou & Linda Henning
Lobby Greeters: 8:40 - Sara & Alex Cuebas; 10:00 - Janice & Harold Ulmer

AUGUST USHERS

Head Ushers
August 6—Jeannine Spece
August 13—Don Dale
August 20—Dave Beznoska
August 27—Jennine Spece

Covenant Members in Business



Conestoga Innovations Promotional Products (for all your advertising needs)
Wanda Snyder, 1.800.759.8885 or sales@conestoga-innovations.com

CTC Lollipop Company
414 N. Pine Street, 717.509.5916
Tues.-Fri. 11am-7pm; Sat. 9am-2pm

Dale Building Designs
Donald A. Dale, 872.4263
2086 New Danville Pike, Lanc., 17603
www.DonDaleDesigns.com

Groffs Family Funeral & Cremation Services, Inc.
Thomas S. Buter, 394.5300
528 W. Orange St.

Interiors by Kristen
Kristen Stemmer, 875.4014
2086 New Danville Pike, Lanc. 17603

JM Services
Jeff and Brad McGary
Interior & Light Exterior Painting,
Handyman, and Junk Removal
717.330.9616 or jcmcgary@comcast.net

Kresge Computer Consultation
Roger Kresge, 299.4613 or rkresge123@comcast.net

Miller Optical
Glenn & Maryanne Miller, 393.2020
Glasses, Contacts, and Exams
Lancaster & Willow Street

Richard B. MacDonald
Attorney at Law
312 W. Orange St., Lancaster
717.394.1508

Steve's Automotive Technology
Steve Sultan
PA Safety and Emission Inspections
1027 Dillersville Rd #16
666.3646

Willard Hypnosis Center
Roger J. Willard
3304 Main Street, Conestoga PA 17516
717.872.7561 or willardhypnosis.com

GOSPEL CONCERT



The Unified Harmonizers

Sunday, August 13
Covenant UM Church
4:00 p.m.

On Sunday, August 13 the Unified Harmonizers of Hurleytown, VA, will present a Gospel Concert here at Covenant United Methodist Church at 4 p.m. in the sanctuary.

The Unified Harmonizers is a group of young and young-minded people who love to sing the praises of the Lord. We are a family-based church ministry, developing through generations, that loves to bring joy and inspiration through the gift of song to those who hear us. May the light and the love of the Lord ever shine through us as we change and charge the heart with God's love.

"Make a joyful shout to the Lord, all ye lands! Serve the Lord with gladness; Come before His presence with singing." Praise ye the Lord.

Annette Ingram, evangelist from Youngstown, Ohio, will also participate, as will several other local church choirs. A free-will offering will be received. All are invited!

Here's to Good Health



August Wellness Tips

Many of you have seen me with one or both of my knees wrapped, and have seen me hobble around over the years. Old man arthritis catches up with me every now and then. So, when I see an article or advertisement about arthritis I'll take note.

I'm not much into medications, but I do like to eat. And when I found an article about some foods that might help give some pain relief from arthritis, I took notice. Some of these foods I already eat and I might try adding some others. So I thought I'd share them with you this month.

Apricots have a nutrient called beta-cryptoxanthin that may prevent osteoarthritis. Apricots also have a high level of magnesium, which may ease pain. Eat them just so, or try stuffing them with goat cheese or almonds.

Since there is inflammation with arthritis eating about an ounce of walnuts a day may help fight inflamma-

tion. Walnuts are rich in omega-3 fatty acids.

Cooking with olive oil can provide a similar action as taking ibuprofen, to ease inflammation.

Foods that Fight
Pain and
Inflammation

Sweet potatoes are brimming with both vitamin C and beta-carotene. These two nutrients are linked to a reduced risk of knee and spine osteoarthritis. Chop sweet potatoes into chunks and toss with olive oil, cumin and ginger (these two spices have anti-inflammatory properties) and roast them.

Broccoli, kale and Brussels sprouts are linked with lower inflammation. Work these veggies into soup, pasta dishes, stir-fries, salads and egg dishes.

Salmon has a boat-load of mega-healthy omega – 3 fats that lower inflammation.

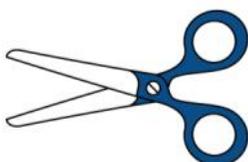
Yogurt. Preliminary research suggests that beneficial bacteria found in fermented dairy, like yogurt, may play a role in inhibiting inflammation. Use yogurt as a snack or as a replacement for mayo or sour cream in items like tacos or potato salad.

Along with eating some of these foods, remember that exercise can help relieve arthritis pain.

Cindy Smith,
Wellness Coach

A Snippet of Covenant History

In 1952 the Covenant Echoes became a monthly newsletter to be sent into every home in the parish and to servicemen. The Reverend Blanche Lengle served as the editor. Pastor Lengle, a deaconess, became the full time church secretary at Covenant Church in 1946 and served the congregation until 1953. This is an interesting fact as we note that Blanche Lengle, although a pastor, was only able to be known as the church secretary until the 100th anniversary of the church when she was listed in the anniversary booklet as an Assistant Pastor. Looking into the rear view mirror of history - things do change over the years.



Take Me Out to the Ball Game!



"IMPACT! Missions Family and Friends Night Out" with the Lancaster Barnstormers on Saturday, August 5! This is a fabulous opportunity for IMPACT! Missions supporters. You can enjoy a great Barnstormers baseball game, and support our Lancaster community through IMPACT! Missions at the same time, because the Barnstormers will donate \$5 from each \$12 ticket sold for this event.

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The evening will be filled with lots of excitement! IMPACT! folks will throw out the first ball and sing the national anthem. Not only that, but there will be Star Wars characters there, and you can enjoy fireworks after the game.

Go online to lancasterbarnstormers.com. But remember to use the code "impact" when you buy tickets online!



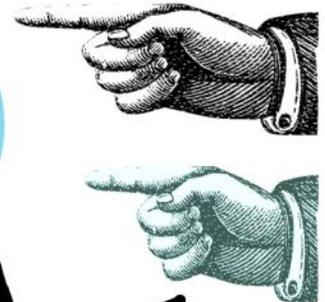
Electronic/Online Giving Coming Soon

It's been a long time coming, but after more than 18 months of planning and preparation we are ready to begin rolling out new opportunities for electronic and online giving for Covenant members. New giving options are on the way, including:

- * Automatic transfers
- * Online credit/debit card giving
- * Text-based giving from your smart phone or other device
- * "Card swipe" donations
- * An electronic giving "kiosk" here at the church

Many of these options will be available by way of an easy-to-use link on our church website, www.covenant-umc.com. These new giving options are part of the new church membership and financial system upgrade. In addition to the new electronic/online giving options, you will be able to securely check your membership and donation records, and even print out your own statements if you like.

We expect to schedule training sessions for those interested beginning in September. Many thanks to our office manager Ginny Landis and technical coordinator Roger Kresge who have worked hard to implement the new electronic systems, and to the Trustees and Finance Teams for their support during the process.



Labor for Lancaster is a community-wide movement designed to engage and empower the people of Lancaster City by improving the city through volunteer service. Join us this Labor Day weekend, Sunday, September 3, 2017, as we seek to shine the light of Lancaster City brighter through acts of compassion, hope, and kindness.

www.LaborforLancaster.com

Covenant UM Church

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Lancaster, PA 17603-3507

Office Telephone: 717.393.1561

Senior Pastor's Phone:

Office Hours: M-Th, 8:30-3:30; Fri., 8:30-Noon

Church Staff

The Reverend Quentin E. Wallace, Senior Pastor

The Reverend Donald E. Zechman, Nurture & Worship

The Reverend Sally Ott, Visitation & Witness

The Reverend Theodore C. Mefferd, Pastor Emeritus

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