

ECHOES

COVENANT UNITED METHODIST CHURCH

April, 2018

Issue 63, Number 4

April Showers...Enjoy the Rain



by
**Pastor Quentin
Wallace**

"You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous."

Matthew 5:43-45

April showers bring May flowers. What does that mean? It means that rain brings forth fruit.

In most movies, except for ones where the main theme is the desire for desperately needed rain to end a famine or drought, rain depictions exemplify enduring, trying, and troubling circumstances. Think of any movie or TV scene where a man, woman, or family find themselves standing outside in a drenching rain. It's heartbreaking as we witness these people, without shelter, either standing or sitting in the relentless downpour.

Some people view life as a fatalistic journey where we are born, live, and die without any control over what happens to us. We simply endure a soaking uncontrollable rain of events and circumstances.



But if we borrow another illustration from nature, we find that there is hope after the rain. From the rain springs hope. Without the rain nothing would grow; there would be no water to drink and subsequently no life at all.

I recall a rhyme we sang back in elementary school, "Rain, rain, go away—come again another day." We sang about rain as a problem, a damper on our fun. As kids we only wanted the sunshine so we could play. However, we soon learned that we need the rain, and we need the showers of God's blessings.

Rain produces crops and growth. Spiritually, what looks like the rain of despair and disappointment is merely the influence that brings forth a crop of growth and trust in God.

Jesus discusses, in the scripture passage from Mark, a difficult task—loving one's enemies. He further emphasizes how God blesses all, not only a chosen few, by providing rain and sunshine to everyone. As followers of Christ, we should desire what Christ wants, which is to show love to all of God's creation including those who do not know God yet. Christ gave the ultimate sacrifice by dying to save s i n n e r s .

A part of our spiritual growth is understanding that Christ's followers are encouraged by the Holy Spirit within to shower the blessing of God's love onto others, even those we consider enemies. In fact, instead of considering those who oppose us as enemies let's view them as future friends. Let's rain the love of Jesus upon them not based on what they have done, but on how Jesus sacrificed his life for all.

Short & Sweet

NOTES OF THANKS

Brenda Roth sends thanks to everyone who helped her move into her new apartment, and for the gifts and love she received. "I am so grateful and so happy in my new place," she says.

Betty Farkas would like to thank all the friends from Covenant for their prayers, cards, kind words, and memorials that were sent in memory of her husband, Andrew Farkas, who passed away on January 24. "Your kindness is very much appreciated. Peace and Love to all," she writes.

GIFTS GIVEN...

In memory of **Andrew Farkas**, a gift to the Memorial Fund from Carole Horn.

In memory of **Terry Herr**, a gift to the Building Campaign from Bonnie Herr, and a gift to the Memorial Fund from Joan Miller.

In memory of **Martha Lehn**, gifts to the Memorial Fund from Bob Moss, Thomas S. Buter, Ginny Landis, Carole Horn, Nancy & Bill Grau, and the Elderberries.

Gifts received for the recent Building Campaign:

- * In memory of **Daniel and Emma Rife** (my grandparents who were members when the church was built) from Cindy Smith.
- * In memory of **Martha Lehn** from Emma Romero.
- * In memory of **Martha Lehn, Amy Campbell and John Zeszotarski** from Ted and Esther Mefferd.
- * In memory of **Fred and Beatrice Smith** from Sue and Roger Kresge.
- * In memory of **Edgar Wanner** from Dennis Wanner.

- * In honor of granddaughters, **Kylie, Lilianna, and Ava** from Don and Cindy Dale

TEXT GIVING

Now you can use your smart phone or other device to text a gift to Covenant. It's easy and secure. Just send a text message to 7177691063 with the dollar amount (e.g. "\$20"). The first time you do this you will be asked to fill out a short form with billing information. After the initial setup, giving is as easy as sending a text message. Save time and scan the QR code with your phone directly.



SAVE THE DATES FOR VBS

Planning for Vacation Bible School 2018 is underway. More information will be forthcoming, but meanwhile, please mark your calendars for the following dates:

May 5, 6 p.m. -White Elephant Bingo & Silent Auction
July 22-26 -"Shipwrecked" VBS

UMW INGATHERING

It's that time of year again. It's time to take part in the annual United Methodist Women's Ingathering program. Again this year we are asking you to help gather new clothing for our local clothing banks. We are hoping for donations of new clothing for children, youth, and adults. You don't need to consider size or color. Items that are always needed are socks, underwear, slacks, tops, dresses, and sleepwear. Won't you please help fill the bins in the Gathering Area? Thank you. Also, you are invited to attend the Ingathering program on Saturday, April 14, from 9 to 11 a.m.

WANT TO BECOME A MEMBER OF COVENANT?

If you're thinking about becoming a member of Covenant Church (or if you would just like to know more about the church), Pastor Zechman would like to meet with you on Sunday, April 8, at 11:30 in the Chapel/Library. We'll gather information, talk about what membership means, and make further plans. If you are interested but can't come on April 8, please give your information to Ginny Landis at the Covenant office.

LET'S REMEMBER OUR SHUT-INS THROUGHOUT THE YEAR

The Care Team wants to remember our Covenant shut-ins all throughout the year, not just at Christmas time. Therefore, a shut-in address list, with birthdays listed, will be available to pick up in the Gathering Area at any time. Drop a note or send a card to those members who are no longer able to attend church. This will help to brighten their day.

OPERA LANCASTER COMES TO COVENANT

On Sunday, April 22, at 4:00 p.m., join Opera Lancaster in the Covenant sanctuary for an afternoon of beautiful duets and wonderful singing featuring these local artists: John Darenkamp, Brenten Megee, Kristin Sims, Laura Heydt-Adams, Heidi Shannon, Luke Grooms, Michael Popovsky, and Olivia Ober, all accompanied by Joe Sharick. A free-will offering will be received.

We Worship Together



April 1, 2018—Easter Sunday

Holy Communion

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will bring the message during both worship services. The Chancel Choir will sing at the 10:20 a.m. service, and a trumpeter will provide special music and accompaniment.

April 8, 2018—2nd Sunday of Easter

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will deliver the message at both the 9:00 a.m. & 10:20 a.m. services. Minister Brenda and Michelle Drumheller will lead the 9:00 service. Special music during the 10:20 service will be provided by xxxxxx. There will be a Mission Minute in both services.

April 15, 2018—3rd Sunday of Easter

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will preach during both worship services. The Chancel Choir will sing in the 10:20 a.m. service.

April 22, 2018—4th Sunday of Easter

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will offer the message at the 9:00 a.m. service. During the 10:20 a.m. service, the Chancel Choir will present an anthem.

April 29, 2018—5th Sunday of Easter



Heritage Sunday

Family & Friends Sunday

One Combined Service at 10:20

During this special combined service, music will be provided by the Praise Team, the Chancel Choir, and the Kingdom Kids. As part of Heritage Sunday, Covenant will honor 25, 50, and 75 year members of the church. A potluck dinner will follow the service as well.

LET'S FILL THE CHURCH! Sunday, April 29

Plan now to invite your friends and family to church on April 29. This is an opportunity to invite anyone who does not have a church home and would want to be embraced by a loving family, a church family! There is nothing to lose but a lot to gain. A potluck will be shared by all following the combined service at 10:20 a.m.

"Through followers of Jesus like yourselves gathered in churches, this extraordinary plan of God is becoming known and talked about even among the angels!"

-Ephesians 3:10

Volunteers for April

April 1

Anchorite: 10:20 - Don Dale

Hallway Greeter: 10:20 - Cindy Hean

Lobby Greeters: 8:40 - Faye Zechman & Brenda Roth; 10:00 - Lori Brown & Tina Butler

April 8

Anchorite: 10:20 - Marilyn Keener

Hallway Greeters: 10:20 - Bill & Phyllis Kepner

Lobby Greeters: 8:40 - Cindy & Bob Hean
10:00 - Youth

April 15

Anchorite: 10:20 - Glenn Miller

Hallway Greeter: 10:20 - Bonnie Herr

Lobby Greeters: 8:40 - Mary Lou Hill;
10:00 - Sandy & Guy Carrigan

April 22

Anchorite: 10:20 - Nancy Grau

Hallway Greeter: 10:20 - Ruth Barr

Lobby Greeters: 8:40 - Sara & Alex Cuebas; 10:00 - Janice & Harold Ulmer

April 29

Anchorite: 10:20 - Ruth Neuman

Hallway Greeter: 10:20 - Vickie Leman

Lobby Greeters: 10:00 - Cathy Boyd & Bobbie Schwan

APRIL USHERS

Denise Troop, Head Usher

Grace Fisher, Cindy Hean,

Linda Henning, Joan Miller

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

Covenant women plan two events

There are two exciting events coming up for the women of Covenant. In April, please join us for a day of worship, music, prayer, and Bible study with Priscilla Shirer, the actress from the movie *War Room* as well as an inspiring motivational speaker and evangelist. This event is a simulcast where thousands of women across the country will join together via



Priscilla Shirer

A graduate of Dallas Theological Seminary, Priscilla holds a Master's degree in Biblical Studies and considers it a privilege to serve believers from every denomination and culture by helping them to know the truths of Scripture intellectually and encouraging them to experience these truths practically by the power of the Holy Spirit.

the internet to enjoy an inspiring program from this great woman of God. It will be held on Saturday, April 28, from 9:00 a.m. to 4:30 p.m. in Bethany Hall. The cost is \$20. If you are interested, please contact Minister Brenda or Sara Cuebas.

On May 12 at 12 noon in Bethany Hall, we will be having a Paint Party where we will create works of art on canvas. An expert artist will guide us through the process of creating our very own works of art. Artistic skills are not necessary. This will be a time of fellowship and fun. There will be



light refreshments as well as a creative "mocktail" (Christian cocktail) contest. The cost is \$25, which includes all materials including your artwork to take home. A portion of your contribution will be given to a local charity. We need at least 10 women in order to hold the event. Please see Minister Brenda if you are interested. Money is due by April 15.

Here's to Good Health



Recent studies say...

There are many studies out there trying to determine what will help us lose weight, sleep better, get rid of acid reflux, or find out what's the best meat to eat. The list goes on and on.

So, this month I want to share some of those studies with you, and then you can decide for yourselves what you think about them.

"University of Michigan research finds an essential oil in cinnamon attacks fat cells and could be used as a treatment to fight obesity," reported USA Today in November. Cinnamon oil, not the sprinkle of cinnamon on your cappuccino, could someday turn out to boost fat burning.

Want to sleep better? A study from the University of Pennsylvania says, "Forget the warm milk. Eating fish may be the key to a good night's sleep." Here are a few other ideas to help with a better night's sleep: avoid caffeine, limit alcohol, and avoid bright lights, the phone, the computer, and TV an hour before bed. Stick to a schedule; avoid a big meal late at night; and keep your bedroom cool.

"A mostly vegetarian diet may provide relief similar to widely used medication for people with acid reflux, a new study suggests," reported a Health Day article in the Chicago Tribune in September.

Here is a great recipe:
Tossed Sesame Salad.

Whisk together 1 tablespoon reduced-sodium soy sauce, 1 tablespoon grapeseed oil, 1 tablespoon rice vinegar, 1 tablespoon toasted sesame oil, 1 tablespoon honey, and ¼ teaspoon kosher salt. Toss with 4 cups salad greens and 3 cups shredded veggies (like cabbage, carrots and radishes).

It is no secret that Americans need to cut back on meat. While we eat more chicken than beef, we still eat too much red meat, especially beef. That is the bad news for our health. So what is red meat? According to scientists, red meat means beef, lamb, and pork. So what are you better off eating? Chicken, turkey or seafood would be a better choice.

Here's another healthy recipe:

Sautéed Chicken with Tomato Basil Sauce

Ingredients:

- ¼ cup oil-packed sundried tomatoes
- 10 basil leaves
- 1 cup chopped cherry tomatoes
- 2 tablespoons extra-virgin olive oil
- 1 clove garlic
- 1 pound chicken breast cutlets
- ½ teaspoon kosher salt

Combine the tomatoes, garlic, salt, basil, and ¼ cup water in a food processor. Process until uniformly minced. Heat the oil in a large pan over medium heat until shimmering hot. Sauté the chicken until lightly browned, 3-4 minutes. Turn and sauté until cooked through, 1-2 minutes. Transfer to a warm serving plate. Pour the tomato mixture into the pan and bring to a simmer. Spoon over the chicken.

Happy, Healthy Spring!

Cindy Smith, Wellness Coach

MOOS Announces Fundraising Event

Please join us for "A Night of MOOSic and the Arts," a fundraiser supporting Mornings On Orange Street (MOOS). This event will be held on June 2 from 5:00–8:00 p.m. at Community Menonite Church of Lancaster in their Parrot Gallery.

The event will feature local musicians, artists, and cuisine, as well as

entertainers like hula hoop extraordinaire, Jenny Hill, and Maranatha Productions "Bringing Scripture to Life Through Drama."

The night will also include a silent auction showcasing Sight and Sound Theaters, Zoetropolis Movie Theater, Jimmy John's, and much more!

To catch the early bird discounted rate: \$15 adults and \$5 students (children 5 and under are free), just RSVP before April 20th. Contact Amber Rieger, MOOS Vision and Development Director, via phone at 717-368-7319 or send an email to thomaar05@gmail.com to make your reservations.

Summer Church Camp

There is still time to register for Summer Church Camp, but register soon, as popular camps fill up quickly.

We have day camps and overnight camps, on-site camps and off-site (travel camps), camps for everyone, kindergarten through high school, plus special camps for 4 year-olds and an adult. (Take your grandchild to camp.)



All camp details appear in registration booklets available in the church office or from Pastor Don. Covenant Church will pay 1/2 of the basic fee (up to \$220) for each camper from Covenant Church. Scholarships for additional funding are available by talking with one of the pastors. We want to ensure that all children and youth who want to go to summer church camp are able to go.

Get Ready for the 2018 Laity Academy!

I am the church, you are the church. Lay people are just as important to the work of the church as ordained ministers. Sign up for the 2018 Laity Academy and learn how you can better use your gifts and graces to make disciples and build God's Kingdom here on earth. This year's Academy is

August 3-5 at Quakertown UMC; you can commute, but discount hotel rooms are also available.

Remember, Paul tells us that we all are given different gifts – which may include administration, preaching, and teaching

– but no one gift is more valuable than any other, and we are all to use our gifts as followers of Christ to build up the body of the church. There's a place for all of us in the race to make disciples. Our Laity Academy strives to provide the education, the fellowship, and the nurturing for each of us to not only embrace our gifts from God, but to use those gifts to help others in their walk in Christ.

Registration for the 35th annual Laity Academy will open in early April. Talk with Roger Kresge, our church Lay Leader, or use this link to find it at our Eastern PA Conference website: <https://www.epaumc.org/ministry/lay/>



LAITY ACADEMY

What Is It? Why Should I Go?

- The Laity Academy is a **training event** to help everyone support the ministries of their church.
- LAITY means **everyone** who is or wants to serve Christ (members, visitors, and clergy). All are invited to attend.
- It is held annually over a **single weekend** (Friday night, Saturday and Sunday morning) at a church located within our Eastern Pennsylvania Conference (EPA)
- Classes focus on **identifying and developing your skills** in 3 main areas: Leadership, Speaking, and Caring Ministries.
 - **Leadership** classes focus on the operations of the church, everything from committee involvement to leading worship and Bible studies.
 - **Speaking** classes develop your skills to become a worship leader, prepare and present a sermon, or start your journey to becoming a Lay Minister.
 - **Caring** classes present a diverse opportunity to explore the supportive needs of your church and community. Topics include Prayer, Addiction Recovery, Disability Awareness, and Education support to name a few.
- Laity Academy supports your journey as a **Christ Servant Minister** by offering the first step, the **BASIC** class, and offers classes for **advanced credit** to meet certification/recertification requirements.
- **Note:** You do not have to pursue the Christ Servant Ministry program to attend the Laity Academy.. The Academy is designed to further your knowledge in the Body of Christ and His Church.

Nurture Team News

The Nurture Team is actively promoting the mission of Christian Education for all ages. Our vision is both internal and external. In March we had a retreat where the **2018 Nurture Challenge** was issued. It is important the our membership possess the skills listed below. They are biblical, and they characterize a Christ centered congregation that is preparing for growth.

LEARN THE BIBLE

- ◆ Have a personal Bible.
- ◆ Know books of the Bible and how to use the Bible.
- ◆ Know key scriptures from the Bible (Phil 4:13, Ephesians 6:10-18; Jeremiah 29:11, etc.)
- ◆ Know key stories from the Bible (creation, Jesus' birth, Jesus' resurrection, Jonah, etc.)
- ◆ Please consider joining a Sunday School class, Bible study group, or even a small group and sharpening your biblical skills.

LEARN HOW TO PRAY

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one. (Matthew 6:9-13)

- ◆ Develop a personal relationship with Christ through prayer.
- ◆ Develop the ability to pray in church.
- ◆ Develop the ability to pray with others.
- ◆ Learn the ACTS (Adoration, Confession, Thanksgiving, Supplication) method of prayer.

LEARN HOW TO LEAD SOMEONE TO CHRIST

- ◆ Use the Bible to inspire: John 3:16; Ephesians 2:8, *For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God;* Romans 10:9, *In you declare with your mouth, "Jesus is Lord", and believe in your heart that God raised him from the dead, you will be saved.*
- ◆ Share a prayer of salvation.

LEARN HOW TO GIVE A TESTIMONY

- ◆ I Peter 3:15 *Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.*
- ◆ Share your faith with others.
- ◆ Share the goodness of God.
- ◆ Share how God works through Covenant Church.

Additionally, the Nurture Team is working on getting more children and youth into our church. On March 24, we hosted more than 50 children and parents for our Community Easter Egg Hunt. Children from Fulton Elementary School, our own daycare, and VBS, as well as our neighbors, joined us for a Bible lesson, games, snacks, and lots of Easter fun. Special thanks to the small group and Sunday School classes and Bible studies that donated baskets. Those baskets were the highlight of the event.

Currently, we are looking for volunteers to support our summer Christian Education program for our children. If you feel that God is leading you to share with our children for even one Sunday during the summer, please see Minister Brenda. Our next major event will be a Back to School event in early September. This event will specifically engage Fulton and our closest neighboring Middle School in an effort to show our love in the community and garner more children, youth, and young families for our church. We invite the congregation to join us in prayer as we petition God to increase our reach in the community.

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