

ECHOES

COVENANT UNITED METHODIST CHURCH

February, 2018

Issue 63, Number 2

Love—Love—Love



by
**Pastor Quentin
Wallace**

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. John 3:16

Several significant observances occur in the month of February: African American History, Ground Hog Day, Valentine's Day, and Presidents Day. And for Christians this month includes the beginning of the Lenten season. Two of these observances, Valentine's Day and the season of Lent, highlight the importance of showing love.

Because many of us have hectic daily schedules, we do not always have the time to pause and show people that mean a great deal to us how much we love and appreciate them. Valentine's Day is one of those occasions in the midst of our hurriedness that we remember to stop and show others how much we care about them. What a difference a box of candy, a bouquet of flowers, greeting cards, or a simple visit makes in the lives of those we love and love us as well.

The other illustration is from God our creator who loved the world and creation so much that Jesus was sent to redeem us. This love is what al-

lowed Christ to enter the world, teach us God's precepts, and show this love, by healing and ultimately dying to reconcile humanity to God.



During the Lenten season, we who follow Christ use the forty days before the celebration of the resurrection to take time for introspection. Some of us use this time to engage in spiritual growth practices such as tithing, fasting, Bible study, or meditating. While others may use the time of lent to cease habits that are detrimental to our well being such as negatively handling stress, or eating unhealthy to name a couple. Our bodies are temples of the Holy Spirit so we should do all we can to take care of them.

In the passage from the Gospel of John, the writer indicates that God loves the world, and that encompasses the creation of the world and

everything in it, including humanity and an atmosphere in which humans can survive. God loves creation. To show this love for humanity the Bible encourages us to care for one another, and to remain in right relationship with God. When humanity failed at that, God still loved us and provided love and grace by sending Jesus to seal our salvation.

February can be the start of some fresh new concepts, Love of God, Love of self, and Love of family. I conclude with this prayer:

Dear Lord, I pray that the month of February will be a time of transformation for us and a testimony to others who do not yet know you or your unselfish, all-encompassing love. In Jesus name I pray. Amen

LENTEN JOURNEY

The Lenten journey begins on Ash Wednesday, February 14, with a worship service at 7 p.m. Come and experience God's love as we enter this period called Lent. Then continue your Lenten walk by attending a Bible Study on Wednesday, February 21, at 6 p.m. This one hour study will continue each Wednesday night at 6 p.m. and conclude on March 21.

Short & Sweet

NOTES OF THANKS

Peg Walz thanks the congregation for the Christmas cards she received as well as the beautiful poinsettia.

Bonnie Herr and family send thanks to all the church members for the wonderful expressions of love they received in their time of need at Terry's passing.

GIFTS GIVEN...

In memory of **Terry L. Herr**, gifts to the Memorial Fund from Sally W. Ott, Jim and Doris Work, Lynn Arnold, Tom Buter, and Dr. and Mrs. James Spicher; a gift to the Dolly Kepner Fund from Dolly Kepner; a gift to Building Maintenance from Barry and Pauline Hemperly; a gift to the Pastor's Discretionary Fund from Dick and Georgi Galen.

In memory of Harold and Olive Quickel, a gift to the General Fund from Eileen Monson.

In memory of Harold and Olive Quickel, a gift to the Memorial Fund from Lois Neidermyer.

VOLUNTEER SECRETARY OPPORTUNITY

Would you be interested in volunteering one Sunday a month to sit at the Welcome Desk? We are in need of a volunteer secretary. Please call the church office at 717-393-1561 if you are interested.

ELDERBERRIES LUNCHEON

The Elderberries will meet on Tuesday, February 13, at noon. Please bring a bag lunch and enjoy playing bingo afterward.

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.



Outreach Team News

COMMUNITY MEALS

Due to the continuing decline in attendance, Covenant will no longer host the Easter Dinner. We would sincerely like to thank all of the coordinators and volunteers who have given time to this ministry over the years.

Also, the coordinators for the annual Thanksgiving Day Meal are stepping down from those duties. Again, we would like to thank Sue Kresge and Greg and Kathy Smith, as well as all the volunteers, for their dedication to this ministry for so many years. Because we desire to continue with the Thanksgiving Meal ministry, we will be looking for a new person or persons to coordinate the meal and the volunteers in 2018. If you feel called to this ministry and would like more information about the duties and responsibilities, please contact Sue Kresge or Greg and Kathy Smith.

WOMEN'S SHELTER

Please consider helping the Outreach Team put together 35 bags for the Women's Shelter for the end of March.

The list of items needed to fill the bags is on the desk in the Gathering Area, as well as on display in the display case.

ANCHORAGE BREAKFAST PROGRAM

The Anchorage Breakfast program at First United Methodist provides a free breakfast all year long, Monday through Friday. The program currently serves about 140 neighbors each day. They are currently looking to start an Anchorage Birthday Party each month where volunteer churches provide a birthday cake, plates, and napkins for those neighbors celebrating a birthday. So there is a need for 2-3 volunteers to help serve the cake. If interested contact Sue Grimm Mattox at 717-575-6414.

TRANSITIONAL LIVING CENTER

Covenant is looking to become more involved in the TLC, which provides shelter for the homeless and veterans. Located at 105 E. King Street, the center is looking for donations of: full-size mattress pads, unbreakable dish sets, sleeping bags, baby shampoo/powder/lotion, microwavable food, silverware, plastic drink cups, diapers (size 5/6), wipes, conditioner, hand towels, body wash, and bath mats.

We Worship Together



February 4, 2018—5th Sunday After the Epiphany

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 Holy Communion will be observed.

February 11, 2018—Transfiguration Sunday

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. The Chancel Choir will sing at the 10:20 a.m. service, and a mission minute will be part of the services.

February 14, 2018—Ash Wednesday

Ash Wednesday Service (7:00 p.m.): Pastor Wallace will offer the message at this service designating the beginning of Lent.

February 18, 2018—1st Sunday in Lent

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will offer the message at both the 9:00 a.m. & 10:20 a.m. services. The Chancel Choir will sing at 10:20 a.m.

February 25, 2018—2nd Sunday in Lent

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will preach during both services. The Brightside Baptist Church Youth Choir will sing during the 9:00 service. The Chancel Choir will sing at 10:20 a.m.

We Have No Secrets

Have you ever wondered what goes on during meetings of the various church boards, teams, and committees? How decisions are made?

As part of the United Methodist Church, our church operates under a set of rules called the "Book of Discipline," which is updated and revised every four years after the quadrennial General Conference.

One of the requirements of the Book of Discipline (§722) is that all meetings are "open," at all levels of the church. There is a short list of exceptions: For example, meetings of our SPRC (Staff-Parish Relations Committee) are closed because this is where personnel matters are discussed.

The Book of Discipline requires that we have the following teams and committees in order to operate the church:

- Church Council (Leadership Team)
- Committee on Finance
- Board of Trustees
- Staff-Parish Relations Committee



In order to work with the many ministries taking place in our church, Covenant has several more teams and committees that are responsible for specific areas of ministry. So if you are ever curious about what goes on, and how decisions are made, check our church calendar and drop in. You might find it interesting.

*In the spirit of openness, you should know that "We Have No Secrets" was the name of a 1972 hit song by Carly Simon.

Volunteers for February

February 4

Anchorite: 10:20 - Lois Neidermyer

Hallway Greeter: 10:20 - Ruth Barr

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

February 11

Anchorite: 10:20 - Janet Seyfert

Hallway Greeter: 10:20 - Ron Kimmich

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

February 18

Anchorite: 10:20 - Cindy Hean

Hallway Greeter: 10:20 - Sandy Leonard

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

February 25

Anchorite: 10:20 - Janice McElroy

Hallway Greeter: 10:20 - Cheryl Lichty

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

FEBRUARY USHERS

Denise Troop, Head Usher
Bill Grau, Jr.; Ron Kimmich;
Esther Mefferd; Joan Miller

MARCH USHERS

Glenn Miller, Head Usher
Abe Keener, Marilyn Keener,
Bill Stemmer

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

Do You Need Tools for Ministry?

Each year our district offers Tools for Ministry, a chance for local church leaders to learn more about how to work, not on our houses of faith, but on the people in and around them. Tools for Ministry is offered in each district of the Eastern PA Conference, offering an expansive reach of knowledge to church leaders, preparing them for disciple-making and Kingdom-building. This year's West District Tools for Ministry is coming up on Saturday, March 10, at Church of the Good Shepherd in Lebanon.



Keynote speaker Dr. Brenda J. Ingram-Wallace (our own Minister Brenda) will kick off this year's Tools program with "Is Evangelism for me? YES!!!". Then you can choose from 26 different workshops covering a wide variety of church leadership issues and ideas. For example, Covenant's lay leader Roger Kresge is presenting a session on the Christ Servant Ministry program.

Tools for Ministry opens at 8:15 a.m. on Saturday, March 10, with registration and continental breakfast, and runs until 12:00 p.m. with opening worship, the plenary session, and two workshop sessions. Best of all, you get it all for only \$8. Registration deadline is February 28. It's easy to register and pay online at: <https://www.eiseverywhere.com/ehome/311430>. There will also be a link on the Events tab of our church website. (Snow date is Saturday, March 17.)

Here's to Good Health



A Healthy Heart

I want you to have a healthy heart by first of all being sure you have invited Christ into your heart. Once you have taken care of your spiritual heart, you need to take care of your physical heart. I want to share some ways to keep your heart healthy. Some of this is information you are likely know, but it is always a good reminder for all of us.

Take steps to lower your risk of heart disease. Heart disease is the leading cause of death for both men and women in the United States. To prevent heart disease:

- Eat healthy
- Get Active
- Stay at a healthy weight
- Quit smoking and avoid second hand smoke
- Control your cholesterol and blood pressure
- If you drink alcohol drink only in moderation
- Manage stress
- Beware of the signs of heart attack: Pain or discomfort in the center or left side of the chest (pressure, squeezing, or fullness); Shortness of breath; Feeling sick to your stomach or throwing up; Feeling dizzy, light headed, unusually tired; Breaking out in a cold sweat

Call 911 if you or someone else has any of these signs of heart attack. Don't be embarrassed to call for help. Acting fast can save a life. Make that call even if you aren't sure it is a heart attack.

HEALTHY RECIPE OF THE MONTH

Chicken and Spanish Rice

Ingredients

- 1 cup chopped onion
- ¾ cup green bell pepper, rinsed, seeded and cubed
- 2 teaspoons vegetable oil
- 1 can (8oz) tomato sauce (or 1 can 4oz can low sodium tomato sauce and 1 can 4oz regular tomato sauce)
- 1 teaspoon chopped parsley
- ½ teaspoon ground black pepper
- 1 ¼ teaspoon minced garlic
- 5 cups cooked brown rice (cook in unsalted water)
- 3 ½ cups cooked boneless chicken breast diced



In a large skillet sauté onion and green pepper in the oil for 5 minutes. Add tomato sauce and spices. Heat through. Add cooked rice and chicken. Heat through. Serves 5. Serve with a tossed green salad. Have fruit for dessert.

Have a healthy, happy heart month!

Cindy Smith,
Wellness Coach

50-Year Member Reflections: Thelma Walk

Thelma Walk was recently recognized for being a 50-year member of Covenant Church. Here are her responses to several questions as she reflected on her years of membership.

The events in the church that were most special to Thelma were the Easter and Christmas services. As she said, "If we did not have the birth and resurrection, what would we have?"

The areas of church life that Thelma was most interested in were the worship services and the wonderful music, as well as Sunday School.

Thelma responded that she received great satisfaction from helping serve meals at Thanksgiving and Easter, and also in helping to prepare the Echoes.

Her favorite memories are about the music in the church services-special times when all the choirs, both adult, youth, and children were singing.

Of all the people she knew and served with, Dorcas Leonard was the one she mentioned as having the greatest impact on her life. Her favorite hymns are "Trust in the Lord," and "How Great Thou Art." Psalm 27 is her favorite scripture.

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The Reverend Sally Ott, Visitation & Witness

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