

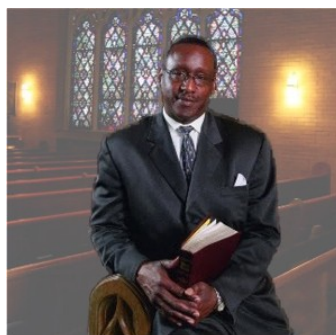


From the Pastor's Desk...

By Pastor Quentin Wallace

Choose Life

Now choose life, so that you and your children may live and that you may love the Lord your God, listen to his voice, and hold fast to him. For the Lord is your life, and he will give you many years in the land he swore to give to your fathers, Abraham, Isaac and Jacob. (Deuteronomy 30:19-20)



In the above passage God gave the law to the Israelites the second time just prior to them entering the Promised Land. On this occasion he gave them a choice with consequences for the choice they had to make. Choose life and its blessing or death and its curses. This past week the leaders of our congregation gathered to create a strategic plan to lengthen the life and vitality of Covenant Church. Our vision statement is "Being Christ's light in the Community and Beyond." This implies that our church will be intentional about sharing and spreading the love of Christ by modeling his behavior both within the walls of our edifice and outside into the world. To accomplish the vision, we have created a four-pronged mission statement to Invite, Welcome, Nurture, and Serve.

To Invite: Inviting involves fostering relationships outside the church that will lead to bringing new persons to the church through word of mouth, events, and advertising.

To Welcome: Once people have been invited, we will make sure they feel welcomed. And to accomplish this we will create a set of practices to assure people who visit our church feel welcome from the moment they enter until they exit.

To Nurture: Nurture will focus on teachings to strengthen the spiritual growth of our members of all ages.

To Serve: This involves creating new ways for all members to enthusiastically serve in the church based on their God given gifts and talents.

As the leadership team continues to map out the specific details, I ask each member to prayer for the spiritual, numerical, and relational growth of Covenant church. God continues to call his people to choose life. And we as a church embrace that choice and choose to live and thrive, and, as we grow, God gets the glory.

Sidelights

MESSAGE FROM THE BOARD OF TRUSTEES

As members of Covenant Church, the church belongs to all of us, and it is our responsibility to care for our property, furniture, and fixtures. The Board of Trustees is the recipient of any concerns/issues that may arise about the building, equipment, or furnishings. The board is asking that, "if you see something, write something."

The board now has a box, located on the Welcome Desk, in which you may deposit your ideas, concerns, or suggestions. In this way, board members are able to attend worship without conducting trustee business on a Sunday morning. Thank you for your cooperation in this matter.

UMW SPRING RETREAT

The annual UMW Spring Retreat will be held in Ocean City, New Jersey, April 26-28. All women of Covenant are invited to our retreat. Join us for a time of fellowship and spiritual growth. Sue Kresge, Cindy Smith, and Chris Kimmich will lead our retreat (theme to be announced soon). Registration is due in January. A non-refundable payment in full is due by Sunday, February 2.

The retreat starts Friday, April 26, at 8:30pm and concludes Sunday at noon. Cost is \$75 per person (\$100 if you arrive Thursday). If you have any questions or wish to register, contact Chris Kimmich at rkimmich@aol.com or call at 717-468-5126.

Sidelights

NOTES OF THANKS

Community Table thanks everyone for the generous donations to the program. They are now fully stocked with hot chocolate and Nutri Grain bars.

Ruth and Ray Goshkey express their thanks for the beautiful poinsettia and the many Christmas cards that they received from Covenant Church.

Flo Wyland thanks the congregation for the many visits and cards during her recent hospitalization. She extends a special thank you to Chris Kimmich, Pastor Sally Ott, and Cindy Smith.

UMW EVENT

On Sunday, March 10, from 6:30 to 7:30 pm, UMW will host a special meeting with guest speaker, Kyra Leonard, discussing the topic of human trafficking.

UPDATE ON MANIFEST & IMPACT! MISSIONS

The first home rehab project of our Manifest Urban Alliance is finished and sold! 112 New Dorwart St. is now home for a single mom and her two teenage boys; the mother has been saving for her own home for nearly 10 years. To help welcome them to their new home, our Manifest Urban Alliance churches are planning a small gift "drop in" in February, date to be announced. Suggested gifts: dry goods, staples, paper products, or cleaning supplies.

We've been making some improvements to the IMPACT! Missions-Manifest home rehab process. All of our volunteers are invited to a meeting at Otterbein UMC in fellowship hall on Wednesday, February 6, at 11:30 am. Lunch will be provided.

We Worship Together

Sunday Services

9:00 am - Contemporary Worship

10:20 am - Traditional Worship

February 3, 2019—4th Sunday after the Epiphany

Pastor Quentin will bring the message at the 9:00 am and 10:20 am services. Holy communion will be observed. The Chancel Choir will provide the music for worship at 10:20.

February 10, 2019—5th Sunday after the Epiphany

Pastor Wallace will preach the message at 9:00 am and 10:20 am. Both the Chancel Choir and the Bell Choir will participate in the 10:20 am service.

February 17, 2019—6th Sunday after the Epiphany

Pastor Wallace will preach at both worship services at 9:00 am and 10:20 am. The Chancel Choir will participate in the 10:20 am service.

February 24, 2019—7th Sunday after the Epiphany

Pastor Wallace will preach the message at both the 9:00 am & 10:20 am services. The Chancel Choir will sing at 10:20. Also, the Soul Food Sampler will be held in Bethany Hall following the 10:20 service.

Covenant 2019: Preparing for Increase

February Volunteers

February 3

Lobby Greeters:

8:40 - Ruth Neuman & Brenda Roth

10:00 - Lori Brown & Tina Butler

Hallway Greeter: 10:20 - Sylvia Groff

Anchorite: Ruth Neuman

February 10

Lobby Greeters:

8:40 - Cindy & Bob Hean

10:00 - Youth

Hallway Greeter: 10:20 - Tina Butler

Anchorite: Corey Dick

February 17

Lobby Greeters:

8:40 - Mary Lou Hill

10:00 - Sandy & Rev. Carrigan

Hallway Greeter: 10:20 - Vickie Leman

Anchorite: Janet Seyfert

February 24

Lobby Greeters:

8:40 - Mee Schuler

10:00 - Harold & Janice Ulmer

Hallway Greeter: 10:20 - Ruth Barr

Anchorite: Cindy Hean

February Ushers

Head Usher: Denise Troop

Ron Kimmich, Bill Grau, Jr.,

Joan Miller, Esther Mefferd

March Ushers

Head Usher: Glenn Miller

Abe Keener, Marilyn Keener,

Bill Stemmer

Try Our New Electronic Giving Option



Covenant's Electronic/Online Giving system now gives you the option of covering our processing costs involved in electronic dona-

tions, including both credit card payments and direct bank account payments (also known as ACH, or automated clearing house"). Paying the processing cost is strictly optional when you make an electronic/online donation, but it does reduce our costs related to online giving. Our percentage is 2.62% of each transaction, which

covers both the credit card processing cost, and an individual transaction fee.

If you haven't tried electronic/online giving yet, check it out online at <https://give.covenant-umc.com>. There are several options, including "Quick Give" for one-time gifts. You can also choose a secure login that gives you access to both credit card and direct bank account payments. Take a look at scheduled giving, too; it makes your giving much more convenient.

Or try text-based giving from your smart phone. Just send a text to 7177691063 with the dollar amount of your donation, e.g. \$20. The first time you do this you will be asked to fill out a short form with billing information. Please contact the church office if you have any questions.

Financial Update

Please review the information carefully and use it as you prayerfully consider your stewardship—your time, talents, and resources—in support of Covenant Church. If you have questions regarding the report, please feel free to contact any member of the Finance Team. **Also, the entire approved 2019 budget is available at the Welcome Desk.**

Below are Income and Expenses for December			
which represents 100% of the year			
	Budget	December YTD Actuals	Percentage of Budget
INCOME			
Envelope Offering	\$300,000.00	\$298,608.55	100%
Plate Offering	\$3,300.00	\$2,980.52	90%
Special Offerings	\$8,500.00	\$5,281.60	98%
Trusts	\$22,800.00	\$21,434.11	94%
Parking Lot	\$22,000.00	\$25,416.50	116%
Use of Bldg	\$1,500.00	\$1,710.00	114%
Day Care	\$10,000.00	\$10,000.00	100%
Miscellaneous	\$6,450.00	\$7,335.20	113%
BB&T	\$109,621.28	\$80,000.00	73%
	\$484,171.28	\$452,766.48	94%
EXPENSES			
Missions & Benevolence	\$52,152.00	\$51,351.28	98%
Evangelism	\$310.00	\$240.00	77%
Christian Education	\$5,900.00	\$4,122.46	70%
Worship	\$2,265.00	\$2,995.04	132%
Program Administration	\$26,000.00	\$28,164.57	108%
Personnel	\$280,299.28	\$272,781.56	97%
Property	\$117,245.00	\$110,875.92	95%
	\$484,171.28	\$470,530.83	97%

Sidelights

THE CHILDREN OF COVENANT NEED YOU!

The Nurture Team needs a few dedicated volunteers to support our children's & youth ministries. To be in compliance with our safe sanctuary policies, we are seeking adult second helpers. Our nursery ministry needs someone for 2nd and 4th Sundays at 10:20. We are also seeking a second person to assist with our Connect children's ministry at 10:20. Lastly we are seeking one or two enthusiastic individuals to support Minister Santa in our youth ministry. This may include youth Sunday school at 10:20 or extended youth at 11:30. If you are available for one or more Sundays, we would love to hear from you. You will not be required to plan lessons; we are looking for a second adult presence. As God is leading you, please share your availability with Minister Brenda.

BIBLE STUDIES OFFERED

Pastor Wallace is leading a Bible study on Thursday evenings at 7:00 p.m. The dates are February 7, 14 and 21. Each study focuses on a different parable.

The small group Bible study, facilitated by Sue Kresge, will be held on Sundays, February 3 and 17, at 4:00 p.m. in the Chapel/Library. The topic of this study is The Epistle to the Hebrews by Lisa Harper.

A new 5-week Bible Study will be offered on Thursdays, beginning March 14 through April 11, at both 12 noon and 7:00 p.m. The leaders will be Pastor Guy Carrigan and Pastor Wallace. Details about the study will be provided in upcoming bulletins.

Nurture Team Update

The Nurture Team is responsible for Christian education/spiritual growth in the life of the church. Currently, the ministries included are adult, children and youth Sunday school classes, small Groups, Bible study groups, Connect!, children's church, and the nursery. Christian education is the life blood of the church. If you are not currently attending, please consider joining a Sunday school class and/or a small group.

Examples of programming from this committee include speakers such as Jim Woodford and activities such as Vacation Bible School and the Family Christmas Night. Beginning in March, we will host three consecutive First Friday Family Fun Nights at 5:30 p.m. We will invite our community families to join our Covenant families for food, crafts, games and movies. Further, activities for the entire year are being planned.

The members of the Nurture Team are Minister Brenda Wallace, team leader; Denise Troop, Deb Tyson, Chris Kimmich, Cindy Hean, Jeanne Schall, Stephanie Schall, Minister Santa Jenkins, Missy Beznoska and Jeannine Spece. On behalf of the entire committee; we are asking each member to pray and seek God for how you can support Nurture/Christian Education/Spiritual Growth in our church.

Our immediate needs are in the areas of nursery workers and people to assist with Connect! and our youth ministry. You only need clearances and a willing heart. Perhaps you have some new and innovative ideas about how to impact the congregation. Please see one of the committee members.

Our goal is to bring Jesus and the Bible in a real way to each of our congregants from the youngest to the oldest in a clear and understandable manner.

Church Meeting Scheduled for Feb. 10

On Sunday, February 10, all Covenant members are invited to attend a church meeting in the sanctuary at 11:30 a.m. in order to learn about the upcoming Special Session of General Conference of the United Methodist Church. From February 23 to 26, 2019, 864 delegates from all over the world will convene in St. Louis, Missouri, to act upon the report from the Commission On a Way Forward as well as related petitions. The Commission was authorized by the 2016 General Conference and appointed by the Council of Bishops to examine paragraphs in The Book of Discipline of the United Methodist Church concerning human sexuality and to explore options to strengthen the unity of the church. The goal is to find a way forward realizing that disagreements exist within the church about same-sex marriage and the ordination of LGBTQ clergy.

Pastor Quentin Wallace and Lay Member to Annual Conference Lois Neidermyer will provide background on the work of the Commission and

explain the plans that are being proposed to the General Conference. One of the three chief proposals is the Traditional Plan, which maintains the current Discipline's ruling prohibiting same-sex marriages and ordination of practicing homosexuals. The One Church Plan allows for same-sex weddings within the church and homosexually active pastors, with decisions to be made at the conference and/or local church levels. The third plan is the Connectional Conference Plan, redesigning the organization of the UM Church with three connectional conferences based on shared values rather than location. More information regarding these plans and General Conference will be shared at the church meeting along with a call to prayer.

The Eastern Pennsylvania Conference will send eight elected delegates to the 2019 General Conference, four clergy and four lay members. Please pray for these delegates as well as all delegates who convene together that they may know God's leading.

Covenant Members in Business

Aunt Sandy's Attic

Sandy Leonard
Antiques, Collectibles, Books, Art, etc.
545 W. Market Street, Marietta, PA 17547
717-426-5091

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

Youth Update

Hiring a Youth Director has brought consistency for your youth. Although 2018 was a year of learning for Minister Santa, she was able to provide many opportunities to bond with the youth, and give them opportunities to bond on a new level with each other. In addition to providing Sunday school lessons that focused on their relationship with Christ, Minister Santa and Brother Dave Beznoska finished the Sunday school Curriculum "Echo the Story" which contained lessons on Creation, Disruption, Promise, Exodus, Exile, and God with Us, to name a few.

Our outings included the overnight experience at Gretna Glen (Winter Blast), a trip to a Barnstormers Game, a day trip to Ozzy's Family Fun Park in Reading, a day at Sky Zone followed by lunch at McDonald's, The MEDA International Festival at Buchanan Park, and The Escape Room in Millersville. We also had extended Sundays where we stayed in-house and enjoyed each other's company. There were a few kinks in our

planning, like our Car Wash Fundraiser and our overnight camping experience that did not turn out like we hoped, but we look forward to better planning and execution this year.

The Youth also participated in all the activities that Nurture and Outreach provided for the community (the Easter Egg hunt, VBS, the Back to School Event, Trunk or Treat and the Christmas party). We are looking forward to another exciting year of learning, growing, and fellowshiping. Our parents have been wonderful in helping out with activities and providing transportation.

We would really like to have church volunteers to help us with our programs and provide opportunities for the youth to develop other relationships in the church. Would you have one or two Sundays a year that you could help us out? Minister Santa would love to hear from you and get you set up. Please consider sowing your seed of time into our youth ministry.

Here's To Good Health

What makes us eat too much?

There have been some different answers to that question, but which one is the best answer? Studies have been done on the effects of lowering calorie intake and cutting down on carbs or fats. Perhaps the answer lies in how our bodies use insulin and other hormones. Or could it even be our brains?

Now I know the brain controls our whole body. "We are wonderfully and fearfully made," says Psalms 139:14. One of the things our brain does is help us remember how good the chocolate peanut butter cake tasted and it makes us want another piece!

The marketing of food, especially as done on TV, gets us thinking about food. And guess what happens? We put on the pounds. Our bodies try to warn the brain when we eat too much. The gut sends signals telling your brain "you have had enough; you are running out of blood sugar; you don't need any more calories!" But those signals are slow to get through. So your brain says, "Boy, that was good. Have more."

People struggle with the willpower to say no. So what can you do? Here are a few ideas that might help you in your fight.

1. Don't let yourself get too hungry.
2. Don't drink your calories. Sugary drinks like soda, energy drinks or sweetened teas lead to weight gain.
3. Find foods that don't cause war. Don't say I'll just have one bite of this. Rather try eating fresh fruits and veggies. The willpower of the brain can only take so much.
4. Address your stress. Rather than eating, go for a walk, call a friend, do something to distract you.
5. Get enough sleep. People sleeping only 4-5 hours a night tend to eat more and gain weight.
6. Don't be too hard on yourself. The world we live in makes it hard to make good choices and eat healthier. Each new day can be a fresh start to a healthier, happier you.

You can do it!

Cindy Smith

Wellness coach

FEBRUARY CALENDAR

Regular Events

(Unless Otherwise Noted)

MOOS, 7am

Prayer Group, Wednesdays, 10:15am

Chancel Choir, Wednesdays, 7pm

Praise Team, Thursdays, 7pm

Prayer Group, Fridays, 6am

2/2, Saturday

Care & Share Breakfast, 8:30am

Nurture Team meeting, 10am

2/3, Sunday

Small Group Bible Study, 4pm

2/5, Tuesday

Outreach Team meeting, 6:30pm

2/6, Wednesday

Bell Choir rehearsal, 5:30pm

2/7, Thursday

Parables Bible Study, 7pm

2/12, Tuesday

Leadership Team meeting, 7pm

Opera Lancaster rehearsal, 7pm

2/13, Wednesday

Community Meal at Grace, 4:30pm

2/14, Thursday

Parables Bible Study, 7pm

2/16, Saturday

IMPACT! Missions Workday, 9am

2/17, Sunday

Small Group Bible Study, 4pm

2/18, Monday, Presidents' Day

Church Office Closed

2/19, Tuesday

Trustee Board meeting, 7pm

2/21, Thursday

Parables Bible Study, 7pm

2/23, Saturday

Men's Fellowship Breakfast, 7:30am

2/26, Tuesday

Opera Lancaster rehearsal, 7pm

2/27, Wednesday

Newly Elected Offices for 2019

The following persons were elected to positions at the Charge Conference:

Rev. D. Guy Carrigan - Director of Evangelism

Marilyn Keener- Chair Hospitality

Jenny Engle- Chair of Stewardship

Brenda Ingram-Wallace- Chair of Nurture Team

Carolyn Moody- Chair of Finance Team

Glenn Miller- Chair of Worship Team

Patrick Snyder- At large member of Finance

Cindy Smith—Lay Leader

Barbara MacDonald – Charge Conference Secretary

Cindy Hean – Chair of Outreach

Grace Fisher, Nancy Groff, Joan Miller - Church Historical Committee

Robert Moss – Financial Secretary

Grace Fisher, Carole Horn, Joan Miller – Assistant Financial Secretaries

Board of Trustees

Dave Beznoska, Glenda Gonzalez, John Hartman

Staff Parish Relations Team

Bonnie Miller, Phil Biechler, Sandy Leonard

Nominations Team

Carole Horn, Lois Neidermyer

Endowment

Lynn Arnold

Below are the members of the Leadership Team:

Leadership Team

Darwin Tyson, Facilitator

Cynthia Dale

Jennifer Engle

Chris Kimmich

Cheryl Lichty

Lois Neidermyer

Stephanie Schall

COVENANT

United Methodist Church

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

Church Staff

The Reverend Quentin E. Wallace, Senior Pastor

The Reverend Sally Ott, Visitation & Witness

Minister Santa Jenkins, Youth Director

The Reverend Dr. Guy Carrigan, Dir. of Evangelism

The Reverend Theodore C. Mefferd, Pastor Emeritus

The Reverend William Keeler, Pastor Emeritus

Mr. Jeffrey McGary, Echoes Editor

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