

ECHOES

February, 2020

**We Invite
We Welcome
We Nurture
We Serve**



From the Pastor's Desk...

By Pastor Quentin Wallace



Love Without Walls

Then, leaving her water jar, the woman went back to town and said to the people, "Come, see a man who told me everything I ever did. Could this be the Messiah?"

(John 4:28-29)

"Life is like a box of chocolates, you never know what you're gonna get."

-Forrest Gump

February 14 is Valentine's Day and very much associated with showing expressions of love to those we care about. Pick up a box of chocolates, a bouquet of roses, and a card, and all is well. While expressions of love are necessary and appreciated, love is not only shown on special occasions but in daily displays of caring.

Jesus walked with his disciples daily after they were called and chosen, so he could show them how to display love and care in many different forums with different people. Because his disciples were of Jewish descent, they felt that the Messiah's love and care was predominantly for the Jews. However, Jesus showed them care for outsiders or "others" by healing non-Jews or gentiles, and by spreading the gospel and dying on the cross for all persons.

The John passage noted above highlights the occasion when Jesus went to Samaria to have a discussion with a Samaritan woman at a well. For a Jew to interact with a Samaritan, and a woman at that, was against the rules. However, by the end of their conversation she was telling everyone in her town about the Jewish prophet who had taken the time to give her the good news. She felt that God knew her and had sent a word specifically for her, and therefore helped her to understand that God's love was inclusive, not exclusive and unifying, not dividing.

For me, God's love has no limitations or boundaries, and, as Forrest Gump said in the movie by the same name, "You never know what you're going to get." Similarly, as followers of Christ, we never know who God is going to call us to show love to.

Sidelights

COVENANT'S VISION AND MISSION STATEMENTS

Our Vision Statement: **Bringing Christ's Light into the Community and Beyond.**

Our Mission Statement: **We Invite, We Welcome, We Nurture, We Serve.**

Pastor Quentin's theme for 2019 is **Preparing for Increase.**

Please be in prayer for Covenant Church.

UMW SPRING RETREAT

The annual UMW Spring Retreat will be held in Ocean City, New Jersey, April 17-19. All women of Covenant are invited to join us for a time of fellowship and spiritual growth. Registration is due in February. A non-refundable payment in full is due by Sunday, February 16. The retreat starts Friday, April 17, at 8:30pm and concludes Sunday at noon. Cost is \$100 per person (\$125 if you arrive Thursday). If you have questions or wish to register, contact Chris Kimmich at rkimmich@aol.com or call 717-468-5126.

GOSPEL GROUP TO VISIT COVENANT

On Sunday, February 23, at the 10:30 service, we welcome the Gospel vocal group, God's Grace to join us in worship. After the 10:30 service, join us in Bethany Hall for an African-American Food Sampler. Additionally, there will be a brief drama presentation by our Covenant members.

Sidelights

VOLUNTEER NEEDED

We are currently looking for a volunteer for Sunday mornings from 8:30-9 and 10-10:30. No need to miss Sunday School or church. We are looking for someone to sit at the desk in the foyer for limited times, to take flower orders/money and any other messages from church members. Vickie Leman has retired from this position, and we are looking for someone to take two Sundays a month. Training will be given. Please see Chris Kimmich to learn more.

MANIFEST UPDATE

Lunches were prepared and served by members of Covenant the week of January 19th. Seven to ten people were served each day at one of the properties being rehabbed through the Manifest program. Most workers were work release prisoners from the county prison, and they truly appreciated the meals. Thanks to everyone who helped contribute to the cost; prepared the food, and/or served the lunches. We plant the seed and God nourishes.

YOUTH NEWS

On January 10, Minister Santa took three youth to the Pen-Del Youth Rally in Ocean City, MD. They were sponsored by the church and received additional aide from the EPA Conference. There were approximately 3000 youth at the rally, including 60 from EPA. The theme was "Inseparable," based on Romans 8:38-39, which promises us that nothing can separate us from the love of God. We went to workshops, and large group sessions, as well as evening devotions. The highlight of the weekend was taking pictures with Bishop Peggy before she officiated the communion service.

We Worship Together

Sunday Services **9:00 a.m. - Contemporary Worship**
10:30 a.m. - Traditional Worship

February 2, 2020—3rd Sunday after the Epiphany **Holy Communion**

Preaching at both services is Pastor Wallace. Music will be presented by the Praise Team at 9 and the Chancel Choir at 10:30.

February 9, 2020—4th Sunday after the Epiphany

Pastor Wallace will preach. Music will be presented by the Praise Team at 9 and the Chancel Choir at 10:30. The Bell Choir will provide special music at the 10:30 service.

February 16, 2020—5th Sunday after the Epiphany

Pastor Wallace will preach during both services. Music will be presented by the Praise Team at 9 and the Chancel Choir at 10:30.

February 23, 2020—6th Sunday after the Epiphany

Preaching at both services is Pastor Wallace. Music will be presented by the Praise Team at 9 and the Chancel Choir at 10:30. Additionally, the Gospel group God's Grace will sing at the 10:30 service.

March 1, 2020—1st Sunday in Lent **Holy Communion**

Preaching at both services is Pastor Wallace. Music will be presented by the Praise Team at 9 and the

February Volunteers

February 2

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

Anchorite: Lois Neidermyer

February 9

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

Anchorite: Carole Horn

February 16

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

Anchorite: Nancy Grau

February 23

Lobby Greeters: 8:40 - Mee Schuler; 10:00 - Janice & Harold Ulmer

Anchorite: Corey Dick

February Ushers

Denise Troop, Head Usher

Bill Grau, Ron Kimmich, Joan Miller

Here's To Good Health!

Do you have a heart rhythm problem?

What is an arrhythmia?

Arrhythmias occur when electrical impulses that coordinate your heart beats don't work properly, causing your heart to beat too fast (tachycardia), too slow (bradycardia) or irregularly. Heart arrhythmia may feel like fluttering or racing heart.

We all may feel one of these symptoms occasionally. If your doctor has told you that you do have an arrhythmia here are a few things that can do.

- Avoid alcohol or use only in moderation.
- Avoid stimulants. Be careful with herbal supplements; they can contain stimulants you are unaware of.
- Stop smoking.



- Be careful with caffeine. If you experience symptoms from coffee, you should stop. Usually 1 or 2 cups a day have little effect. Same goes for drinking soda.
- Be careful with energy drinks. Doctors usually tell people to avoid them. Along with the caffeine they can also contain other compounds that increase heart rate and blood pressure.

To avoid arrhythmias see your doctor regularly; remember to exercise, remain active, and maintain a healthy weight.

February is Heart Health Month. Take care of your heart both physically and spiritually!

Cindy Smith

Wellness Coach

Sidelights

GIFTS GIVEN

In memory of **Martin Greider** from Dolly Kepner (Music Fund) and Joan Miller (Building Fund).

A 135th anniversary gift was given in memory of the **Smith and Rife Families** from Cindy Smith

NOTES OF THANKS

Thank you notes were received from **Peg Walz** and **Bob & Nancy Hess** for the lovely poinsettias they received from the church.

Thank you to **Abe Keener** for installing a new faucet in the Gathering Area sink.

Betty Greider would like to thank everyone for the cards and heartfelt expressions of sympathy and the phone calls she received. She was honored to see so many Covenant friends at the memorial service for her husband, Martin.

Free Burma Rangers

Inspirational Documentary coming to theaters February 24 & 25



Free Burma Rangers is a documentary film exploring the extraordinary 20-year journey of missionaries Dave and Karen Eubank. The film follows Dave, Karen, and their three young children, as they venture into war zones where they are fighting to bring hope.

Dave Eubank is a rare hero of the faith. He is a former U.S. Special Forces soldier turned missionary to conflict zones. The film is a real-life adventure movie. Viewers will follow the family into firefights, heroic rescues, and experience life-changing ministry. In the midst of this unprecedented journey, you will witness amazing lessons of faith from one of the most inspiring families in the world.

The Free Burma Rangers was founded over 20 years ago by Eubank, in response to conflict in Burma, and now offer help, hope, and love to internally displaced people around the world.

LIBRARY RECOMMENDS...

Check out *Mr. and Mrs. Prince*. This is a true story of a pre-Civil War African American family and the challenges they faced living in the North versus the slaves who were living in the South. It will open your eyes to that period of our history. Also if you want some light reading, take a look at the selection of Guidepost novels.

SANCTUARY FLOWERS

You may purchase flowers to adorn the sanctuary on Sunday mornings. The cost is \$28 for either the centerpiece or the two vases. See the church secretary on Sunday mornings to place your order.

Sidelights

GROCERY CARD UPDATE

Covenant Church has been selling grocery cards on the first and third Sundays of the month for many years. Five percent of the sale of those cards is used by our Outreach team to support missions locally and around the US. Some examples of where the donations go are:

- LUMINA
- Red Bird Mission
- MOOS
- Compassionate House
- And many more

Here are some numbers to consider. Since 2012 we have sold \$234,625 worth of grocery cards, which netted the Outreach team \$11,731.25. However, sales have decreased slightly in the last few years. In 2018 we sold \$33,350, and in 2019 we sold \$25,750. So if you shop at Stauffers, Giant or Weis, remember you can purchase gift cards to use on your future grocery shopping trips while also helping to reach out to others through Covenant Church. Thank you for your support over the years.

BISHOP'S APPEAL FOR PUERTO RICO

Bishop Peggy Johnson is asking members and friends of the Eastern PA Conference to offer heartfelt prayers as they learn and share the latest news about Puerto Rico's continuing onslaught of earthquakes. From January 11 through January 29, they have had eleven earthquakes of 3.3–6.4 magnitude. Aftershocks have been continuous.

You can use the UMCOR envelopes in the pew back or Gathering Area and mark checks UMCOR Puerto Rico relief. .”

The Blind Organist of Notre-Dame: Louis Vierne



Louis Vierne (1870-1937)

The Lancaster Chapter of the American Guild of Organists proudly presents “The Blind Organist of Notre-Dame: Louis Vierne” on Sunday, March 22, at 4 pm at Covenant United Methodist Church, Lancaster, PA. This program traces the tumultuous story of Louis Vierne (1870-1937) through a multimedia presentation including pictures, narration, and live organ music. Local organists will be featured playing the works of Vierne on the mighty Casavant Organ of Covenant UMC. A suggested donation of \$10 will be collected to support the mission and outreach of the Lancaster Chapter of the American Guild of Organists.

COVENANT CHURCH is Bringing Christ's Light into the Community and Beyond AND Preparing for Increase in 2019.

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

JM Services

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

Conestoga Innovations Promotional Products

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

Kresge Computer Consultation

Roger Kresge, 299.4613 or
rkresge123@comcast.net

Dale Building Designs

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

Miller Optical

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

Groffs Family Funeral

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

Richard B. MacDonald

Attorney at Law
312 W. Orange St., Lancaster
717.394.1508

Interiors by Kristen

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

Willard Hypnosis Center

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

February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1 8:30a Care and Share Break
2 Holy Communion 9a Adult & Children's Sund. 9a Contemporary Worship 10:30a Traditional Worship	3 7p N/A	4 6p Opera Lancaster Board Meeting 6:30p Outreach Team Meeting	5 10:15a Prayer Group 11a Staff Meeting 5:30p Bell Choir Rehearsal 7p Chancel Choir Reh 7p Praise Team Rehearsal	6 YOUTH WINTER BLAST RETREAT 6a Conference Call Prayer G	7	8
9 YOUTH WINTER BLAST RETREAT 9a Adult & Children's Sund. 9a Contemporary Worship 10:30a Traditional Worship	10 7p N/A	11 10:15a Prayer Group 11a Staff Meeting 4:30p Community Meal 7p Chancel Choir Reh 7p Praise Team Rehearsal	12 10:15a Prayer Group 11a Staff Meeting 4:30p Community Meal 7p Chancel Choir Reh 7p Praise Team Rehearsal	13 4:30p Shalom Partnership I	14 6a Conference Call Prayer G	15 9a IMPACT: Missions Work
16 Extended Youth and Gretn. 9a Adult & Children's Sund. 9a Contemporary Worship 10:30a Traditional Worship	17 8a Community Table 7p N/A	18 7p Trustee Board	19 10:15a Prayer Group 11a Staff Meeting 5:30p Bell Choir rehearsal 7p Chancel Choir Reh 7p Praise Team Rehearsal	20 6p Finance Committee Meeting	21 6a Conference Call Prayer G	22 7:30a Men's Fellowship Bre
23 9a Adult & Children's Sund. 9a Contemporary Worship 10:30a Traditional Worship 12p African American Samp	24 7p N/A	25	26 10:15a Prayer Group 11a Staff Meeting 7p Ash Wednesday Service 7p Chancel Choir Reh 7p Praise Team Rehearsal	27 6a Conference Call Prayer G	28	29
1 Holy Communion 9a Adult & Children's Sund. 9a Contemporary Worship 10:30a Traditional Worship	2	3	4	5	6	7

COVENANT

United Methodist Church

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