

# ECHOES

COVENANT UNITED METHODIST CHURCH

June/July, 2017

Issue 62, Number 6

## What's the Message in This Season of Your Life?

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by  
**Pastor Quentin  
Wallace**

*Both day and night belong to you; you made the starlight and the sun. You set the boundaries of the earth, and you made both summer and winter.* (Psalm 74:16-17)

I recently read an article about the life and death of actress, Donna Douglas who portrayed Elly May Clampett on the “Beverly Hillbillies” TV series from 1962 to 1971. According to the writer, Douglas indicated, that although she went to church as a child and teenager, she had no real relationship with God until she began to seek careers in acting and modeling.

As her relationship with Christ evolved, she sought God through prayer to get only family friendly roles in an era where media was becoming more risqué. When Douglas landed the role of Elly May Clampett, she understood it as God’s response to her request.

“I try to encourage them that nobody can be a better you than you. If you want God’s best for you life, it’s out there for you. That’s what my life shows, that you don’t have to compromise,” she said.

According to Douglas, God opened opportunities in acting that allowed her to enjoy her career and maintain her Christian values. In later years, Douglas became a Christian speaker and used her testimony to encourage other Christians to remain faithful in prayer always, and to never compromise one’s faith based morals.

In the Psalm above, the writer describes several things—day, night, moon and sun, boundaries of the earth, and summer and winter. Each of those listed has a period of purpose designed by God.

Douglas shares how her purpose changed in the varying seasons of her life. Trust in God guided her career and success. As a young woman, Douglas developed a life long relationship with God. When she was older she shared these testimonies with others to encourage them. Douglas died in January 2015 at the age of 82.

Of the many examples in the Bible, I will share three examples of how God used people differently in various points of their lives. First, King Josiah of the Old Testament began his reign at eight years of age and ruled for over three decades.

Second, at the age of 12, Jesus, while attending a festival, slipped away to the temple to talk with the religious leaders. When asked later by his family why he had done this, he re-

sponded that he was to attend to the business of his heavenly father. Although only 12, Jesus acknowledged the call of God

Third, the Book of Genesis shares the story of the birth of Isaac to Abraham and Sarah who were both senior citizens by our standards. This illustrates God’s ability to keep his promise and bless us to accomplish great things at any age.

Each of the examples above illustrates how God uses people differently in the seasons of their lives to accomplish God’s purpose. I believe God continues to use his followers in different seasons of their lives.

During the summer season, whether you travel a great distance or remain local, consider how God may be or is purposing you in this season of your life to further the God’s plan. Rick Warren, in his book *The Purpose Driven Life* offers these words concerning the importance of our testimony as people of faith:

“God has given you a life message to share. When you became a believer, you also became God’s messenger. You may feel you don’t have anything to share, but that’s the Devil trying to keep you silent.”

Be ready to share your testimony wherever God provides the opportunity. Have a safe and blessed summer vacation season.

# Short & Sweet

## NOTES OF THANKS

A sincere thank you for your words of comfort and the cards with beautiful expressions of sympathy at the time of our daughter's death. They were greatly appreciated.—**The Greider Family**

## MEMORIALS RECEIVED...

In memory of **Helen Fegley**, gifts to the Dolly Kepner Fund from Evelyn Graham and Joyce Fegley.

## PRAYER MEETING TIMES

There are two ongoing prayer meetings during the week. **The first is on Wednesday at the church starting at 10:15 a.m. (note change of time) led by Pastor Zechman.** The second opportunity is the conference call prayer group on Friday mornings at 6:00 a.m. led by Minister Brenda Wallace. To join the Friday group call 1-712-432-0360, code 202700.

## MEN'S FELLOWSHIP BREAKFAST

Yes there will be a men's fellowship breakfast in June and July! The June meeting will be held at the church on Saturday, June 24, AT 7:30 a.m. Our breakfast cook will be Darwin Tyson. Every breakfast he prepares is different, so come see what he has on the menu that day. As always there will be time for sharing, and possible a guest speaker or a local leader helping us think about our relationship with Christ. The July meeting will be held on Saturday, July 23, 7:30 a.m. at the Centerville Family Restaurant, 100 South Centerville Road, Lancaster. This will be a "Dutch treat" breakfast. This breakfast setting is for all those men who would rather meet at a local restaurant. Let's pack the house with men interested in and committed to the well-being of their church and their own spiritual lives.

## SUMMER CAMP

Registration forms for Gretna Glen are now available. Forms for Pocono Plateau and Camp Innabah are expected soon. There are camps for almost all ages, from kindergarten to grandparents, as well as specialty camps for music, drama, horseback riding, archery, fishing, and others. See Pastor Don or Ginny in the office for registration forms.

## BREAKFAST FUNDRAISER

On Saturday, July 1st, you can welcome Carrie Jean, Julene, and Liz back from their time in Central Asia by enjoying a wonderful breakfast together right here at Covenant Church. Get a glimpse of their lives and friends from the past two years. Drop in anytime from 8-11 am to talk with them and see many pictures while eating a delicious breakfast. Meals are by donations, so there is no set price. There will be corporate sharing times at 8:30, 9:30, and 10:30. There will be trivia games and prizes throughout the morning. To RSVP, send an email by June 24th to [fehopesevgi23@cleartrail.org](mailto:fehopesevgi23@cleartrail.org) or call 717-445-7646.

## ATTENTION ALL CHURCH MEMBERS!

The Board of Trustees is requesting the last person out of the church after meetings or church events to please be responsible to close the parking lot doors and affirm with an extra pull that the door is in fact locked. There have been several incidents recently when the door was found unlocked when it should have been in a locked position. We need to be very careful to protect the important items inside our building and at times the people who are alone inside the building as well. Thank you!

## LOOKING FOR GRADUATES

As the end of the school year approaches, the church office is looking for those members who will be graduating from high school, or institute of higher learning this year. Please call the church office (393-1561) with the information in order for Covenant Church to recognize these accomplishments at a Sunday service in June.

## CHILDREN'S DEPARTMENT SUMMER TEACHING SCHEDULE

- ◆ June 4: Wanda Snyder & Jeanne Schall
- ◆ June 11: Denise Troop & Cindy Hean
- ◆ June 18: Lois Niedermyer & Cindy Smith
- ◆ June 25: Kristen Stemmer & Joan Miller
- ◆ July 2: Faye Zechman & Don Zechman
- ◆ July 9: Faye Zechman & Don Zechman
- ◆ July 16: Bill Kepner & Phyllis Kepner
- ◆ July 23: Bill Kepner & Phyllis Kepner
- ◆ July 30: VBS Sunday & Pot Luck
- ◆ 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.

# We Worship Together

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## June 4, 2017—Day of Pentecost

Graduate Recognition

Holy Communion

**Contemporary Worship (9:00) and Traditional Worship (10:20):** Pastor Wallace will preach at both services. The Chancel Choir will present an anthem at 10:20. Holy Communion will be celebrated during both services.

## June 11, 2017—1st Sunday After Pentecost

**Contemporary Worship (9:00) and Traditional Worship (10:20):** Pastor Wallace will present the message during both services. This is the last Sunday for the Chancel Choir until September.

## June 18, 2017—2nd Sunday After Pentecost

Father's Day

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

## June 25, 2017—3rd 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 Della Limbert.

## July 2, 2017—4th Sunday After Pentecost

Holy Communion

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

## July 9, 2017—5th Sunday After Pentecost

**Contemporary Worship (9:00) and Traditional Worship (10:20):** Pastor Wallace will offer the message in both services this morning. Special music at 10:20 will be provided by Jay Hart.

## July 16, 2017—6th Sunday After Pentecost

**Contemporary Worship (9:00) and Traditional Worship (10:20):** Pastor Wallace delivers the message at both the 9:00 and 10:20 services. Brenten Megee will present the special music at 10:20.

## July 23, 2017—7th Sunday After Pentecost

**Contemporary Worship (9:00) and Traditional Worship (10:20):** Pastor Wallace will preach at both services this morning. Chancel Choir Director, Bill Kepner, provides special music at 10:20.

## July 30, 2017—8th Sunday After Pentecost

One Combined Service at 10:20



This fifth Sunday combined service will include a celebration of VBS as well as a message from Pastor Wallace. Special music will include some of the favorite songs from Vacation Bible School.

# Volunteers for June/July

## June 11

**Anchorite:** 10:20 - Corey Dick  
**Hallway Greeter:** 10:20 - Mary Bowen  
**Lobby Greeters:** 8:40 - Cindy & Bob Hean  
10:00 - Joann Scheid

## June 18

**Anchorite:** 10:20 - Lois Neidermyer  
**Hallway Greeter:** 10:20 - Lynn Arnold  
**Lobby Greeters:** 8:40 - Mary Lou Hill;  
10:00 - Sandy & Guy Carrigan

## June 25

**Anchorite:** 10:20 - Cindy Dale  
**Hallway Greeters:** 10:20 - Nancy & Merle  
Groff  
**Lobby Greeters:** 8:40 - Sara & Alex Cue-  
bas; 10:00 - Janice & Harold Ulmer

## July 2

**Anchorite:** 10:20 - TBD  
**Hallway Greeters:** 10:20 - Greg & Kathy  
Smith  
**Lobby Greeters:** 8:40 - Faye Zechman &  
Brenda Roth; 10:00 - Lori Brown & Tina  
Butler

## July 9

**Anchorite:** 10:20 - TBD  
**Hallway Greeters:** 10:20 - Glenn & Ginny  
Brown  
**Lobby Greeters:** 8:40 - Cindy & Bob Hean  
10:00 - Joann Scheid

## July 16

**Anchorite:** 10:20 - TBD  
**Hallway Greeter:** 10:20 - Cindy Smith  
**Lobby Greeters:** 8:40 - Mary Lou Hill;  
10:00 - TBD

## July 23

**Anchorite:** 10:20 - TBD  
**Hallway Greeter:** 10:20 - Carole Horn  
**Lobby Greeters:** 8:40 - Sara & Alex Cue-  
bas; 10:00 - Janice & Harold Ulmer

## July 30

**Anchorite:** 10:20 - TBD  
**Hallway Greeter:** 10:20 - Grace Fisher  
**Lobby Greeters:** 10:00 - Cathy Boyd &  
Bobbie Schwan



VBS 2017 will kick off on July 23rd through July 27th from 6:00-9:00 p.m. with *Maker Fun Factory* at Covenant UMC! We will create, invent, imagine and DIY our very own adventure and discover that we were created by God and built for a purpose. Every evening children from our church and our community will learn that Jesus' love is the rock solid foundation of our purpose, while they participate in a variety of fun activities. Dinner will also be provided for VBS students and volunteers at 6:30 p.m. every evening.

## HOW CAN YOU HELP?

- ◆ **Pray.** Help us lift up prayers for every child and adult who will be part of this amazing program.
- ◆ **Volunteer.** Come out and help us put together a one-of-kind experience for the children of our church and community. We are in need of volunteers for every area of the program. Sign up in the Gathering Area hallway.
- ◆ **Donate.** We are in need of items to be donated or borrowed. Please stop by the Gathering Area hallway to see how you can help.
- ◆ **Sponsor.** Every child who attends Maker Fun Factory VBS will receive a t-shirt, a music CD and a small gift. Our goal is to sponsor every child in our church and community that wishes to attend. Each sponsorship costs \$10.

Pre-registration is recommended. Visit our church website or visit our church office for a registration form.

# Covenant Members in Business

## A Brush with Jeff

Interior & Light Exterior Painting  
Jeff McGary, 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

## 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

## K & W Tire Co. Inc.

Lucille Kline, 397.3596  
735 N. Prince St.

## 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 St., Conestoga, PA 17516  
717.872.7561 or  
willardhypnosis.com

# Here's to Good Health



## Wellness Thoughts and Tips

We all need to think about eating better, how to stay healthy, and even lose some weight.

1. Eat like a two-year-old. Well, not eating messy, but eating only when really hungry. How often do we eat just because it's "time?"
2. Take at least 15 minutes to eat a meal.
3. When you feel the need for a snack, reach for nuts or some fruit.
4. When eating, sit at a table.
5. If you are trying to lose weight, think about a 5-2 diet. Eat normally for 5 days and then really limit your calorie intake for 2 days. Don't do the 2 days back to back. A study of overweight or

obese women showed when they did the 5-2 diet they had better insulin function. Studies have shown that poor insulin function is the root of many weight related diseases such as diabetes, heart disease, some cancers, and maybe dementia.

6. Think about when you are eating your carbohydrates and high fat meals. Studies have shown that these meals raised blood sugar levels more when eaten later in the day. The body's ability to handle carbs gets worse as the day progresses. Eat that "big" meal at noontime.

### Strawberry & Arugula Salad

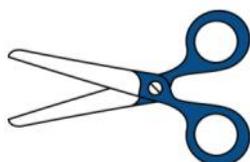
- 1 tbsp. white balsamic or red wine vinegar
- 1/2 tsp. honey
- 1/4 tsp. kosher salt
- 1 tbsp. extra virgin olive oil
- 4 cups arugula
- 1/4 cup chopped basil leaves
- 1/2 avocado chopped
- 1 cup sliced strawberries
- 4 radishes thinly sliced

Make the dressing by whisking together the vinegar, honey, salt, and oil. Toss the arugula, basil, and avocado with the dressing. Top with strawberries and radishes. Add chicken for a complete meal.

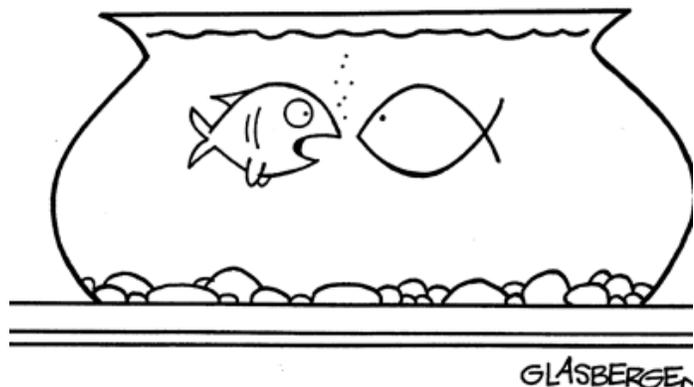
Cindy Smith,  
Wellness Coach

## A Snippet of Covenant History

On April 13, 1980, the merger of Bethany United Methodist Church and Covenant United Methodist Church took place. The service began in the sanctuary of Bethany Church; and then the congregation, led by the pastors and choirs, marched east on Orange Street to the Covenant Sanctuary for the conclusion of the service. With them the members of Bethany Church brought a rich history, which is now a part of Covenant Church's history.



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**"Can't we talk about something besides religion for a change?"**

## IMPACT! Missions

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Can you give one Saturday a month to help make sure people in need have warm, safe, dry homes to live in? Join our group of Covenant volunteers as we work with IMPACT! Missions, a faith-based housing ministry, to improve housing in Lancaster and Lancaster County.

Our next two IMPACT! Missions workdays are coming up on Saturdays, June 24 and August 26, from 9:00 AM to 1:00 PM (usually the fourth Saturday of each month). All you need is enthusiasm and willingness to work. We can use anyone from general labor to skilled handypersons. Contact Roger Kresge at 299-4613 to find out more.

Note: We probably will not have an IMPACT! Missions workday in July due to our Vacation Bible School schedule.

## Lay Leader Update

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The Eastern Pennsylvania Conference is holding our 2017 Annual Conference from June 15-17 at the Expo Center in Oaks, PA. Pastor Quentin and our Lay Delegate Lois Neidermyer will be attending from Covenant. Covenant member Kevin Kresge is also attending as an Equalizing Delegate; Kevin serves as Lay Pastor at Bird In Hand UMC.

Annual Conference has several intense issues and resolutions to decide on, so please keep them in your prayers. You can also follow the events of Annual Conference at the Eastern PA Conference website, [www.epaumc.org](http://www.epaumc.org); we do not believe this year's Annual Conference will be streamed live on the Internet.

## Academy for Laity

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If you are in any leadership role within the life of Covenant Church, we encourage you to consider attending the annual Academy for Laity. This year's Academy will be held August 4-6 (Friday-Sunday) at a new location, Cedarville UMC in Pottstown. Registration deadline is July 15, so don't wait. Please contact Lay Leader Roger Kresge at 299-4613 to learn more about this valuable spiritual growth opportunity.



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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

The Reverend William Keeler, Pastor Emeritus

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