

### No Pain No Gain: Sometimes Discomfort is a Good Thing

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by Pastor  
Quentin Wallace

*A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world. (John 16:21)*

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)*

In life we often feel that pain or discomfort should be eradicated expeditiously and without prejudice. Because of this desire to be pain-free instantly, the makers of Tylenol, Excedrin, and Bayer aspirin, to name a few, have become household names synonymous with quick relief. It's awesome to have instant relief from pain. We rely on these discomfort relief products to do what they are prescribed to. While pain relief is optimal, it is not always beneficial to eradicate the pain; instead seek the source of the dis-ease.

Pain has a purpose, and that is to inform us that something is wrong within our body. For example, chest pain may indicate a problem with blood flow to our hearts. Pain in this case is an alarm to alert the body of a much deeper problem and not merely a benign annoyance.

In the above passage from John, Jesus describes the pain of childbirth to make a point. According to Christ, childbirth, though painful, is merely an indication that someone new is entering the world. For the mother who is anticipating seeing and holding in her arms the child she has nurtured in her womb, this pain is a sign of a much anticipated arrival, and therefore good pain.



For the followers of Christ, God is always birthing new things in the life of the believer and the church, and sadly it often begins with some discomfort. For our Covenant members, summer is nearing an end, and the final trimester of this year's ministry is at the forefront along with the onset of new things.

Any bodybuilder will confirm that without the pain of working out there is no gain in muscle strength or mass. Muscles must be stressed to grow. At the moment, Covenant church is experiencing change in the music department, and for some it may feel painful or uncomfortable during the transition. However, we must be

faithful and trust that God is birthing something out of this fleeting discomfort. Keep in mind the words of Jesus in the opening passage of this article; when the baby is born a woman forgets the anguish because of the joy of the child she now holds.

In the coming months and years there will be the continual birthing of new things in the church, especially as members retire from positions, relocate, or simply move to their heavenly rewards. At the same time, new persons are entering the congregation through birth and or profession of faith. During this process of evolution, there will be some discomfort, both with those adapting to the new as well as those who desire to hold on to what has always been.

When discomfort arises and creates a feeling of uncertainty, prayer and trust in God is needed most. In Philippians, Chapter 4, the Apostle Paul said that believers in Christ must undergo anxious moments with fervent prayer. Therefore, we call upon those in our church who love to pray to help expand our prayer ministries.

Specifically, we the ministerial staff are seeking to create a team of laypersons to serve as prayer warriors to facilitate on a rotational basis a half hour prayer meeting at Covenant on Wednesdays from 10:15-10:45 a.m.

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## Short & Sweet

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### NOTES OF THANKS

**Ethel Beck and family** wish to send a sincere thank you for all your prayers, kind words, and cards during the hospital stay and passing of Bob. A special thank you to the Care Team for all their daily visits with Bob and our family. Thank you to Marilyn and the others who put the luncheon together and served us. And a special thank you to Rev. Dr. Wallace and Rev. Ott for the beautiful service honoring Bob.

### 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.

### MEAL COORDINATORS NEEDED

We are still looking for a new person or persons to assume the role of coordinator for the Community Thanksgiving Dinner at Covenant. It is our desire to continue this long standing ministry to our community. If you feel called to serve or would like more information about the role and responsibilities of the job, contact former coordinators Sue Kresge, Greg Smith, or Kathy Smith.

### VISITATION

Our Care Team would like to encourage you, if you are scheduled for surgery, hospitalization, or any unexpected hospitalization, to call the church office. The office will then inform the Care Team. You can also have someone else call on your behalf. Lancaster General Hospital is called on a daily basis, but UPMC Pinnacle hospitals are not. So it is even more important to let us know if you are in either of the UPMC Pinnacle facilities in Lancaster or Lititz. We don't want to miss anyone who might appreciate a visit!

### MOOS REQUESTS

MOOS is currently in need of new volunteers for this upcoming school year. They need regular volunteers that help once a week as well as substitutes. Please contact Amber Rieger (717-368-7319) or send an email to [thomaar05@gmail.com](mailto:thomaar05@gmail.com) if you are interested. MOOS is also in need of new or gently used children's books. They are needed to replace books that were damaged recently by water.

### MENTAL HEALTH SUPPORT GROUP

As a new Outreach Ministry, we will offer a Mental Health Support Group, to meet monthly on the 2nd and 4th Thursdays of the month from 1:00 to 2:30 p.m. in our Chapel/Library. This group is being offered in Partnership with No Longer Alone. It will be co-led by Pastor Sally Ott and Ruth Daugherty. Light refreshments will be served.

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## Meet Our New Choir Director & Accompanist

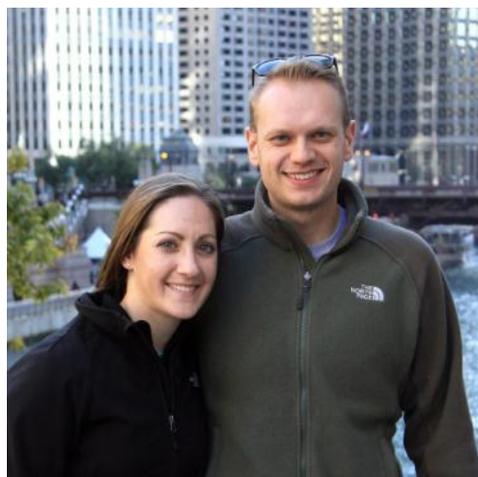
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We are pleased to welcome our new Chancel Choir director, Kyle Zeuch, and his wife, our new accompanist, Bethany Zeuch, to the music staff of Covenant Church.

Kyle has a Doctor of Musical Arts in choral conducting from Michigan State University and is currently on the faculty of Lebanon Valley College. Bethany has a Bachelor of Fine Arts in Music Education from Mount Vernon Nazarene University in Ohio. Both have significant experience in

choral conducting, and Bethany is an extremely accomplished pianist. They will begin their duties during the first week of September as the Chancel Choir will return to the 10:20 a.m. service on September 9.

The Zeuchs reside in Cleona, PA, with their soon-to-be three-year-old daughter, Harper. Please find time to welcome the Zeuchs to our family of faith at Covenant.



Kyle and Bethany Zeuch

# We Worship Together

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## September 2, 2018— 15th Sunday after Pentecost

Holy Communion

One Combined Service at 10:20

Labor Day Weekend

Pastor Wallace will offer the message at the second of our combined First Sunday Communion services at 10:20 a.m. Special music will be provided by Heidi Limbert.

## September 9, 2018— 16th Sunday After Pentecost

**Contemporary Worship (9:00) and Traditional Worship (10:20):** Pastor Wallace will bring the message during both worship services. We welcome the return of the Chancel Choir to the 10:20 service along with our new choir director, Kyle Zeuch, and his wife and our new accompanist, Bethany Zeuch.

## September 16, 2018— 17th Sunday After Pentecost

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

## September 23, 2018—18th Sunday After Pentecost

**Contemporary Worship (9:00) and Traditional Worship (10:20):** Pastor Wallace will preach during both worship services. Music will be provided by the Chancel Choir during the 10:20 a.m. service.



## September 30, 2018— 19th Sunday after Pentecost

Church Picnic Sunday

**Contemporary Worship (9:00) and Traditional Worship (10:20):** Pastor Wallace will preach during both worship services. The Chancel Choir will sing during the traditional service. Following the 10:20 service everyone is invited to Lancaster County Park, Pavilion 1, for our annual Church Picnic. Bring a covered dish to share. Beef barbeque will be supplied.

## October 7, 2018— 20th Sunday after Pentecost

Holy Communion

One Combined Service at 10:20

Pastor Wallace will offer the message at our combined First Sunday Communion service at 10:20 a.m. Music will be provided by the Praise Team and Chancel Choir.

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This is the prayer group that Pastor Zechman used to lead before he retired.

We will gladly train interested persons and walk you through the process of how to guide a prayer meeting. If

God is calling you to do more for the Lord such as leading or participating in this prayer ministry, don't concentrate on the discomfort of feeling inadequate.

If a woman desiring to birth a child focused on the pain of delivery, she may never do it. So instead consider the joy of being used by God. Birth something great for God and your church. If you feel called to be a part of this team,

# Volunteers for September

## September 2

**Anchorite:** 10:20 - Cindy Hean  
**Hallway Greeter:** 10:20 - Cindy Smith  
**Lobby Greeters:** 8:40 - Ruth Neuman & Brenda Roth; 10:00 - Lori Brown & Tina Butler

## September 9

**Anchorite:** 10:20 - Janice McElroy  
**Hallway Greeter:** 10:20 - Bob Lehn  
**Lobby Greeters:** 8:40 - Cindy & Bob Hean; 10:00 - Youth

## September 16

**Anchorite:** 10:20 - Carol Brower  
**Hallway Greeter:** 10:20 - Lois Neidermyer  
**Lobby Greeters:** 8:40 - Mary Lou Hill; 10:00 - Rev. Guy & Sandy Carrigan

## September 23

**Anchorite:** 10:20 - Lois Neidermyer  
**Hallway Greeters:** 10:20 - Rev. Guy and Sandy Carrigan  
**Lobby Greeters:** 8:40 - Mee Kyung Schuler; 10:00 - Janice & Harold Ulmer

## September 30

**Anchorite:** 10:20 - Denise Troop  
**Hallway Greeters:** 10:20 - Bill and Nancy Grau  
**Lobby Greeters:** 8:40 - Cathy Boyd & Bobbie Schwan; 10:00 - TBD

## SEPTEMBER USHERS

Dave Beznoska, Head Ushers  
Bill Grau, Jr.; Marilyn Keener;  
John Longenecker; Ron Kimmich

# 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

## An Update on Heart Warmed Evangelism

I'll bet you have been wondering how the Heart Warmed Evangelism course is going. You will remember there was an invitation to the congregation to sign up for the course. The final number of persons who attended the work shop was 11. You ought to ask one of the persons who participated how it went and what was expected.

Here are some things each person did. They were asked to write their own spiritual life story. They studied a framework for the full salvation story in the whole Bible, including the creation, the fall, the rescue and the restoration. We learned some communications skills, such as active listening and then shared our spiritual life story with one other person.

We used active listening to move beyond the surface of a conversation to be sure we hear the real life issues being communicated. We role played a variety of situations to help us become more familiar and comfortable with sharing our story, the biblical plan of salvation that begins in Genesis and ends in the book of Revelation, and listening to the story of others. Our approach was to engage in conversation with others in order to listen to their stories and to share the gospel story.

The course ran for 6 sessions. The study was based upon a book by Alvin Reid, entitled *Sharing Jesus Without Freaking Out*. The course was designed to be the basic component of evangelism, that is, sharing Jesus from one person to another.

Will the course run again? That depends upon persons wanting to become more effective at sharing our faith in Jesus Christ. For more information contact Guy Carrigan, Director of Evangelism.

There is one final quote from the book I leave with you. It is this: "No matter your vocation or location, if you know Jesus and you are breathing, you are a missionary."

# Here's to Good Health



## Fall Reminders

The fall season seems somewhat like a new beginning. There is a change in the air, it gets cooler, and we feel more like getting some new things done. Children are heading back to school for a new year of learning. It is a good time to rethink some health issues.

This month I want to share some symptoms that need attention. We all have some aches and pains that aren't a sign of anything serious, but there are a few things that should be checked out by a health professional. If you get weak or numb in your arm, leg or face, it could be a sign of a stroke, especially if it is on one side of your body. You could also be having a stroke if you can't keep your balance, feel dizzy or have trouble walking. Also, if you suddenly can't see well, get a bad headache, feel confused, or have problems speaking or understanding.

Caught early these stroke symptoms often are reversible. Don't wait to see a doctor. Call 911. If you get a clot-buster drug within 4-5 hours of your first symptom, you can lower your risk of long term disability from a stroke.

Chest pain or pressure can be a sign of heart disease or heart attack, especially pain accompanied by sweating, pressure, shortness of breath, or nausea. If your chest feels tight or heavy and it lasts more than a few minutes or goes away and comes again, get help. Call 911; don't try to tough it out.

Tenderness and pain in the back of your lower leg could be a blood clot. It can happen after you have been sitting for a long time, like on a long plane ride or if you have been sick in bed for a long time. If it is blood clot, you may feel the pain mostly when you stand or walk. If you notice redness and swelling and the area feels hot, call your health care provider.

If you have blood in your urine and you have a lot of pain in your side or back, it could be a kidney stone. If you see blood in your urine and have a feeling of urgency, making frequent trips to the bathroom, or feel burning when you urinate, you may have a bladder or kidney infection. See a health care provider.

Wheezing is a breathing problem that needs to be treated right away. If you are wheezing or hear a whistling sound when you breathe see a doctor. Labored breathing needs to be treated right away. Wheezing can be caused by pneumonia, bronchitis, asthma, or allergies. If you have a fever or shortness of breath, it's time to see a doctor.

If you feel hopeless or trapped, or think you have no reason to live, get help. Talking to a professional counselor or pastor can help you make it through crises. The national Suicide Prevention Lifeline is available 24 hours a day, 7 days a week. Call 1-800-273-8255.

Fall is a good time to take care of yourself. Remember if you have any of these symptoms please don't say "it will go away." Get seen by your doctor or professional health care provider.

Stay healthy and enjoy the fall season.

Cindy Smith  
Wellness Coach

## Jim Woodford To Share His Story



Covenant Church is pleased to welcome Jim Woodford on Sunday, October 21, at 2:00 p.m. Jim will be sharing his amazing story of heaven...how he died, walked with angels, met Jesus, and is now living a life devoted to God! You will not want to miss this opportunity to hear Jim's life changing story. Be sure to bring your friends and your family to hear all Jim has to share.

# **Covenant UM Church**

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Office Telephone: 717.393.1561

Senior Pastor's Phone: 610-334-3440

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, Director of Evangelism

The Reverend Theodore C. Mefferd, Pastor Emeritus

The Reverend William Keeler, Pastor Emeritus

Mr. Jeffrey McGary, Echoes Editor

Mrs. Virginia Landis, Office Manager

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