



## From the Pastor's Desk...

By Pastor Quentin Wallace

### Prayers Are Being Answered



*But the angel said to him: "Do not be afraid, Zechariah; your prayer has been heard.*

*Luke 1:13*

When I studied on the spiritual disciplines, it was recommended in that course that students create a prayer journal. According to the professor, journaling would help students keep a record of their desires, prayers concerning them, and God's response to our requests. I found that what the teacher taught us would be both true and valuable.

For example, six months or so after I had written a prayer I would reflect back and see how God had responded. And most often the problem had been solved, or my patience and peace had increased even if the situation hadn't changed. Nonetheless, God had responded.

In the Luke passage highlighted above, Gabriel, an angel of the Lord, shares the good news with the aging priest Zechariah that his prayer has been answered. How wonderful it must be to know that your prayer has been heard and God is acting on it. After many years Zechariah would receive a son when both he and his wife were well beyond their child-bearing years. Even though Zechariah may have forgotten the prayer, or considered it unanswered, God did come through.

As we come to the end of one year and begin the next, don't forget God still answers prayers. Are there prayers that you need answered? Write them down so you may see God's responses. Too many times prayers are answered and we can't give God glory, because we didn't record the request and the date. Journal your prayers so you see how God is responding to you more often than you may think.

Keep praying and have a blessed Christmas and a Holy Spirit-filled New Year.

## 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 2021 is **Becoming More Like Christ.**

Please be in prayer for Covenant Church.

### WAYS TO CONTINUE GIVING

Thank you to our faithful members who continue to support Covenant Church. Here are options for you to give your personal tithes and offerings:

- Mail checks to 110 N. Mulberry St., Lancaster, PA, 17603
- Place offerings in the basket during our drive-in services on Sunday morning.
- Give online. Go to our website [www.covenant-umc.com](http://www.covenant-umc.com) and click on the GIVING link and follow the directions.
- Text 717-769-1063. After the initial setup, giving is easy.

Please call the church office with questions.

## Sidelights

### PRAYER CHAIN

If you have a prayer request, please call Patti Willard at 717-872-7561. If she is unavailable, please leave a message. Also, if you are interested in being a member of the Prayer Chain, please contact her to add your name to the list .

### HOSPITAL VISITATION

Don't forget to notify the church office when you or a loved one is in the hospital. Our Care Team is available to visit and share prayer.

### UPPER ROOM

You can purchase the Upper Room daily devotional for only \$1. We have regular and large print in the office.

### LOBBY GREETERS

1st Sunday of the Month  
Tina Butler

2nd Sunday of the Month  
Youth

3rd Sunday of the Month  
Mary Lou Hill

4th Sunday of the Month  
Phil & Cindy Biechler

5th Sunday of the Month  
Cathy Boyd  
Bobbie Schwan

## We Worship Together

### Sunday Worship

In-person worship will be held each Sunday at 10:30 a.m. The service will also be livestreamed on Facebook for those who wish to worship at home.

### Additional Online Opportunities During the Week

- Wednesday at 10 a.m. and Friday at 6 a.m. join our conference prayer call at 605-313-5107 (202700#).

## December Worship Services



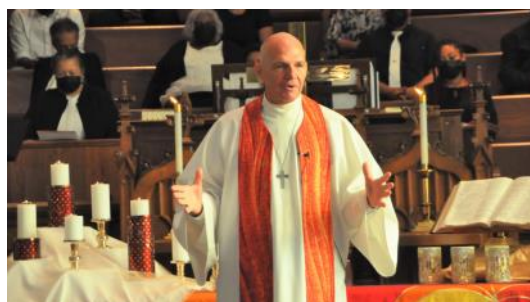
The Christmas season is full of joyful song and celebrations. But we also know it can be a difficult time for those who are grieving and have suffered loss. Join us for our Blue Christmas service on **Sunday, December 12**, at 2:00 pm. Pastor Sally Ott will lead the service.



**Sunday, December 19**, will be a worship service full of Christmas music presented by Covenant's various choirs and musicians. In addition to a message from Pastor Quentin, we will also be welcoming music from a number of special guests from the Covenant Child Care Center.



Celebrate our Savior's birth during our candlelight Christmas Eve service on **Friday, December 24**, at 8 p.m. In addition to Pastor Quentin's message, the service will include music from Covenant's various choirs and musicians, and will close with uplifted candles as we joyfully proclaim our Savior's birth.



The service on **Sunday, December 26**, will be a conference wide virtual service with music and a message from our new bishop, Bishop John Schol. Our media team will make sure that Covenant members are able to join this special worship service via Facebook live at 10:30 a.m.

## Covenant's Organ Celebrates 95th Birthday



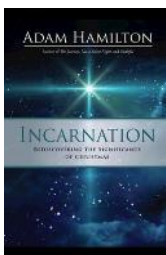
On December 12, 1926, Covenant members were excited to dedicate and hear the first notes to be played from our beautiful Casavant organ. The organ was a gift from Mr. and Mrs. Jack Straub in memory of Mrs. Straub's parents, Mr. and Mrs. George Eckert, who were two of the first ten charter members of Covenant Church.

The organ was built by Casavant Brothers Limited, Saint Hyacinthe, Quebec, Canada, and is considered a masterpiece of organ building. The organ purchased by the Straubs was a \$25,000.00 gift to Covenant Church. The bulletin suggested it was "to wonder the cup of joy both of benefactors and the whole congregation was full to overflowing."

On this special dedication Sunday 95 years ago, there was Sunday School at 9:30 a.m., a Service of Dedication at 10:45 a.m., an organ recital by Harry A. Skyes at 3:00 p.m., Christian Endeavor at 6:30 p.m., and at 7:30 p.m. a celebration of the fifteenth anniversary of the Ladies Bible Class. Attendance for the day was reported to be 4,000 people.

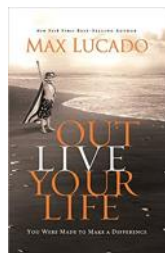
The organist from that first Sunday on was Mildred Huss, who then married Elvin Wissler. As time moved on, Mrs. Wissler began to groom a young woman to be her assistant. When the time came for Mrs. Wissler to retire, her protégé stepped in as Covenant's second organist. It is virtually unheard of that a church would have only two organists in a span of 95 years, but Covenant has been so blessed that Mildred's protégé, Elma (Dolly) Kepner, continues with us to this day.

## Ages and Stages Class Announces Studies for Christmas and the New Year



During the month of December the Ages and Stages Sunday School Class will rediscover the significance of Christmas through Adam Hamilton's study entitled *Incarnation*. The class will pursue the meaning behind the different names for the Christ Child with the use of Hamilton's presentations on DVD, followed by teacher-led class discussion.

Then at the start of the New Year, the class will study Max Lucado's *Outlive Your Life* DVD series, focusing on how we are made to make a difference. What a way to start the new year by being challenged to fill the world with hope during difficult times! Come join us in these studies at 9:00 A.M. on Sunday mornings in the Jesus Room downstairs. The teachers for the class include the Rev. Dr. Guy Carrigan, Carole Horn, and Lois Neidermyer.



## Sidelights

### 90+ BIRTHDAYS December & January

Jean Patton - 12/22

Mary Keeler - 1/30

### MOOS UPDATE

MOOS (Mornings on Orange Street), a before-school program for students from Fulton Elementary school, has started and needs volunteers from 6:45 - 8:00 a.m. any weekday. If you are interested please contact the new program director, Elizabeth Morales, at 717 - 344-9795 or send an email to [themoosdirector@gmail.com](mailto:themoosdirector@gmail.com). Thank you for considering this special opportunity to help families in our immediate neighborhood.

### CHARGE CONFERENCE

Charge Conference is being held on Wednesday, December 8, at 6:30 pm. The Conference will be held at New Creation Church, which is located at the corner of Queen Street and Farnum Street. Parking is available behind the church.

### FLOWERS

If you want to place a centerpiece or vase in memory or in honor of a loved one, the cost is \$49. Please contact the church office Monday-Friday, 8:30-2 at 717-393-1561.



## Sidelights

### UMW EPIPHANY BREAKFAST

All teen girls and women are invited to our annual women's breakfast, Saturday, January 8, at 9:00 am. Fellowship around the breakfast table; meet the challenge of a reading program; participate in a prayer partner exchange; and be encouraged to be part of a community of women whose purpose is to develop a supportive fellowship, and to expand concepts of mission through participation in the global ministries of the church.

### GIFTS RECEIVED

In memory of **Pastor Ted Mefferd**, gifts have been received from:

Esther Mefferd  
Esther Mefferd for Red Bird Mission  
Richard & Joy Felty

In memory of **Aileen Longenecker**, a gift has been received from Jenny Engle.

In memory of **George Schaeffer**, a gift has been received from Jenny Engle.

In honor of **Terry Brown**, gifts have been received from:

Jenny Engle  
Ruth Neuman for Outreach

In memory of **David Mohn**, gifts have been received from:

William & Sylvia Groff  
Sandy Leonard  
Joan Miller for Sound & Tech Equipment

In memory of **Ruth Barr**, a gift to MOOS from Ruth Neuman.

## Youth in Action

Covenant Youth and Young Adult ministry is alive and well and active in working on their spiritual lives. If you do not know what our youth are involved in, take the time to ask them. Every Sunday morning the youth are engaged in Sunday School. We currently have an awesome team of capable people who are providing support each Sunday. Please express your heartfelt thanks to Michelle Drumheller, Penny Estrada, Mary Lou Hill, Angelique Hernandez, Jeanine Speece, and Tom Lasher. The youth are provided breakfast with their lessons.

One Sunday per month a member of the congregation has been invited to share their testimony and breakfast with the youth. Our youth have assisted in both the Back to School and Fall Festival Community Outreach events. They also participated as flag bearers for the reenactment of the 95th anniversary of the transition to our current Covenant edifice. Our worship service is supported by our youth serving as scripture readers, acolytes, singers, and on the media team. During the Fall, our youth partnered with Faith United Methodist Church in Litzitz to attend Youth Nights at Gretna Glen.

We are currently working on sending our youth to the Regional Youth Conference in Ocean City, MD, in January and the Youth Blast Weekend at Gretna Glen in February. Most recently, the youth have started a nightly prayer group where they are reading relevant scriptures and praying for each other.

For your convenience the Christmas card post is located in the Gathering Area. To defer the cost of stamps, consider placing your cards in the mailboxes and donating to our Youth and Young Adult Ministry. Continue to support and pray for this ministry and for what God continues to do in the lives of our young people.

## 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

### 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 McGary  
Interior & Light Exterior Painting,  
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

### Willard Hypnosis Center

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

# Here's to Good Health!

It is almost winter. I know we have had some days with temperatures in the 20s and 30s, so it seems like winter is here already. The Christmas holiday will be here and gone before we know it. January will arrive and we start a new year.

I have a few thoughts about how to keep yourself and your family healthy. Nothing really new, but sometimes we just need to be reminded how we can take care of ourselves throughout the winter months.



COVID-19 has changed our lives for sure. Dr. Kenneth H. Cooper, M.D., reports that when he sees a patient with respiratory symptoms and a high fever he will order a “respiratory panel” to evaluate for 20 different viruses and the possibility that the patient is infected with one or more. Did you know there were that many different respiratory viruses? I didn't. But there are some things we can do to protect ourselves from infectious diseases. Dr Cooper has recommendations on how to “power up” your immunity against COVID and other viruses.

**Exercise.** You can do stretching movements, walk around in your house, even sitting watching TV move your legs up and down. Just try to keep moving.

**Sleep.** There are studies out there that show people who sleep less than 5 hours per night have increased risk of Alzheimer's. Exercise can make it easier to go to sleep and stay asleep.

**Risk factors.** For most diseases they are age and obesity. These risk factors are more important than comorbid conditions such as diabetes, cardiovascular disease, underlying pulmonary problems and even cancer. We can't do anything about the age, but controlling weight along with treating the other medical conditions can be a good thing.

**Nutrition.** Eating a well- balanced diet such as the Mediterranean diet is a great way to prevent many medical problems. Also remember to stay well hydrated.

**Supplements.** Vitamin D along with Vitamin C and Zinc have been important in helping to prevent COVID.

**Limit alcohol.** No more than seven drinks a week for either men or women.

**Tobacco.** Refrain from tobacco use and avoid secondhand smoke.

**Manage stress.** One study showed people under stress have increased risk of coming down with a respiratory infection. It also has been shown that spending excess time on social media has been shown to increase stress levels and reduce immunity.

These are just some suggestions for staying healthy in the upcoming months.

I want to wish everyone a very Merry Christmas and a Blessed, Healthy New Year!

Cindy Smith  
Wellness Coach

## Sidelights

### GROCERY CARDS

On Sunday, December 5, 12, and 19, grocery cards will be available for purchase in the lobby. Grocery cards make nice Christmas gifts and stocking stuffers, too.

You can also continue to support the Mission Outreach of Covenant by purchasing your grocery store gift cards through the mail. Please mail your check to Covenant UMC at 110 N Mulberry St 17603 with a note. We have \$50 Stauffer's cards; \$25 and \$50 Giant cards.

Please make your checks out to Covenant UMC. After receiving your check, we will mail your grocery store cards to your home.

### KEEP YOURSELF IN THE “LOOP”

If you don't already receive the weekly “News to Go” via email, and if you don't receive Calling Post phone messages from Oklahoma City (It's really Pastor Quentin!), give your contact information to the church office.

### OFFERING ENVELOPES

The offering envelopes are available and ready to be picked up. They are placed on the table outside of the sanctuary in alphabetical order. If your envelope is missing, please let the Church office know.

# COVENANT

## United Methodist Church

110 North Mulberry Street

Lancaster, PA 17603-3507

Office Telephone: 717.393.1561

Senior Pastor's Phone: 610-334-3440

Office Hours: Monday-Friday, 8:00 a.m.—1:00 p.m.

## Church Staff

The Reverend Dr. Quentin E. Wallace, Senior Pastor

The Reverend Sally Ott, Visitation & Witness

The Reverend Dr. Guy Carrigan, Dir. of Evangelism

Sara Petersen, Dir. Children & Youth Ministry

Jeffrey McGary, Echoes Editor

## Email

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