



From the Pastor's Desk...

By Pastor Quentin Wallace

L.S.P.N.



Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. 1 Corinthians 13:4-7

On January 6, 2021, many Americans and foreigners were shocked, saddened, and disappointed to hear and witness on television that angry protesters had stormed our nation's Capitol. And if we who were not present felt upset and fearful miles away, how did those who were there and felt threatened find consolation? More importantly, how does one respond when suddenly placed on lockdown or under siege?



As the law enforcement persons stood behind barricaded doors to keep the trespassers out—one of the news cameras focused on one woman's response while hiding. She began to cry out to the Lord in prayer. It was an awful sight to witness these events happening in our great United States. In situations like these we should take our lead from the praying woman.

Paul the Apostle said in Philippians 4:6-7, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

In our nation people are divided over many social and political issues that bring about what each side believes are insurmountable rifts. But love is what brings about compromise, positive change, and improved relationships.

Therefore, I must highlight in paraphrase what the Apostle Paul said in the above passage. Love is kind and corrects a plethora of wrongs. Until things change for the better,

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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 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

We are renewing the Covenant Prayer Chain and have a new coordinator, Patti Willard. If you have a prayer request, please call Patti 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.

GROCERY CARDS

You can 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; and \$50 Weis cards.

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

UPPER ROOM

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

We Worship Together

Sunday Worship

Until further notice, Sunday worship will continue to be livestreamed on Facebook starting at 10:00 a.m.

Additional Online Opportunities During the Week

- Wednesdays at 2:00 p.m. on Facebook Live, Pastor Quentin will bring words of encouragement.
- Thursday evenings at 7:00 p.m. Pastor Quentin will share a Bible Study.
- Monday through Thursday at 10 a.m. and Friday at 6 a.m. join our conference prayer call at 605-313-5107 (202700#).

Lay Leadership for the New Year

With a new year come new lay members to take on leadership positions within Covenant Church. We as the church express appreciation to those faithful members who have finished their terms of service in volunteer leadership positions, and we also pray for the members who now step into leadership roles.

Mary Lou Hill has become our Lay Leader and Jeannine Spece our Church Council Chair as Cindy Smith leaves both of these positions. Ginny Brown will serve as secretary for Church Council and Charge Conference following Cheryl Lichty. Our new Church Treasurer is Janice Ulmer, taking on the role formerly held by Joan Miller, who is moving into leading the Endowment Team. The church is still searching for a Financial Team Leader as Carolyn Moody concludes four years in this position.

The following members continue in their leadership roles for another year: Karen Schneider as President of the Board of Trustees, the Rev. Dr. Guy Carrigan as Evangelism Director, Phil Biechler as Chair of Staff Parish Relations Committee, Glenn Miller as Worship Team Leader, Denise Troop as Nurture Team Leader, Jenny Engle as Leader of both the Stewardship Team and Marketing Committee, Cindy Hean as Outreach Team Leader, Marilyn Keener as Hospitality Team Leader, Darwin Tyson as Audio-Visual Team Leader, Cindy Smith as Health Ministry Leader, and Lois Neidermyer as Lay Member to Annual Conference.

Richard Galen continues as Assistant Church Treasurer and Bonnie Herr as Financial Secretary. Pastor Quentin Wallace serves as chair of the Visioning Team and the Nominations Team. Pastor Sally Ott along with Janet Seyfert continue to oversee the Visitation Care Team. Chris Kimmich and Cindy Smith share leadership of United Methodist Women, and Carole Horn leads the Care and Share Group.

There are many other lay people of Covenant Church who serve with dedication as members of the various teams and committees as well as volunteers who support our church's operation from week to week. Praise God for all lay volunteers and for our staff as they work together to serve the Lord through Covenant Church.

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we who believe and know how to pray should do so with just as much intensity as the woman caught on camera. Fortunately, her prayer was not in vain—the uprising was quelled, and the peace restored. However, the enemy of peace and unity will not quit, and some crazy situation will occur again, so let's pray.

Let us pray for the outgoing as well as the incoming President. Let us pray for our nation and the world. Let us pray for peace and calm for all people.

To prepare for these uncertain and anxious times I am reminded of the words often used by Sargent Voight, a character in the *Chicago PD* television series who often says to his squad, "Let's get in front of this."

People of faith, let us not wait until we are under physical or spiritual attack. "Let's Start Praying Now." (LSPN)

Here's to Good Health!

2021! So glad to see a new year! I like to think of a new year as a clean sheet of paper. 2020 will go down in history as a year like none other that we have seen. I have no idea what this year might hold, trusting the virus will go away as the vaccines are administered. Trusting racial unrest will turn into peace and unity in our nation. Not just trusting, but believing that our God holds our future in His hands and He will lead and walk with us in the new year.

When I was working, I needed to remind my residents to wash their hands often, and they finally got the message. I would share that message at our monthly resident meetings, and finally they would get it and would say it before I did. So, even though you are tired of hearing it, I need to remind you to wash your hands, wear your mask, and keep the 6 feet of distance rule in your daily life!

The beginning of a new year seems to be a good time to also look at your lifestyle. I want you to think about eating well-balanced healthy meals, get some exercise, get enough sleep, take your medications as ordered, and drink plenty of water.

Even though those holiday meals were different this year you might have put on a little

weight. So here's a healthy winter soup.

Slow Cooker Chicken Soup

- ½ cup diced onion
- 1 clove of garlic, minced
- 1 (15 oz.) can black beans, rinsed and drained
- 1 (15 oz.) can kidney beans, rinsed and drained
- 1 (4 Oz.) can diced green chili peppers
- 1 (14 oz.) can diced tomatoes
- 2 ½ cups low sodium, fat free chicken broth
- 1 cup frozen or fresh corn
- juice from one lime
- ½ tsp. cayenne pepper
- ½ tsp. black pepper
- sea salt to taste
- ½ cup chopped cilantro
- 2 raw skinless chicken breasts (cut into 1" cubes)

Add all the ingredients to a slow cooker and stir to combine. Cover and cook on low for 6-8 hours. Happy healthy eating.

Cindy Smith,
Wellness Coach

Sidelights

NOTES OF THANKS

Pastor Quentin, Minister Brenda, and family send their thanks for the many Christmas cards, gifts, flowers and tokens of love they received during Advent and Christmas.

Thanks go to **Bill and Nancy Grau** for delivering the Harvest Home food to the Lancaster County Food Hub.

Guy and Sandy Carrigan would like to thank the congregation for their prayers, cards, personal expressions and thoughts during the time of their son, Benjamin Carrigan's surgery, rehab, and his death on October 29, 2020. The holiday season was not easy, but your cares and expressions made God's love and peace real.

Bobbie Schwan would like to thank the congregation for the thoughts and prayers given during her husband Bill's illness and his recent passing.

KEEP YOURSELF IN THE COVENANT "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!), please give your contact information to Amber in the church office. You can email her at amber@covenant-umc.com or call at 717-393-1561.

Sidelights

CHILD CARE CENTER SEEKS DONATIONS

The Covenant Child Care Center is seeking donations for certain necessary items that are sometimes hard to find. These items are:

- Disposable adult masks
- Disposable child-sized masks
- Clorox/Lysol wipes
- Lysol Kitchen Pro spray cleaner
- Lysol All Purpose cleaner
- Hand sanitizer with 70% alcohol or more
- Lysol disinfecting spray

Donations can be brought to the church office during open hours. Thanks for your support.

90+ BIRTHDAYS

Mary Keeler 1/30
Ralph Kallenberg 1/11

2021 OFFERING ENVELOPES

You should have received your 2021 offering envelopes in the mail. If you did not, please contact the church office.

SANCTUARY FLOWERS

If you want to place a centerpiece or vase in memory or in honor of a loved one, the cost is \$28. Please contact the church office Monday-Friday, 8:30-2 at 717-393-1561.

This Old House Still Needs Your Support!

Hurray, we paid off the mortgage! Now those renovations that we did many years ago are finally paid off! We are tremendously thankful to be so blessed and are indeed fortunate. However, that doesn't mean we don't continue to need a Building Fund. Our building is well over 100 years old. Our home, just like yours, needs ongoing, constant attention. Many of these problems pop up at unexpected times. Take, for instance, the leak in the roof that caused unsightly water damage to the ceiling in the sanctuary. We weren't expecting that . . . or the upgrades needed to the bricks on the outside of the building.. or to the drains in the parking lot.. or to some of our windows . . . the list goes on and on.

Remember, these are not quick or easy fixes like in our homes. These are more complicated jobs because we are a huge, older building. The job in the sanctuary takes special equipment like a cherry picker and scaffolding. Let's face it, that sanctuary ceiling is way high! It's expensive just to change the light bulbs. While we budget for many expenses, there always seem to be the unexpected ones or those that cost more than what we budgeted. Sound familiar? That's why we need to ask you to continue to support Covenant's Building Fund. Your gifts will help to cover these needs, as well as help us to keep the budget in check. That way we won't have to dip into our limited reserves.

That's it. That's my spiel. I hope you will pray about this and continue to support us as God has blessed you. Plus, I know you don't want to waste those pink-rimmed envelopes in your giving box! We sincerely appreciate all your tithes, gifts, and talents as we continue to carry out our mission and vision.

Jenny Engle, Stewardship Chair

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

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
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

We Did It!

On November 1, 2020, Covenant United Methodist Church used a portion of the funds from the sale of our property at 120 North Mulberry Street to pay the mortgage balance from our major remodeling, creating, and improving of the church building. These changes were worked on and completed from March 1999 until the end of 2002.

Realizing, that not all of our present active members have heard about these improvements, or that even some of us who were heavily involved in the process have forgotten all that happened, I took a walk down "Memory Lane" through our Echoes. The following is what I learned:

The first meeting that I found took place in March of 1999. By May of 2000 the following committee was named: Neil Geib, Deb Kachel, and Kay Keen were soliciting ideas from the congregation; Donald Dale and Howie Zeamer were seeking architects with expertise in remodeling; and Norm Arnold and Pastor Loughery were investigating organizations able to help with fund raising. Additional members of the committee were Ryan Dale, Doris Hiepler, Joan Miller, and Doris Work. It is unbelievable, and I had forgotten until reminded while checking facts, that we were meeting every other Monday evening.

The Committee looked at updating/remodeling/improving the following areas of the church: sanctuary, kitchen, Bethany Hall, and children's classrooms on the second floor. At the December 4, 2000, meeting of the Charge Conference, the architectural firm and the building firm were announced. In March, 2001, a Task Force was appointed to consider necessary organ repairs. In May, 2001, the preliminary drawings were finished and displayed for the congregation to peruse.

In the fall of 2001 fund raising began, and it was decided we should tithe the money we raised. As things progressed there were short meetings after worship services for discussion, questions, and voting. Members were interviewed to give input and suggestions as to things needed in the areas of their expertise and service. The committee was fortunate that some of our members had experience in certain areas: Donald Dale in architecture, Howie Zeamer in construction, Norm Arnold in finance, Ryan Dale audio/visual, and Doris Hiepler with thirty years of experience managing a school cafeteria kitchen.

During our investigating it was also decided that the organ needed repair. All the pipes were removed and the organ moved to a facility for repair. One of the issues that the committee and congregation struggled with was if, after removing pews for restoring, they should be reconfigured to make a center aisle, or should we replace them as they had always been - two aisles as was common in the United Brethren Church. This was one item discussed in the congregational meetings and most assuredly in the committee meetings. We can all see what the outcome was to this discussion.

On February 24, 2002, a congregational vote approved going ahead with all phases of the Building Program with work beginning in April 2002. It was a long road from March, 1999, to December, 2002, when the work was completed in all areas including the children's classrooms on the second floor. The sanctuary was beautiful; the Gathering Area was a welcoming area for conversation; the kitchen had modern and up to date appliances; and the carpet was in place in Bethany Hall.

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Sidelights

TEA WITH MINISTER B.

Coming This Month

During my most recent midweek word of encouragement, I asked the question, "How do you see the "glass" of COVID?" Is it half full or half empty? Well, I am making a choice to see the glass as half full and to use the time that I have for the glory of God.

If you would like an opportunity to spend 30–60 minutes catching up, praying, talking about the scriptures and/or the Lord and anything else, I would LOVE to be there with you. Although my preference is Zoom, I want to be available for everyone. We can meet via Zoom or by phone; whatever works for you.

To schedule a date and time, please reach out to Amber in the office or me via email at ministerbjw@gmail.com. We will find a time that works for both of us. I look forward to stimulating conversations, prayer times, and lots of laughter with you.

VOLUNTEER POSITION FILLED

Thank you for all who have volunteered to be church secretary. All positions have been filled. We now have coverage for Thursdays and Fridays, so we are now covered for the entire week. Thank you to Cindy Hean and Esther Mefferd for filling this position!

Sidelights

MEMORIALS GIVEN

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

Jennifer Engle Lynn Arnold
Joan Miller Carole Horn
Cindy Smith Lois Neidermyer
Ruth Neuman Pastor Sally Ott
Grace Fisher Betty Greider
Dick & Georgie Galen
Kenneth & Brenda Smith
Jean & Larry Rarig
James & Doris Work
Ron & Jeanette Trout
Ron & Chris Kimmich
Greg & Kathy Smith
John & Alice Gibble
Jeff & Ann Burklew
Stroke Program at Penn State Hershey
Medical Center

TOOLS FOR MINISTRY ON ZOOM

Tools for Ministry 2021 will occur totally online this year on Saturday, March 13, from 8:30 a.m. to 12:30 p.m. Thirty-five different workshops will be offered via Zoom for church leadership during this half-day academy. Bishop Peggy Johnson will begin the morning with devotions, and then two 90-minute workshop sessions will follow.

The academy is based upon the Bible verse from Ephesians 4-12: "To equip the saints for the work of ministry, for building up the body of Christ." Covenant members involved in leadership positions are encouraged to attend. Details regarding the workshop offerings can be found at <https://www.epaumc.org/conference-calendar/tools-for-ministry/>. The registration fee is \$5.

Ages & Stages Class Begins New Studies

The Ages and Stages Sunday School Class is continuing its Sunday School lessons on Zoom every Sunday morning from 8:45 to 9:45 a.m. During January and February the class is exploring *The Land Between: Finding God in Difficult Transitions* via a DVD presentation by the author Jeff Manion and class Bible study and discussion. Taking a look at the reactions of the Israelites as they traveled through the wilderness to the Promised Land provides insight into how to respond to God in our struggles, especially when life is not like it once was and where the future is in question. Transitions can provide opportunities for spiritual growth as we trust God and find hope in His love, provision, and guidance.

Then during Lent the class will study *Who Is This Man?* by John Ortberg, pastor, author, and teacher appreciated with previous studies. His DVD's and book illustrate how Jesus's influence has swept over history and still challenges humanity today to live with dignity, compassion, forgiveness, and hope.

To join in these sessions, please submit your interest via email to Lois Neidermyer, loiseqn@aol.com, so you can receive an email invitation every Sunday morning with a Zoom link to the class. The team of teachers facilitating these studies includes Greg Barton, Rev. Dr. Guy Carrigan, Carole Horn, and Lois Neidermyer.

Hello Covenant Family.

This was shared on one of my listserves, and I thought it might provide language and context for the emotional experience of many of us during 2020. It certainly hit home for me.

Enjoy,
Minister Brenda

IT IS OK

(a poem of validation for the year 2020)
by Cleo Wade

It is okay to leave this year behind
It is okay if you haven't found a silver lining since February
It is okay if all of that spiritual or emotional work you were planning to do on yourself never ended up happening
It is okay if you didn't read a single book all the way through or you read a book every day because fiction felt safer than real life
It is okay if you didn't become an expert chef and your banana bread never came out quite right
It is okay if you gained the weight you promised yourself you'd lose
It is okay if you watched too much tv and your kids watched too much tv too
It is okay if you cried more than you laughed, but I hope you got a few laughs in at some point along the way
It is okay if you felt overwhelmed by grief, loss, sadness, confusion, and fatigue – we all felt some version of these and if

you are reading this right now, you made it through.

It is okay to close your eyes and say to yourself, I am strong and resilient,

It is okay if, after you said that, you opened your eyes and still felt worried. I worry too.

It is okay to stop everything for five minutes, put on your favorite song, and dance with your family or by yourself.

It is okay to find joy in the midst of darkness
It is okay, to sit down and just breathe.

It's okay if you didn't realize how much you actually liked spending the holidays in your hometown until you couldn't do it
It is okay if the added roles, responsibilities, and jobs have felt crushing

It is okay if you couldn't do it all. None of us can.
It is okay if you had to cut back on spending and teach your kids that life is not about what you have but who you are with.

It is okay if on the surface everything seems fine but deep down, your heart is broken and the pain is bone deep.

It is okay to ask for help even if you don't think you deserve it.

It is okay to rest.

It is okay to admit that this was the worst year of your life or miraculously ended up being the best

And it is okay if you are not okay at all and what you really need to hear is...

It will be okay.

Somehow, someday, someday.

It will be okay.

COVENANT

United Methodist Church

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Lancaster, PA 17603-3507

Office Telephone: 717.393.1561

Senior Pastor's Phone: 610-334-3440

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The Reverend Sally Ott, Visitation & Witness

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In the October, 2002, Echoes it was reported that \$2,000.00 of \$48,000.00 of the tithed portion was sent to Habitat for Humanity. Church Council had formed a task force to look into ideas and guidelines for disbursing these funds. That task force included Jim and Doris Work, Pastor Dave, Bill Kepner, and Cindy Smith.

During this entire experience many members had differing ideas about what should be done, how much money should be spent, whether to install carpet or linoleum in Bethany Hall, whether to repair the organ, and whether way too much money was being spent on audio equipment. Decisions were prayerfully made and experienced guidance was sought. Today I have an idea that no one would say we spent too much money on audio equipment. The comment would be that we did not spend enough. When our sanctuary was originally built in 1926 there were some persons who thought our stained glass windows were sacrilegious, but we love them today. Even to our recent final payment, there have been differing opinions about whether to pay it all off. Hopefully the correct decision was made.

- Joan Miller

Covenant United Methodist Church
110 N. Mulberry St.
Lancaster, PA 17603-3507
Return Service Requested