



From the Pastor's Desk...

By Pastor Quentin Wallace

Needed: Physical & Spiritual Updates



"Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. (Isaiah 40:30-31)

Recently I heard an inspiring sermon by Bishop TD Jakes, Pastor of the Potter's House Church in Dallas, TX. In the sermon simply entitled, "Updated," he referenced how computers, mobile phones, and tablets are required to accept regular updates to operate at their optimal effectiveness. For those of us who use these types of devices, we understand that without updates the computer will process slower than normal or even stop, will not receive information properly, and will be vulnerable to computer viruses. He used this analogy to emphasize how Christians need regular updates from Christ to be effective in ministry and protected from spiritual viruses that will zap our strength and hinder the work of the kingdom.

The continuing COVID-19 pandemic has disrupted many churches. It caused a shut down at Covenant, and then the aftermath of it brought about changes in our worship, worship attendance, and outreach ministry. Many pastors and congregations have encountered similar issues and concerns, and the best way to work through these anxiety causing issues is to take time to receive updates from God.

In the Bible the updates from God came to the prophet first and then was shared with the king who passed it to the people. In our time God operates through the pastor who then shares with the church leadership and together passes it to the congregation.

Recently, I requested a 30-day renewal leave, which is allowed in the United Methodist discipline to give fulltime pastors after 6 years of fulltime ministry to take time to step away from work in order to rest, renew, and to be empowered and reinvigorated for ministry. By the way, I begin year 8 as Covenant's Senior Pastor on July 1, 2022. Hallelujah!

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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 2022 is **God in 2022, Our Total Praise is to You.**

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
- 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

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
Bob & Cindy Hean

2nd Sunday of the Month
Mary Lou Hill

3rd Sunday of the Month
Linda & Lou Henning

4th Sunday of the Month
Tina Butler

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#).

June Events

Children's Day – Sunday, June 12

Father's Day – Sunday, June 19

EPA Annual Conference in May



The 2022 Eastern PA Annual Conference convened May 20 and 21 on Zoom from West Chester United Methodist Church. Our new Bishop John Schol chaired the conference that embraced the theme of NOW, based on Romans 13:11b: "Now it is high time to awake out of sleep; for now, our salvation is nearer than when we first believed."

Rev. Dr. Quentin Wallace attended as Covenant's Senior Pastor and Lois Neidermyer as Covenant's Lay Member. Roger Kresge participated as a Christ Servant Minister. Pastor Sally Ott this year had the opportunity to attend the United Women in Faith Assembly, which was scheduled for the same time.

Of special note for those of us in the West District of the Eastern PA Conference, the Rev. Jennifer Freymoyer was appointed as our new District Superintendent as of July 1. She succeeds the Rev. Bumkoo "BK" Chung, who served a full eight-year term as the DS of the West District and now is assigned to the Coatesville Olivet UM Church.

Another highlight for the West District was the naming of Lancaster's Ross Street UM Church as our district's recipient of the Herbert E. Palmer Urban Ministry Award for its food distribution ministry. The small church has battled growing hunger since 2020 by giving away over 96,000 pounds of food in its parking lot and through delivery to nearby homes.

Please see the full report of this year's EPA Annual Conference written by the EPA Director of Communications and included as an insert in this issue of the *Echoes*. Also see the article on Page 5 that explains more about what Annual Conference entails.

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I requested this time off so that I may rest physically, renew spiritually, and bring my best as I lead Covenant church. In other words, I need an update from the Lord. I'm very grateful to the staff parish relations team who readily granted my request for a 30-day renewal leave. My time off will be from July 5th through August 5.

In my absence, we have created a team to provide oversight of the church consisting of Rev. Sally Ott, Pastor of Visitation and Outreach; Jeanine Spece, Church Council Chairperson; and Lois Neidermyer, Chairperson of the Staff Parish Relations team and Lay Member to the Annual Conference.

I strategically chose July 5 through August 5 because that's a less busy time for our congregation due to vacations and travel. During that time frame should there be any pastoral emergencies or funerals, Pastor Sally will handle those things as part of her normal workload. We have invited Rev. Louis Butcher, retired Pastor of Brightside Baptist church; and Rev. Don Zechman, Retired Pastor of Nurture of Covenant Church; and Rev. Sally Ott to provide the sermons on one of the four Sundays I'm away, so I know you'll be blessed by these gifted preachers. After my renewal from July to August, I look forward to returning with renewed enthusiasm and energy to continue our work at Covenant Church. I am very grateful for the congregation's understanding of my need to take this time off.

Speaking of updates, our Eastern PA Conference will be adding Circuit Elders (CE) to each of our four districts. These are new positions designed to assist the District Superintendents (DS) by adding support for congregations.

In April, Rev. Jenny Freymoyer, contacted me to ask if I would consider serving as one of four Circuit Elders for the West District beginning after July 1, when she begins her tenure as DS for the West District. I was honored to be asked and gladly accepted. This is a part time position that will not affect my work as Senior Pastor of Covenant Church. According to the DS it will only require a total of about 4-5 hours a week or 16 to 20 hours a month. The work involves presiding over charge conferences, providing support and mentoring to select churches, and meeting regularly with the DS. To serve in this capacity will afford me the opportunity to help the DS as well as learn more about creative new ministries occurring in our conference and our West District. The training for this position will take place in September 2022, so I will know more about the ins and outs of this position after that. God has a way of letting us know when we need updates. It seems that my update involves using my gifts and experience to not only to build up Covenant church but to be a help to others in our West District.

In the Isaiah passage above, God tells the prophet to assure the people that those who serve, wait on, and trust in the Lord, will have their strength renewed. If any of you are feeling weary spiritually or physically, please take time to rest and renew, so the Lord may use you in a greater capacity. Today we will consider these urgings from the Lord to rest and renew as an analogy for our need for regular physical and spiritual updates. Enjoy your summer and rest in the Lord so we may be energized for the work God has called us to in this church and community.

Blessings,
Pastor Quentin

Sidelights

90+ BIRTHDAYS June & July

Betty Greider—6/6
Doris Hiepler—6/26
Miriam Meleizen—7/3
Andrew Loechner, Jr.—7/24

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.

UMW NAME CHANGE

After five years of research, United Methodist Women launched a new name – United Women in Faith – and a new identity that seeks to engage newer, younger members and adapt to the changeable circumstances of today's world while maintaining connections despite the threat of impending schism in The United Methodist Church.

Change is not always easy to accept; however, we encourage current members to embrace the changes as a natural evolution of the 150-year-plus mission organization. As many of the ladies at Covenant know we were once the WSCS and the WSWS before becoming UMW. Our mission to grow spiritually and support mission work of the church has not changed. Welcome to UWF.

Sidelights

GIFTS RECEIVED

In memory of **Marguerite Herr "Peg" Walz**, gifts have been received from:

The SonShine Class (PDF)
The SonShine Class (OR)

In memory of **Yvonne Smith**, a gift has been received from:

Joan Miller (OR)

In memory of **Tom Wolfgang**, gifts have been received from:

Joan Miller (DKMF)
Debbie Bealler (DKMF)
Joanne E. Moore (DKMF)
Kenneth & Linda Husler (DKMF)
Terry & Kathryn Miller (DKMF)
Merle & Nancy Groff (DKMF)
Donna & Holly Mould (DKMF)
Steven & Heidi Limbert (DKMF)
Ruth Neuman (MOOS)

Donations from the SonShine Class have been received for the Pastor's Discretionary Fund, MOOS, and LUMINA.

PDF = Pastor's Discretionary Fund
DKMF = Dolly Kepner Music Fund
OR = Outreach
NF = Noah Fund
STE = Sound and Tech Equipment

MONTHLY LUNCHEONS COMBINED

The monthly Women's Luncheon and the monthly Men's Luncheon will join forces on Sunday, June 12, at 12:00 p.m. Following the luncheon, women and men will break out into two groups. Bring your Bible and a friend! Come for fellowship, fun, and food. Hope to see you there!

MT. GREтна BIBLE FESTIVAL

On Friday, June 10, Bishop John Schol will be holding an Ecumenical Service entitled "The Hand of God" at the Mt. Gretna Tabernacle. Special music presented by a quartet from the Susquehanna Chorale.

Adult Sunday School Classes for the Summer

Covenant's adult Sunday School classes have made plans for the summer. The Faith and Fellowship Class will continue the study they began in May: "What's So Amazing About Grace?" by Philip Yancey. A DVD presentation by Yancey is used along with Bible study and class discussion. The summer lessons, which can be appreciated singly or as a full series, will be led by Chris Kimmich and Cindy Smith. All are welcome to join the class in the Chapel Library.

The SonShine Class will meet over the summer months for informal study, fellowship, and prayer. Their summer schedule began May 29 and will run through September 4. Larry and Jeannine Spece will lead the summer sessions. All are welcome to meet with this class in Room B1 in the lower level of the church.

The Ages and Stages Class will conclude its current study based on Adam Hamilton's "Christianity's Family Tree: What Other Christians Believe and Why" on June 12. The doors to the Jesus Room downstairs are always open for people to join this class during the months of September through mid June. During the summer months class members are invited to attend either of the two other adult classes, starting at 9:00 a.m.

Covenant Member Receives Congressional Gold Medal

Covenant member and WWII veteran William Balabanow of Lititz, Pennsylvania, was recently recognized as a member of the United States Merchant Mariners who served during World War II. Mr. Balabanow was one of 10 veterans who received the Congressional Gold Medal at the U.S. Capitol on behalf of the approximately 1,500 remaining Merchant Mariners of WWII. Merchant Mariners experienced some of the earliest action of the war due to German submarines attacking British merchant ships in the Atlantic, disrupting supply chains to America's allies. These mariners were not provided veteran status until 1988. For the complete article go to <https://smucker.house.gov/media/press-releases/smucker-joins-lititz-area-veteran-congressional-gold-medal-ceremony>.

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, Lancaster, PA
www.DonDaleDesigns.com

Groff Family Funeral & Cremation Services, Inc.

Thomas S. Buter, 394.5300
528 W. Orange St.

JM Services

Jeff McGary
Interior & Light Exterior Painting,
717.330.9616 or jcmcgary@comcast.net

Miller Optical

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

Willard Hypnosis Center

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

Here's to Good Health!

Summer time and the living is easy - the time to eat lots of flesh fruits and veggies!

Eating more fruits and veggies is key in eating healthier. Fruits and veggies can brighten your plate, and eating a more colorful plate has been shown to be healthier.

- Citrus fruits can be used as a snack or added to tea or water. Juice can be used as a salad dressing. Citrus fruits are a great source of Vitamin C.
- Cucumbers add great color to your salad and are a great source of sulfur.
- Zucchini can be grilled, sautéed, baked, or made into chips or noodles. It makes a sweet bread and is a great source of potassium, Vitamin B6 and Vitamin C.
- Bananas can be used in many recipes providing a natural sweetness so you can cut down the use of sugar. They go great on cereal either cold or warm. Make them into smoothies or ice cream. They are high in Vitamin B6, magnesium, and potassium.
- Frozen berries go well in smoothies, pies, pancakes, oatmeal and yogurt. Berries are rich in antioxidants and are high in fiber.

- Asparagus, fresh or frozen, can be added to pastas. Spears can be grilled or steamed, and they also make a great soup. Asparagus has Vitamin B6, Vitamin C, potassium, and is high in fiber.
- Baby Carrots make a great snack and can be used in recipes. Eaten cooked or raw they are high in Vitamin C, fiber, and potassium.
- Apples make a great snack and yummy pies. Great source of Vitamin C, fiber, and potassium.
- Romaine Lettuce lasts longer than other lettuces and is higher nutritionally than most people think. If you wrap lettuce in a paper towel when you put it in the crisper it will last longer. It has both Vitamins A and C.
- Pineapple, both fresh or canned, goes great in a salad and makes a great snack. Has lots of Vitamin C.

Enjoy the next few months of eating more fresh fruits and veggies. Remember eat a colorful, healthy diet!

Happy Eating!

Cindy Smith

What is Annual Conference?

The term "annual conference" has three references within the United Methodist Church: a regional body, an organizational unit, and a yearly meeting.

Our Eastern Pennsylvania Conference, considered a basic regional unit of the church, includes 16 counties and about 415 churches in the eastern part of the state. Within the United States there are 54 annual conferences, supervised by bishops in 46 episcopal areas. There are 75 annual conferences in Africa, Europe, and the Philippines, which are overseen by 20 bishops.

As an organizational body, the EPA Conference has its headquarters in Norristown, PA. It houses the offices of Bishop John Schol, the leader of both the EPA and Greater New Jersey Conferences, as well as the offices of other professional staff, including the director of connectional ministries, the treasurer, the communications director, and directors of program areas.

Annual conference sessions within the United States are usually held in May or June for two to four days. This year the EPA Annual Conference met May 20 and 21 via Zoom, as it has for the past two years during the pandemic. An equal number of clergy members and lay members attend the annual conference session for worship, fellowship, and business. These sessions include reports of past and ongoing work; adoption of future goals, programs and budgets; ordination of clergy members as deacons and elders; and election of delegates to Jurisdictional and General Conferences (every 4 years). The bishop presides over these meetings.

Sidelights

GROCERY CARDS

Please check the News to Go for Sundays when grocery cards will be available in the lobby.

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.

BRING YOUR CHILDREN, GRANDCHILDREN, AND GREAT GRANDCHILDREN TO CHURCH

Sunday, June 12, is Children's Day and we would love to fill the sanctuary with children and their families. Representatives from MOOS and the Child Care Center will be joining us. Please invite the children in your life and neighborhood to join you for worship on that day. We will be celebrating the graduates on that day as well.

Matthew 19:14 says "But Jesus said, 'Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.'"

Sidelights

25, 50, & 75 YEAR MEMBERS RECOGNIZED

During a recent Sunday service in May, the following were recognized for their continued membership at Covenant Church.

25 Year Members

Ryan Greenly
Alan Kirchner, Jr.
Kristin Snyder
Maryanne Miller
Deborah Patton
Jessica Caruthers
Ashley Troop-Hilt
Nicole Zimmerman
Richie Beck
Ralph Kallenberg
Robert James Beck, Jr.
Barbara Ann Beck
Misty Oberdorf

50 Year Members

James W. Dull
Kerry Michael Fox
Cynthia Hean
Roger Kresge
Michael Lewis
Terry Lorenz
Sandra Rawhauser
Linda Seibert
Corrine Byler

75 Year Member

Betty Jane Kemper

CHILD CARE CENTER SEEKS DONATION

The Day Care is seeking a donation of a DVD player. The one they have has recently stopped working and they are seeking a new (used) one to utilize in the classrooms. If you have one you would like to donate, please drop it off at the Church office.

AV HELP NEEDED

There is room for you on the sanctuary sound board. Interested? Training will be provided. Please see Darwin Tyson for more information.

Reading Corner

Sitting by the pool, on the beach, on your patio, or in your living room, summer is a good time to read a good book. Join us in reading five books from different categories in our United Women in Faith reading program. I enjoyed reading five books this year and here are a few suggestions for you:

Education for Mission : *When Others Shuddered : Eight Women Who Refused to Give Up* is the story of eight women called to serve God and who, in doing so, changed the world. Read how the Moody Institute in Chicago never would have happened without the persistence of Miss Emma Dryer.

Nurture for Community: *How the Woman at the Well Became the Well Woman* This memoir is the story of an extraordinary ordinary life. It is the poignant life story of a woman's desperate journey to find love. Inspired by the biblical account of the woman at the well, this book is a remarkable testament to God's faithfulness and the power of His redemption. For those who think their lives will never change and those who are afraid to hope again, this testimony is transformative.

Social Action : *What Comes With the Dust* A riveting novel about the Yazidi people and the atrocities perpetuated on them by the Islamic State. Cry at the injustices and suffering, cheer at the bravery of the young women in this story.

Spiritual Growth: *Adventure of Ascent* The musings, poetry, thoughts and foibles of aging are in this book written by 84 year old Luci Shaw. "Field Notes From a Life Long Journey" will resonate with you as you chuckle at her words that ring true to each of us.

Leadership Development: *Eleanor Wow!* What an inspiring story of a woman who had a traumatic childhood but overcame those early years to be an inspiration to many. Niece of Theodore Roosevelt and wife to Franklin Roosevelt, Eleanor spent her life giving to others; fighting to end segregation; and pushing for change where injustice reigned in the world. "For our success to be real it must contribute to the success of others"

UWF Reading Program is one book from each category. Join us and enjoy your summer reading. Our books are located in the library. Please see Chris Kimmich or Cindy Smith to learn more.

Lancaster Symphony Orchestra to Present Haydn's "Creation"

The Lancaster Symphony Orchestra, the Symphony Chorus and soloists will present "Creation" by Joseph Haydn on June 10 and June 11. The oratorio depicts and celebrates the creation of the world as told in the book of Genesis. It brings a message of hope and new beginnings and is considered a masterpiece of choral-orchestral repertoire. Performances take place at First Presbyterian Church, 140 East Orange St., Lancaster. Tickets may be purchased on the website: Lancastersymphony.org or by calling 717-291-4420.

Focus on Evangelism

Do you believe what some people, some leaders and pastors in the universal church are saying? Some are saying that evangelism is dead. Imagine: “Evangelism is dead!” I could not believe that leaders within the church are saying such a thing. Have they not read holy scripture? Did they not read the gospels? Do they not understand the message of Jesus? God loves you, and through the birth, life, ministry, death and resurrection of Jesus, God has prepared an eternal home for you! You do believe that don't you? Do you think evangelism is dead?

I want to introduce you to a person who built his life and ministry upon evangelism, that is, the need to share the Good News of God's love for us as revealed through Jesus. His name is John Wesley. John was an ordained minister of the Church of England. He was moved to journey to the New World. He traveled to the Georgia colony where he initiated a high church ministry to the early settlers. Confronting some opposition, Wesley returned to London, England.

The date was May 24, 1738. John Wesley was invited to a group meeting at an Aldersgate Street meeting house. He states that he went very unwillingly to the meeting. He felt himself a failure returning from the New World. The leader was presenting from the writings of Martin Luther. Wesley described his experience. “About a quarter before nine, while the leader was describing the change which God works in the heart through faith in Christ, I felt my heart strangely warmed. I felt I did trust Christ—Christ alone for my salvation, and an assurance was given me that he had taken away my sin—even mine—and saved me from the law of sin and death.”

Wesley helps us to understand the truth of what we know about God in our mind and now feel about what God is like. Someone put it this way. The presence of the Holy Spirit helps us to understand in our hearts what we comprehend about God with our minds. Through experience we now understand in our heart what we fully understand with our minds. We can then say about a person that they have both the head and heart knowledge about faith. We are saying that a person can have both head knowledge and heart knowledge about God.

As I conclude these thoughts, it occurs to me that maybe there are those who do not know the fullness of God in their hearts, and about Jesus the Christ, the Son of God. Surely we all know about the story of the life, ministry, death, and resurrection of Jesus. We know the Biblical story of creation and all God's actions. When we know about the fullness of God, we will want others to know God in the fullness of mind and heart. We want the aspect of our faith to be known in its fullness. Let the redeemed of the Lord tell the truth with the fullness of mind and heart.

- Pastor Carrigan

“There's a Whale in the Church Basement!”

The report received on Thursday, March 31, at Covenant United Methodist Church that a whale was in the basement was verified as true by Bible2School staff. To teach the Bible lesson on Jonah, the staff erected a huge plastic whale, big enough for second graders to enter along with their Bible2School teachers. Imagine the excitement of seven-year-olds seeing a plastic whale take up most of the room in the youth area downstairs. A fan kept the whale inflated, while students explored the insides and reviewed the story of Jonah's being swallowed by a big fish and given a second chance by God.



Throughout this past school year, Covenant Church hosted a small group of second graders from Fulton Elementary School to be part of the released time program using the Bible2School Curriculum. Volunteer B2S teachers walked the students from the school and back again so they could spend their lunch and recess time learning about the Old Testament. The students brought their lunches and ate as the main lesson was taught. Then they could enter into activities to help them understand the Bible stories and the lessons to be applied to their lives.

Next year Covenant Church would like to expand our program to include both second graders and third graders and then hopefully add the program for fourth graders the following year. The third grade B2S curriculum explores the New Testament, and the fourth grade curriculum focuses on discipleship.

The only way we can reach more students is to have more adult volunteers to help with the program. Please consider whether you could spend 1 3/4 hours a week at the church to share the Bible with elementary students, some of whom have never learned of God or Jesus.

If you have any questions or would like to get involved, please speak with Lois Neidermyer, who is teaching as a B2S volunteer and serving on the B2S Curriculum Committee. You will find that you are blessed as much as the children by being involved in this program.

- Lois Neidermyer

COVENANT

United Methodist Church

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The Reverend Dr. Quentin E. Wallace, Senior Pastor

The Reverend Sally Ott, Visitation & Witness

The Reverend Dr. Guy Carrigan, Dir. of Evangelism

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Search Continues for Director of Children and Youth Ministry

Covenant UM Church in downtown Lancaster is seeking a committed Christian with the calling, passion, and experience to work with children and youth.

Responsibilities for this part-time position focus on managing, leading, and expanding church programs for children and youth. Such programs include Sunday School classes, children and youth group activities, and community events that create connections between the neighborhood and the church.

A complete job description with qualifications and responsibilities can be found on the church's website-www.covenant-umc.com.

Interested individuals may apply by sending a letter of intent and resume to office@covenant-umc.com.

Return Service Requested

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