

ECHOES

July/August, 2018

COVENANT UNITED METHODIST CHURCH

Issue 63, Number 7

Let Us Break Bread Together On Our Knees



by
Pastor
Quentin Wallace

While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body." Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins."
(Matthew 26:26-28)

A well-known song often sung for the Lord's Supper in worship is "Let Us Break Bread Together on Our Knees." This African American spiritual has been sung in the Methodist church for over 200 years. For me this song provides an illustration of those called by Christ coming together in humility as they share in Holy Communion.

In the Matthew passage above Christ willingly and unselfishly gave his body and blood to redeem sin and provide forgiveness. Those who embody his spirit are encouraged to do likewise. Communion was never something meant to be shared alone or in a vacuum but in community. David Fitch, in his book *Faithful Presence*, describes the presence of Christ as follows:

God's presence is not always obvious. He requires witnesses. God comes humbly in Christ. He loves us, he never imposes himself on us. Instead he comes to us, to be with us, and in that presence, he reveals himself. In his presence there is forgiveness, reconciliation, healing, transformation, patience and, best of all, love.

It is in community that humanity experiences and witnesses the presence of God. When Christ called his disciples to break bread together in fellowship and to remember this sacrament it would serve forever as a reminder that Christ intended for his followers to be one.

After some prayer and meditation, the Leadership Team and I have decided to create a moment where the entire body of the Covenant family could "break bread together." Because of the contemporary and traditional worship services at different times, and because the fifth Sunday combined services did not celebrate the Lord's Supper, our entire church family was unable to partake of the Holy Communion together.

Beginning August 5, 2018, and each first Sunday thereafter, Covenant will hold Holy Communion in one combined worship service at 10:20 am. (Dates for our quarterly Potluck dinners to be announced at a later time.) It is our hope that these moments of unified worship will strengthen the spiritual bond of our church, create a time for all to pray together, foster fellowship, increase love, and allow all of our active members to become acquainted with one another. *Let us praise God TOGETHER on our knees, Let us praise God TOGETHER on our knees.*

COMMUNION SUNDAY

Every first Sunday

Combined Worship at 10:20 am



Short & Sweet

NOTES OF THANKS

Amber Rieger, MOOS Vision and Development Director sent the following message:

If you are receiving this message, then that means you supported Mornings On Orange Street (MOOS) at our most recent fundraiser event titled "A Night of Moosic and the Arts" on June 2nd. Thanks to you, our event was a HUGE success! To show our appreciation, we are attaching a Thank You Card. If you'd like a hard copy of the card, then please reply with an appropriate mailing address to send it to. Again, thank you for supporting MOOS families and students.

Mary Jane Leighty wishes to thank Sally Ott and Cindy Smith for providing their time for taking her to her appointments. They are so much appreciated.

Betty Greider, Mary Henning and families send a sincere "thank you" for the prayers and cards with their beautiful words of sympathy. A thank you to Linda and Louis Henning for organizing the luncheon along with their helpers: Lori Henning, Bonnie Herr, and Carole Horn. A heartfelt "thank you" to Pastor Sally for presiding at John's Celebration of Life and at his burial service. A thank you to Rev. and Mrs. Mefferd for the closing prayer. We also appreciated the anointing of John at his home by Rev. Dr. Wallace and Rev. Ott.

Pastor Don and Faye say, "Thank you" for the cards, the notes, and the face-to-face comments shared with us at our recent retirement. And thanks to the church for the plaque acknowledging our 15 years of service to Covenant Church. The past 15

years have been an important part of our lives of ministry. We enjoyed and appreciated the many relationships formed here, the common projects we worked on together, the challenges we faced together, and the ways in which we helped each other grow in our faith. May God continue to bless Covenant Church as it moves forward in ministry and service to each other and to the community and beyond.

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.

SUMMER MEN'S FELLOWSHIP BREAKFAST

The Saturday men's breakfast will continue during the summer at the Oregon Dairy Restaurant, 2900 Oregon Pike, on the fourth Saturday of each month at 7:30 AM. The dates are:

- Saturday, July 28

- Saturday, August 25

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

Hospice & Community Care's 34th Annual Labor Day Auction

This year's Labor Day Auction will be held on Saturday, September 1, and Monday, September 3, at the Solanco Fairgrounds. Last year the auction raised over \$740,000 to benefit Hospice & Community Care patients and their families and provide free grief services to our community through the Pathways Center for Grief and Loss.

Many of you helped make the auction a success by donating new and used items, sports memorabilia, furniture, fine art, quilts, used cars, and garage sale leftovers. Many have also volunteered their time to help at the auction.

As the Labor Day Auction Chairman for the past 24 years, I thank you for all you've done to help make the auction a success and ask for your continued support at this year's auction.

-Tom Buter

We Worship Together



July 8, 2018— 7th Sunday After Pentecost

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will bring the message during both worship services. Special music for the 10:20 service will be provided by Krista Schimitsch.

July 15, 2018— 8th 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. & 10:20 a.m. services. Special music during the 10:20 service will be provided by Della Limbert.

July 22, 2018—9th Sunday After Pentecost

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will preach during both worship services. John Darrenkamp will offer special music at the 10:20 a.m. service.

July 29, 2018— 10th Sunday after Pentecost

One Combined Service at 10:20—VBS Celebration

Pastor Wallace will offer the message during this special combined service at 10:20. The completion of Vacation Bible School will be celebrated during the service. A potluck lunch will follow the service.

August 5, 2018— 11th Sunday After Pentecost

Holy Communion—One Combined Service at 10:20

Pastor Wallace will bring the message during our first combined First Sunday Communion service. Special music will be provided by Bud Hart.

August 12, 2018— 12th Sunday After Pentecost

Contemporary Worship (9:00) and Traditional Worship (10:20): A special guest pastor will deliver the message at both the 9:00 a.m. & 10:20 a.m. services. Special music during the 10:20 service will be provided by Brenten Megee.

August 19, 2018—13th Sunday After Pentecost

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will preach during both worship services. Kathy Seaber will offer special music at the 10:20 a.m. service.

August 26, 2018— 14th Sunday after Pentecost

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will offer the message at the 9:00 a.m. service. During the 10:20 a.m. service, Michelle Sultan will provide special music.

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.

News from Annual Conference

Please check out the report from Annual Conference submitted by Lay member Lois Neidermyer. It is inserted in this issue of the ECHOES. You may also find copies in the Gathering area. Take time to become familiar with the work of the conference. Thank you to Lois for the in depth coverage and keeping us informed.

Volunteers for July & August

July 15

Anchorite: 10:20 - Carol Brower
Hallway Greeter: 10:20 - Carole Horn

Lobby Greeters: 8:40 - Cindy & Bob Hean 10:00 - Youth

July 22

Anchorite: 10:20 - Denise Troop
Hallway Greeters: 10:20 - Greg & Kathy Smith

Lobby Greeters: 8:40 - Mary Lou Hill; 10:00 - Sandy & Guy Carrigan

July 29

Anchorite: 10:20 - Minister Brenda

Hallway Greeter: 10:20 - Bonnie Herr

Lobby Greeters: 8:40 - Mee Kyung Schuler; 10:00 - Janice & Harold Ulmer

August 5

Anchorite: 10:20 - Janice McElroy

Hallway Greeter: 10:20 - Denise Troop

Lobby Greeters: 8:40 - Ruth Neuman & Brenda Roth; 10:00 - Lori Brown & Tina Butler

August 12

Anchorite: 10:20 - Carol Brower
Hallway Greeter: 10:20 - Lynn Arnold

Lobby Greeters: 8:40 - Cindy & Bob Hean 10:00 - Youth

August 19

Anchorite: 10:20 - Denise Troop
Hallway Greeter: 10:20 - Ruth Barr

Lobby Greeters: 8:40 - Mary Lou Hill; 10:00 - Sandy & Guy Carrigan

August 26

Anchorite: 10:20 - Minister Brenda

Hallway Greeter: 10:20 - Grace Fisher

Lobby Greeters: 8:40 - Mee Kyung Schuler; 10:00 - Janice & Harold Ulmer

JULY/AUGUST USHERS

Head Usher will recruit each Sunday's ushers.

More info on Page 6

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

MANIFEST Urban Alliance

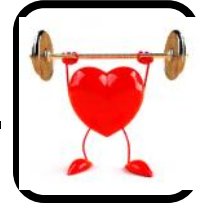
We need you! Our MANIFEST Urban Alliance, which includes 7 Lancaster UM churches in partnership with IMPACT! Missions, is dedicated to improving our city by rehabilitating homes and making them available to low-income families. This project really improves neighborhoods, and makes the American Dream possible for people who may not find it otherwise.

But...we need volunteers! And you don't have to be a skilled carpenter, plumber, electrician, or painter. We can use all of these, but most of all we need willing hands. Volunteers are working Monday through Saturday at our project home, located at 112 New Dorwart Street. This is a great opportunity for retired seniors, men and women!

Plus, we will continue our regular monthly IMPACT! Missions workday on the third Saturday of each month. Upcoming dates are July 21 and August 18.

Please contact Roger Kresge to find out how you can join in. Phone 717-299-4613, or email roger@covenant-umc.com.

Here's to Good Health



Juicing

Do you like a glass of fresh squeezed fruit juice with your breakfast? Many Americans do their own juicing. Juicing is extracting the juice from fresh fruits or vegetables.

Juicing can be a good way to add nutrition to your diet, especially if you have trouble eating five to nine servings of fruits and vegetables each day. The good news about juicing is that you can get most of the vitamins and minerals needed in your diet. Juicing just might help you add a broad variety of fruits and vegetables in your diet.

However, juice shouldn't be the only way to get these needed nutrients. Whole fruits and vegetables also contain healthy fiber, much of which is lost during juicing, especially if the skin and pulp are removed. Juicing in moderation (just like everything) is

generally healthy but some juices may not be appropriate for everyone. A juice made mostly of fruit can be high in carbohydrates and sugar; those two things can influence blood sugar levels. Persons with kidney disease need to watch out for fruits that are high in potassium such as melons and bananas.

You do need to remember that juicing can be high in calories depending on what you are using in your juice, and portion size is important to think about.

Here are some steps to make your juicing as healthy as possible:

- Limit added sugar
- Consider blending rather than extracting juice, that way you can add the edible parts of fruit that will add fiber to your drink. If it

seems too thick add a little water.

- Handle produce safely. Wash all fruits and vegetables thoroughly. Even if you peel the produce, wash it first so that dirt and bacteria aren't transferred.
- If buying juice from the store, choose a pasteurized juice to prevent the likelihood of foodborne illnesses.

Here is a simple recipe for a smoothie that contains both fruits and spinach.

Ingredients: 1 banana, ½ cup of strawberries, ½ cup other berries (blackberries, blueberries), juice of 1 lemon, 2 ounces fresh raw spinach, 1 tablespoon fresh mint, 1 cup cold water or ice. Place all ingredients in a juicer or blender and puree. Serves 4.

Cindy Smith
Wellness Coach

Help by saving box tops, can tabs, & eyeglasses

I want to say a big thank you to everyone who has saved Campbell's soup labels over the years for Red Bird. Because churches all over the United States saved them, they have been able to purchase vans and cars for transportation use in ministry in the Kentucky Mountains. However, I want to let you know that the soup label program has ended. There are plans for another program, and I will share that with you when it becomes known.

I recently visited Red Bird and took with me General Mills box tops worth \$25. Maybe that doesn't sound like much, but it took 250 box tops to come to that amount. Again, with this program, churches across the country together can help great things happen at Red Bird School.

Thanks for helping with this program to support Red Bird.

So please continue to save General Mills box tops and place them in the Campbell's bin in the coat room. Even though we're not collecting the soup labels, it is a good container for collection of the box tops.

Another way to reach out to others is to save soda can tabs. There is a collection container up on the shelf in the coat room. We are taking these over to Grace Church when we do the Community Meal to add to those they collect. The tabs are given to a veteran's organization.

Also, eyeglasses can be recycled, and you can find a box for those on the coat room shelf as well. Thanks for all you help with these programs.

Cindy Smith

Training Offered for MANIFEST Volunteers

MANIFEST needs volunteers who will work alongside experienced leaders to do a multitude of tasks, both skilled and unskilled. Shifts are available Wednesday through Friday, 9 am to noon and 1-3:30 pm, as well as Saturday mornings. Each Sunday we schedule workers for the following week.

This would be a terrific service opportunity for individuals, small groups, and youth groups. (Youth must have a caregiver's written permission. Forms can be printed from the website: impactcamps.org.)

AND HERE'S THE BIG NEWS!



Matt Beakes of IMPACT! Missions has arranged for a comprehensive training session especially geared toward new Manifest

volunteers! If you feel you may need a refresher on the basic rehab skills - or even if you have never held a hammer - this workshop will have you feeling more competent and confident in no time! Even if you already feel comfortable working on a house, please come out to meet and help other Manifest volunteers. Bring a friend who might be interested.

So mark your calendars for Saturday, July 28, beginning at 8:00 am, and plan to spend 4-6 hours learning new skills and brushing up on old ones. You'll learn, make friends, and have fun. We may be able to park at Covenant UMC at Orange and Mulberry Streets, and then carpool to the house at 112 New Dorwart St. for the workshop. Lunch will be included. Please contact Correen Russo by email at correen.lumina@gmail.com, or call her at 717-808-8633 to secure your spot!

VBS Update

Shipwrecked Vacation Bible School will be held at Covenant UMC, Sunday through Thursday, July 22-26 from 6:00-8:30 PM. We will venture onto uncharted lands while learning that Jesus carries us through life's storms.

Every evening children from our church and community will learn that Jesus is the one who rescues, while they participate in memorable Bible-learning activities, sing catchy songs, play teamwork-building games, experience cool Bible adventures, test out Sciency-Fun Gizmos that they will take home and play with all summer! Dinner will also be provided for VBS students and volunteers 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. May God soften our hearts to hear his word, may our efforts change lives for the glory of God, and may the seeds we plant grow into a fruitful church family.

Volunteer

Come out and help us put together a one-of-kind experience for the children in our church and community. We are in need of volunteers for every area of the program. If you would like to volunteer, please sign up in the gathering area hallway.

Work Days, to build set pieces and organize program materials, will be held on July 13, 14, 20 and 21, from 9 AM – 3 PM. Come and stay as long as you are available.

Volunteer training will be held on Sunday, July 15. All volunteers should plan to attend. Anyone not available should contact Iris Kresge to make alternate plans.

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 Shipwrecked VBS will receive a t-shirt, a music CD and a small gift. Our goal is to sponsor 100 children in our church and community. Each sponsorship cost \$10.

Pre-registration is recommended for children who would plan to attend Shipwrecked VBS. Visit our church website to register. Forms are also available at the church office.

Thank you for supporting the children in our church and in our community.

Covenant UM Church

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Lancaster, PA 17603-3507

Office Telephone: 717.393.1561

Senior Pastor's Phone: 610-334-3440

Office Hours: M-W,Th, 8:30-3:30; T, 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 William Keeler, Pastor Emeritus

The Reverend Theodore C. Mefferd, Pastor Emeritus

The Reverend Donald E. Zechman, Pastor Emeritus

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