

# ECHOES

May, 2020

**We Invite  
We Welcome  
We Nurture  
We Serve**



## From the Pastor's Desk...

By Pastor Quentin Wallace

### A Big Fish Situation

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



*From inside the fish Jonah prayed to the Lord his God. He said: "In my distress I called to the Lord, and he answered me. From deep in the realm of the dead I called for help, and you listened to my cry. You hurled me into the depths, into the very heart of the seas, and the currents swirled about me; all your waves and breakers swept over me. I said, 'I have been banished from your sight; yet I will look again toward your holy temple.' The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. To the roots of the mountains I sank*

*down; the earth beneath barred me in forever. But you, Lord my God, brought my life up from the pit. When my life was ebbing away, I remembered you, Lord, and my prayer rose to you, to your holy temple. Those who cling to worthless idols turn away from God's love for them. But I, with shouts of grateful praise, will sacrifice to you. What I have vowed I will make good. I will say, 'Salvation comes from the Lord.'" And the Lord commanded the fish, and it vomited Jonah onto dry*  
*land.*  
*Jonah 2:1-10*



Because preachers speak so often, most people would be surprised to hear that a preacher would be at a loss for words. However, after witnessing the proliferation of the Covid-19 virus and its domino effect on our way of life, I honestly do not know how to respond. It is at these times we consult God through prayer and the scripture for guidance. Paul, in the letter to the Philippian passage listed above, admonishes the faithful to approach all situations with prayer so we are not overcome with anxiety.

The book of Jonah records the story of Jonah the reluctant prophet who did not wish to follow God's directive for him to go to Nineveh and preach to a city of people who were living lawless lifestyles, so they might repent and avoid utter destruction. Because he did not like the Ninevites and couldn't care less if they were destroyed, his response was to board a ship headed to Tarshish in the opposite direction. According to the story, God sent a storm that stopped the ship's forward progress.

## 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 2020 is **Covenant is the church for ALL generations, and we mean it!**

Please be in prayer for Covenant Church.

### CONTINUED GIVING

Covenant church is grateful for all our faithful friends and members who are continuing to send their tithes and offerings while we are unable to meet. If you are able, you can mail checks to 110 N.

Mulberry St., Lancaster, PA, 17603, or give electronically. To give electronically go to our website [www.covenant-umc.com](http://www.covenant-umc.com) and click on the GIVING link and follow the directions.

### TEXT GIVING

Now you can use your smart phone or other device to text a gift to Covenant. It's easy and it's secure. To send a gift via text, just send a text message to 7177691063 with the dollar amount (e.g. "\$20"). The first time you do this you will be asked to fill out a short form with billing information. After the initial setup, giving is easy as sending a text message. Please call the church office with questions.

## Sidelights

### NURTURE TEAM UPDATE

Happy May! My name is Denise Troop, and I am the new chairperson of the Nurture Team. Our goal is to plan for fun, enriching Christian activities for our church members centered on the children. We also invite the community. We focus on Fulton and Reynolds school children to encourage participation, in hopes they start attending Covenant.

Our first event of 2020, our always popular Easter event, unfortunately was cancelled. We are planning on doing some First Friday Family events, such as movie and game nights. More information about those will be coming soon. Additionally, we will have a Christmas Family night, when we serve dinner, sing Christmas carols, and have a Christian – based entertainment program.

Covenant Church has partnered with Bible2School and Fulton Elementary school. Volunteers from Bible2School walk to Fulton and bring the children back to Covenant to teach them about the Bible. The children use their lunch and recess break to participate. We are excited for this project to begin in September, and if you have an interest in working with this program please contact Denise Troop.

### 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.

### CAN YOU HEAR ME NOW?

We want to stay in contact, and many of us are reaching out by telephone and email. **Do we have your latest information?** Please email or call the church office with updated phone numbers and email addresses.

## We Worship Together



**CHURCH  
ONLINE**

**As long as the Coronavirus restrictions continue, we will conduct worship services online at 10 a.m. each Sunday. Go to the Covenant website ([covenant-umc.com](http://covenant-umc.com)) and click on Worship to get the Covenant Facebook link. You do not have to have a Facebook account to participate. The live link will allow you to see and hear the entire service.**

### ADDITIONAL ONLINE OPPORTUNITIES

- **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 confer-**

---

## The Shutdown and the Church's Finances

First of all, let us thank everyone who is being faithful with their pledges. We realize this is a difficult time for all of us financially and the church is no stranger to financial hard times. But people have expressed their concern and we wanted to give you an update.

Pledges and gifts have continued to come in and we have continued to pay our bills. The point of concern for us from the beginning was our employees. So very early we applied for a PPP Loan through our bank and we were approved and funded last Tuesday. Even though Day Care was forced to close their doors, we wanted to help our Day Care employees as they are not eligible for unemployment and we want to continue this ministry as soon as we are allowed. As long as we use at least 75% of the loan for payroll and other basic expenses, the loan will be forgiven.

There have also been questions as to the sale of the 120 Mulberry St. property. That sale was completed in January and proceeds were deposited in our Money Market account. Paying down

or paying off the mortgage was going to be one of the proposed uses of those funds along with some other necessary repairs to our parking lot. Those funds remained in that account earning interest until this pandemic put a halt to plans.

Currently, at the end of the first quarter, we are only just a little under budget for income and just about on budget in terms of expenses. We had to use some of the other funds in our Money Market to cover payroll a couple of weeks ago but the PPP Loan will cover that for the next couple of months and hopefully we will be back on track. We continue to pay our apportionment to the Conference which includes health care and retirement benefits for everyone who participates.

Thank you all for your prayers and being faithful to our church family.

Carolyn Moody, Chair, Finance Team  
Joan Miller, Treasurer

# Youth News

For the past three weeks, the youth of Covenant have been meeting on Zoom, an online videoconferencing platform. How can young people have fun on their phones or computers, you may ask? That is what they are used to doing anyway. Now we just all do it together.

Every Friday for about an hour, we meet, talk, pray, laugh and even play games. We had a scavenger hunt where a list is presented, and the young people run through the house trying to find things like a sock with a hole or dryer lint. Yes, I had to explain that one. A couple of times we have played Where in the world am I? I was pleasantly surprised that they can identify a lot of places both in the United States and in the world. Go youth! Last week we watched two testimony videos from students in the Albright College Christian Fellowship and had a discussion.

They never know what I am going to bring in next. One of these weeks we are going to try Video Bingo. We will see! Our young people are inquisitive, intelligent, funny and eager to learn. It is a blessing to spend time with them.

- Minister Brenda

*Continued on Page 3...*

*...continued from Page 1*

In order to move forward, Jonah had to be removed from the ship, and he was cast into the raging sea. Miraculously he survived drowning by being swallowed by a great fish and dwelling inside this great fish for three days. While being isolated in the depths he had time to reflect on his decisions. According to the story, he prayed to God.

In response to Jonah's prayer of repentance, which is listed in the Jonah passage above, God allowed the fish to upchuck Jonah onto the beach near Nineveh. In keeping with his promise to God, Jonah walked through the city of Nineveh crying out to the wicked residents that they were facing impending doom within 40 days unless they repented. To Jonah's surprise they heeded the warning, expressed signs of repentance of their sins, and showed a reverence for God. The city was spared destruction.

To pray is to have a conversation with God. Why not hold conversations with God? After all, we talk to everyone else. To repent means to simply turn around or change direction and to go another way. There is nothing magical about refraining from or turning away from practices that will bring harm to you or others. In the story passage above, both the Ninevites and Jonah had to change direction and mindset.

During this time of pandemic, some people may feel as if they are in a great fish, isolated with plenty of time to reflect. During Jonah's time of isolation, he decided that to follow God's purpose for his life was the better choice. When he preached in Nineveh, those in the city who heard his words decided that to follow God's directive was the better choice as well. In what ways do we as an individual, as a family, as a nation need to turn away from or make better choices in order to survive? Pray for our nation and our world because we are in a "big fish" situation. God delivered Jonah and the people of Nineveh because of their prayers of repentance, and I am confident that prayer will make a difference for us.

## Sidelights

### GIFTS GIVEN

To the Dolly Kepner Music Fund:

- In memory of **David Henning** from Joan Miller
- In memory of **Marian Hough** from Joan Miller.
- In memory of **Marian Hough** from Dolly Kepner.
- In memory of **Mary Siegrist** from Ginny Landis

To the General Fund:

- In memory of **Marian Hough** from Cindy Smith.

### MAY 90+ BIRTHDAYS

Ruth Neuman May 2

Ethel Beck May 13

We thank God for their faithfulness to Covenant church.

### SOUND TECHS NEEDED

There is a need for additional sound techs on Sunday mornings. Training will be given. Please see Darwin Tyson for more information. He is usually on the sound board at the 10:30 service.

### 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

## Sidelights

### THE HOPE OF FREEDOM

It is 1492 and Queen Isabella and King Ferdinand of Spain have signed the Edict of Expulsion forcing all Jews to leave the country within three months. Frightened of what might happen if they don't obey, twelve-year-old Joseph escapes Portugal with his parents...

If you want to know what happens next, maybe you would like to join the United Methodist Women's Reading Program. To come into the church to pick up a book from our library, please make an appointment with Chris by calling the church office at 717-393-1561. Additionally, many of the books in our program can be found at public libraries and downloaded to your device for reading. Please contact Chris Kimmich for more information about the reading program.

### NOTE OF THANKS

Quenel Wallace sends a thank you for all the birthday and Easter cards members of Covenant sent him.

### UPPER ROOM

The May/June Upper Rooms have been delivered to the church. They are available for \$1. If you would like to pick up your Upper Room, please call Chris at the church office 717-393-1561 to set up a time to purchase your daily devotional. Please keep in mind you will need to abide by all social distancing rules as outlined during the time of your visit.

## Silver Linings

Yes, we are going through a difficult time, and everyone in the world is impacted. As you watch any news broadcast, you will hear things that lead to depression and sadness. As a church, many lamented that we were not able to engage in our typical festivities around Easter. No cantata, no Easter lilies, and no worship in our sacred building.

Although those things were sad, I would like to highlight the blessings that God is giving us during this time. Rather than having congregational prayer twice a week; we now have people gathering for teleconference prayer 5 days a week. Rather than having 10-12 people showing up for Bible study; we now have sometimes over 200 people watching the Bible study. On Sundays there is no debate about contemporary or traditional worship music. We are so happy to see and hear our worship leaders; we are tuning in to both. The Sunday morning sermon is viewed by no less than 300 people per Sunday. We cannot get enough Jesus! I have heard several people mention that they are watching upwards of three or more services on Sundays. While we are waiting for things to lift; let's enjoy this revival that the Lord is bringing right into our homes. Also let us fuel our spirits so that we are ready to witness to a Post-COVID generation.

- Minister Brenda

**COVENANT CHURCH is Bringing Christ's Light into the Community and Beyond AND Preparing for Increase in 2019.**

## 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

### JM Services

Jeff and Brad McGary  
Interior & Light Exterior Painting,  
Handyman, and Junk Removal  
717.330.9616 or jcmcgary@comcast.net

### Conestoga Innovations Promotional Products

(for all your advertising needs)  
Wanda Snyder, 1.800.759.8885 or  
sales@conestoga-innovations.com

### Kresge Computer Consultation

Roger Kresge, 299.4613 or  
rkresge123@comcast.net

### Dale Building Designs

Donald A. Dale, 872.4263  
2086 New Danville Pike, Lanc., 17603  
www.DonDaleDesigns.com

### Miller Optical

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

### Groffs Family Funeral

& Cremation Services, Inc.  
Thomas S. Buter, 394.5300  
528 W. Orange St.

### Richard B. MacDonald

Attorney at Law  
312 W. Orange St., Lancaster  
717.394.1508

### Interiors by Kristen

Kristen Stemmer, 875.4014  
2086 New Danville Pike, Lanc. 17603

### Willard Hypnosis Center

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



# Here's To Good Health!

Spring time is the start of the growing season. The time will be coming to eat those fresh fruits and veggies. The U.S. Department of Agriculture Dietary Guidelines for Americans recommends we eat two cups of fruit along with three servings of vegetables each day. A six year study has found that following these guidelines can lower the risk for dementia. It can also lower the risk of heart attack or stroke.

Fruits can be found in many different colors and have different health benefits. Here are some suggestions with their benefit to your health.

**BERRIES:** Blueberries, blackberries, strawberries, and raspberries are all packed with antioxidants, including vitamins A, C, and E. These could be helpful with conditions such as cardiovascular disease, cancer, arthritis, and dementia. Remember that berries freeze well and can be kept up to a year in an airtight container.

**CHERRIES:** Cherries contain calcium and potassium as well as numerous vitamins. Research suggests that tart cherries may help relieve the pain and stiffness of arthritis, as well as lower risk of gout flare-ups.

**ORANGES:** Oranges contain immune system boosting vitamin C, folate, potassium, and zeaxanthin, another antioxidant that may help ward

off macular degeneration, a serious eye disease that can affect seniors.

**KIWIS:** Kiwis are rich in vitamin K and vitamin C. Kiwis have been shown to reduce levels of triglycerides.

**GRAPES:** Grapes are rich in antioxidants that benefit cardiovascular health by relaxing arteries.

**APPLES:** Apples are rich in fiber, including pectin, a type of fiber linked to lower cholesterol and blood pressure, and better cardiovascular and digestive health. Apples have been linked to a lower risk of cancer and asthma. Remember you need to eat the skin to get the most fiber and antioxidants.

**BANANAS:** Bananas are packed with potassium and fiber, are gentle on the digestive system, and are often recommended to help replenish nutrients that may be lost during a bout of diarrhea.

Trust this will help you make some wise choices in helping you stay healthy.

Cindy Smith

Wellness Coach

## Pictorial Directory

To be a welcoming community, we need to know each other, so come be a part of our new directory.

**To reserve your photo session:** Go to Covenant's website, [covenant-umc.com](http://covenant-umc.com), and follow the links to schedule your photo session. There is no charge. Allow time for the photo session and to view the results. Be included in our NEW directory.

**You Will Receive:** One FREE 8X10 standard print and a FREE printed church directory. A bonus Shutterfly gift will accompany any purchase.

**Date Change:**

Our previous dates in May have been rescheduled. Our photo session time will now be held September 15-17 from 2 p.m. to 9 p.m. Please join us. We need YOU to be included!



## Sidelights

**SOMEDAY WE'LL BE BACK...  
KEEP PRAYING!**



## A PRAYER FOR ALL OF US

Keep us, good Lord,  
under the shadow of your  
mercy, in this time of un-  
certainty and distress.

Sustain and support the  
anxious and fearful,  
and lift up all who are  
brought low.

May we rejoice in your  
comfort, knowing that  
nothing can separate us  
from your love.

In Christ Jesus our Lord,  
Amen.



# Dealing with Fear, Worry, and Anxiety

by Barbara Drake, RN, MSN, Study Leader for Mission u

The Coronavirus is producing fear, worry, and anxiety in a growing number of people, and the longer we must deal with isolation and daily rises in the number of cases and deaths, the larger the number of people who will experience mental health challenges. The book “Finding Peace in an Anxious World”, edited by Erin James-Brown, which is the Spiritual Growth study book for Mission u, provides many insights to help us understand what we and our neighbors are experiencing and what we can do about it. “Fear is the emotional response to real or perceived impending danger.

Worry is repetitive thoughts or emotions as the brain analyzes risks and threats of danger, whether real or perceived. Anxiety is a physical and emotional response to fear and worry that is disproportionate to the threat of danger.” The National Institute of Mental Health reports that approximately 18% of people in the United States, or 40 million people, suffer an anxiety disorder, the most commonly diagnosed mental health ailment.

The World Health Organization reports that 10% of the world’s population is affected by depression and/or anxiety. Humanitarian disasters and other conflicts increase this rate to at least 20% or 1 in 5 people. These statistics only account for diagnosed and reported anxiety. Add in millions who have intermittent fear and worry over relationships, retirement accounts, or the coronavirus, and you can see the major issue that anxiety is in our world today and the need for churches to help people deal with it.

We see the effects of anxiety in physical symptoms such as queasy stomach, finger-nail biting, sweaty palms, and nights spent tossing and turning, as well as emotional signs such as going over and over an event in our minds, playing out every possible future scenario to its worst case, and then living like it’s inevitable. Anxiety decreases our awareness of others and makes us less able to see what’s happening from their perspective. Many people will try to relieve their anxiety with alcohol, nicotine, food or drugs. These may delay but not alleviate the suffering associated with anxiety, and may result in harm to physical health and worsening of mental health through addictions.

The writers who contributed to “Finding Peace in an Anxious World” suggest using the book of Proverbs to better understand our anxious habits and develop new habits which can bring us peace. “Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge him, and he will make straight our paths.” (Proverbs 3:5-6) They also suggest using the “Serenity Prayer” to manage anxiety through serenity, acceptance, courage, and wisdom. “God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

And finally, they describe spiritual disciplines which can serve as strategies for coping with day-to-day anxiety. Prayer, scripture reading, telling Jesus about your day verbally or in a written journal, and meditating while walking a labyrinth are some of the ways that we can find peace in an anxious world. I suggest you read the book in order to gain a greater understanding of the message of this book and the wisdom of Proverbs.

(Reprinted from “Wellspring,” a publication of the Health and Healing Council of the Eastern PA Conference of the UMC)



## Update from SPRC

There have been a number of personnel changes in the recent months, so we at the SPRC would like to communicate the changes and opportunities to our Covenant family. First Dennis Pou of the praise team has resigned as of Easter and moved to Florida to take care of his mother. The congregation will miss his music abilities and energy in the contemporary service. We wish him strength in his new endeavors.

Secondly SPRC is currently posting for a new position for a Children and Youth Director. Due to the restrictions around the COVID-19 virus, we are unsure of when face to face interviews will be allowed; however, we have started the early stages of the process.

Third is the resignation of Leah Shenk as Director of the Day Care Center. Leah who resides in Denver PA is resigning so she may work closer home. Over the years the commute has been a hardship on her family. She originally told the Board she would leave at the end of June; however, in light of the recent mandatory closing of the daycare, Leah is willing to be flexible in her end date. She recommended her assistant Emily Mekeel as her replacement. Emily has all the needed clearances and knowledge to take over. Leah is willing to help train her in certain areas. The committee will need to interview her when we are able to meet again.

During the temporary closing of the daycare and the ability to worship together, the leaders of Covenant had many phone calls and Zoom meetings to determine how we could keep our employees "whole". As a church, we do not pay into unemployment, thus our daycare workers and staff are ineligible to collect those benefits. Carolyn Moody and the Finance committee worked hard to apply for the stimulus package Paycheck Protection Program (PPP) which will allow us to cover payroll for the time being. The loan Covenant requested to cover payroll is through the Federal Government Cares Act and is forgivable.

All other concerns have been placed on hold. So stay safe and healthy and pray God will bless us with better days ahead.

-Phil Biechler, SPRC

### A 7-DAY CORONAVIRUS PRAYER GUIDE



#### PRAY FOR THE SICK

Pray for those who are sick, and their families, that the Lord would heal and comfort them.

#### PRAY FOR HEALTHCARE WORKERS

Pray for those on the frontlines treating those who are sick, that the Lord would protect and strengthen them.



#### PRAY FOR THE VULNERABLE

Pray for those who are especially vulnerable to disease, that the sickness would pass over them and that they would rely on others for help.

#### PRAY FOR THE UNEMPLOYED

Pray for those who have lost work, that God would provide through their families and communities.



#### PRAY FOR OUR LEADERS

Pray for national and local government leaders, that they would have wisdom to do what is best for all.

#### PRAY FOR STUDENTS & FAMILIES

Pray for students who are out of school, and their families, that the Lord would give them patience and discipline.



#### PRAY FOR CHURCHES

Pray for churches and ministry leaders, that they would know how to best show the love of Christ in this time.

"Peace I leave with you. My peace I give to you. I do not give as the world gives. Don't let your heart be troubled or fearful."  
JOHN 14:27

FAITH & JOY  
are just as contagious  
as fear and panic.  
Choose well.

# 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

Minister Santa Jenkins, Youth Director

The Reverend Dr. Guy Carrigan, Dir. of Evangelism

The Reverend Theodore C. Mefferd, Pastor Emeritus

Mr. Jeffrey McGary, Echoes Editor

Mrs. Chris Kimmich, Administrative Assistant

## Email

Senior Pastor...[pastorquentin@covenant-umc.com](mailto:pastorquentin@covenant-umc.com)

Admin. Asst....[chris@covenant-umc.com](mailto:chris@covenant-umc.com)

Echoes Editor...[jcmcgary@comcast.net](mailto:jcmcgary@comcast.net)

Web Page...<http://www.covenant-umc.com>

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