

ECHOES

COVENANT UNITED METHODIST CHURCH

March, 2018

Issue 63, Number 3

I Traveled On My Knees



by
**Pastor Quentin
Wallace**

*Last night I took a journey to Israel
across the seas; I did not go by boat or
plane, I traveled on my knees.*

*I saw so many people there with scars
and wounds within, But God told me
that I should go—there was oil to
pour from Him.*

*I replied, "Lord, I cannot go and work
with such as these." He answered
quickly, "Yes, you can, by traveling."
He said, "You pray, I'll meet their
need, you call and I will hear,*

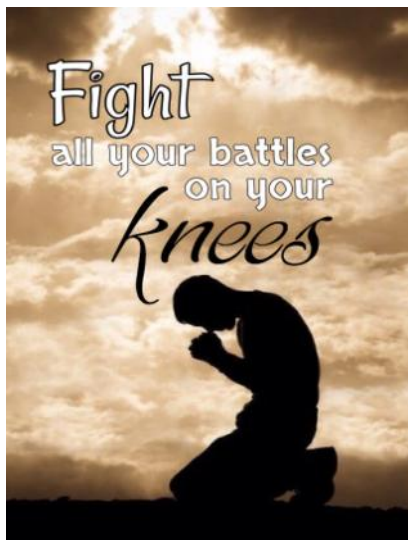
*Be concerned about the fate of those
both far and near." And so I tried it,
knelt in prayer, gave up some hours of
ease, I felt the Lord right by my side
while traveling on my knees.*

*As I prayed on and saw them helped,
and the badly wounded healed, I saw
God's workers' strength renewed
while laboring on the field.*

*I said, "Yes, Lord, I have a job—my
desire Thy will to please, I can go and
heed Thy call by traveling on my
knees."*

- Adapted from a poem by Sandra
Goodwin

Each year in March the NCAA highlights "March Madness," a time when college basketball teams compete for the national championship. Because so many team desire to win, they have strategies to thwart the opposing teams advantage. One strategic tactic in basketball is the full court press. A full court press is a basketball term for a defensive strategy in which the defense applies pressure to the offensive team throughout the entire length of the court before and after the inbound pass. Pressure may be applied man-to-man, or via a zone press using a zone defense.



In everyday life we may feel, when the pressures of getting through the day in the midst of life altering circumstances and decisions, as if we are experiencing a full court press, especially when one concern follows another over a period of time.

Elizabeth Alves, in her book, *Becoming A Prayer Warrior*, highlights the poem by Sandra Goodwin that opened this article.

To me the poem illustrates how prayer serves as the believer's lead, guide, and defense against insecurity and hopelessness, and instead provides peace of mind for ourselves and others going through difficulties.

Within the past three months, three people I know have been diagnosed with some form of cancer and needed immediate surgery followed by chemotherapy. In each case, peace of mind was suddenly shaken. Without having trust in our loving and caring God, what does one have in such situations? Prayer provides an ongoing connection to God. Jesus constantly prayed to the Father in heaven, and traveled from Earth to Heaven through prayer. In the movie ET all the character had to do was find a way to phone home in order to get rescued.

Let us plan to travel on our knees daily by speaking to God as often as possible. God wants to hear from us about any and all concerns, like talking to a loving parent who wants to hear what's going on with their child. Keep in mind that, when flying the airplane, the pilot is constantly in touch with the tower before take-off, during the flight, and upon landing to assure a safe flight.

Short & Sweet

GIFTS GIVEN...

In memory of **Andrew Farkas**, gifts to the Memorial Fund from Bob Moss, Joan N. Miller, Marcia A. Hemler, and Dolly Kepner; a gift to the Maintenance Fund from Betty Farkas.

In memory of **Terry Herr**, a gift to the Memorial Fund from Carole Horn.

In memory of **Martha Lehn**, gifts to the Memorial Fund from Sally Ott, Grace Fisher, Joan N. Miller, Denise Troop, and James and Doris Work.

EASTER FLOWERS

It is time to order Easter flowers. Place your order for daffodils, tulips, or lilies with the volunteer secretary beginning Sunday, March 4. All flowers are \$6.00. You may also call the church office (717-393-1561) to place your order. The flowers will be on display Easter Sunday, and you may pick them up following the 10:20 service that day. Thank you for beautifying the Sanctuary on Easter Sunday.

TEXT GIVING

Now you can use your smart phone or other device to text a gift to Covenant. It's easy and secure. 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 as easy as sending a text message. Save time and scan the QR code with your phone directly.



UMW INGATHERING

It's that time of year again. What time you ask? It's time to take part in the annual United Methodist Women's Ingathering program. Again this year

we are asking you to help gather new clothing for our local clothing banks. We are hoping for donations of new clothing for children, youth, and adults. You don't need to consider size or color. Items that are always needed are socks, underwear, slacks, tops, dresses, and sleepwear. Won't you please help fill the bins in the Gathering Area? Thank you. Also, you are invited to attend the Ingathering program on Saturday, April 14, from 9 to 11 a.m.

COMMUNITY MEALS

Due to the continuing decline in attendance, Covenant will no longer host the Easter Dinner. We would sincerely like to thank all of the coordinators and volunteers who have given time to this ministry over the years.

Also, the coordinators for the annual Thanksgiving Day Meal are stepping down from those duties. Again, we would like to thank Sue Kresge and Greg and Kathy Smith, as well as all the volunteers, for their dedication to this ministry for so many years. Because we desire to continue with the Thanksgiving Meal ministry, we will be looking for a new person or persons to coordinate the meal and the volunteers in 2018. If you feel called to this ministry and would like more information about the duties and responsibilities, please contact Sue Kresge or Greg and Kathy Smith.

WOMEN'S SHELTER

Please consider helping the Outreach Team put together 35 bags for the Women's Shelter for the end of March. The list of items needed to fill the bags is on the desk in the Gathering Area, as well as on display in the display case.

ANCHORAGE BREAKFAST PROGRAM

The Anchorage Breakfast program at First United Methodist provides a free breakfast all year long, Monday through Friday. The program currently serves about 140 neighbors each day.

They are currently looking to start an Anchorage Birthday Party each month where volunteer churches provide a birthday cake, plates, and napkins for those neighbors celebrating a birthday. So there is a need for 2-3 volunteers to help serve the cake. If interested contact Sue Grimm Mattox at 717-575-6414.

TRANSITIONAL LIVING CENTER

Covenant is looking to become more involved in the TLC, which provides shelter for the homeless and veterans. Located at 105 E. King Street, the center is looking for donations of: full-size mattress pads, unbreakable dish sets, sleeping bags, baby shampoo/powder/lotion, microwavable food, silverware, plastic drink cups, diapers (size 5/6), wipes, conditioner, hand towels, body wash, and bath mats.



Daylight Savings Time begins at 2:00 a.m. on Sunday, March 11. Don't be late for church! Remember to turn your clocks ahead one hour before you go to bed on Saturday, March 10.

We Worship Together



March 4, 2018—3rd Sunday in Lent

Holy Communion

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will bring the message during both worship services. The Chancel Choir will sing "Let Us Bread Bread Together" by Peter and "Communion" by Wagner at the 10:20 a.m. service. This Sunday marks the conclusion of the Building Campaign.

March 11, 2018—4th Sunday in Lent

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. The Chancel Choir will sing "Lamb of Glory" arranged by Marsh at the 10:20 a.m. service. A mission minute will be part of the services.

March 18, 2018—5th Sunday in Lent

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will preach during both worship services. The Chancel Choir will sing "Stained Glass" by Martin/Sorenson at the 10:20 a.m. service.

March 25, 2018—Palm Sunday

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, the Chancel Choir will present the cantata *Testimony of Life* by Joseph Martin.

March 29, 2018—Maundy Thursday

Worship Service (7:00 p.m.) See page 6.

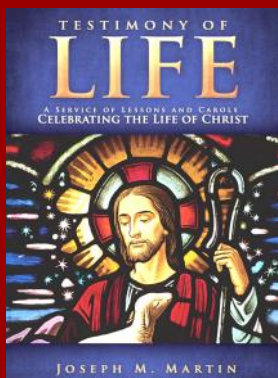
March 30, 2018—Good Friday

Worship Service (7:00 p.m.) Pastor Wallace will offer the message, and music will be provided by Bill Kepner.

April 1, 2018—Easter Sunday

Holy Communion

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will preach during both services. The Chancel Choir will sing, and there will be trumpet accompaniment during the 10:20 service. Christ has risen!



Cantata to be presented on Palm Sunday

On Palm Sunday, March 25, during the 10:20 service, the Covenant Chancel Choir will present the cantata *Testimony of Life* by Joseph Martin. Written in a traditional style and inspired by the celebrated "lessons and carols" format, *Testimony of Life* presents the life, death and resurrection of Jesus Christ. Comprised of choral anthems, Scripture and congregational songs, the work progresses through Lent and Easter. From joyful celebrations of Christ's early ministry to the deep sadness of His suffering and crucifixion, from the shadowed whispers of Gethsemane to the brilliant alleluias of Easter, *Testimony of Life* is a thoughtful mix of artistry and ministry. Be sure to invite your family and friends to share in this wonderful musical experience.

Volunteers for March

March 4

Anchorite: 10:20 - Denise Troop

Hallway Greeter: 10:20 - Ruth Barr

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

March 11

Anchorite: 10:20 - Minister Brenda

Hallway Greeter: 10:20 - Grace Fisher

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

March 18

Anchorite: 10:20 - Carol Brower

Hallway Greeter: 10:20 - Cindy Hean

Lobby Greeters: 8:40 - Mary Lou Hill;
10:00 - Ted & Esther Mefferd

March 25

Anchorite: 10:20 - Charles Miller

Hallway Greeter: 10:20 - Linda Henning

Lobby Greeters: 8:40 - Sara & Alex Cuebas; 10:00 - Janice & Harold Ulmer

MARCH USHERS

Glenn Miller, Head Usher

Abe Keener, Marilyn Keener,

Bill Stemmer

APRIL USHERS

Denise Troop, Head Usher

Grace Fisher, Cindy Hean,

Linda Henning, Joan Miller

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

Youth News

Gretna Glen

This has been an exciting year for our youth. In January, we participated in the Winter Blast program at Gretna Glen. There was worship, and the theme was "Simplify." We learned about simplifying our lives so that we can see and feel God at work in and through us. There was time for socializing with games and arts and crafts. It was an overnight trip, so we had our meals together and slept in a cabin. Please stop by our bulletin board and see our display.

2nd Sunday Greeters

The youth are thrilled to have been asked to be 2nd Sunday greeters for the 9 a.m. service. They are still a bit shy. Would you please take a moment to greet them and help them grow in their social skills while they are learning to be servants? Thank you.

Cards for our Sick and Shut-ins

We designed a card for our sick and shut-ins. We started sending cards to members in our congregation who are not able to be with us.

Prayer Requests

Please pray for us as we journey on our walk with Christ. Please pray for our leader, Minister Santa, and the youth while at school, that they may be safe and mindful of getting a good education. Please pray for our upcoming events: Gretna Glen activities, the car wash fundraiser, special needs for our television station (more about those needs will be coming). Please pray for our health and well-being, and don't forget our parents and grandparents and all those who are helping to raise us.

Here's to Good Health



Liver Health

Most likely you don't think much about your liver. But your liver is a remarkably complex organ that's responsible for a range of critical functions; the liver tends to quietly go about its work, unless something goes wrong. Your liver is the largest solid internal organ in the body. It weighs about 2-3 pounds and sits on the right side of the abdomen just under the rib cage. Like a complex processing plant, its specialized cells play a key role in maintaining your health.

The liver acts as a gatekeeper, processing everything you ingest after it goes through the gastrointestinal tract. It turns nutrients like carbohydrates, fats, and proteins, as well as vitamins and minerals, into fuel for many bodily functions. Through various metabolic processes your liver:

- Helps regulate blood sugar levels
- Transforms fats into energy
- Produces/Manages cholesterol
- Forms proteins, including those that play a key role in cleaning the blood and forming clots

- Stores vitamins and minerals, including iron

Your liver acts as a filter, cleaning potentially harmful substances from your blood. Your liver has specialized cells, which among other things, ingest and destroy invading bacteria, their toxins, and viruses.

Your liver produces about 2 cups of bile each day. A soapy, yellow-green liquid, bile breaks down fats for further digestion. Bile is stored in the gallbladder and from there is excreted into the small intestine. Bile is a major vehicle for waste removal from the body.

How can you take care of your liver?

While you can't influence every factor – such as your genetics – you do have control over a wide range of choices that can help preserve your liver health. A healthy diet and regular exercise are good for your liver. Choose a high fiber diet full of fruits and vegetables and whole grains.

Limit or avoid alcohol consumption and use medications as directed. Follow your doctor's orders when taking medications, including vitamins or supplements. Talk with your doctor before using dietary supplements and herbal remedies. Many of these products can be harmful to your liver.

Minimize exposure to toxins. Use aerosol cleaners, insecticides and other toxic chemicals only in well-ventilated areas and wear gloves, long sleeves, and a mask if recommended. Don't smoke and avoid second hand smoke. Keep your vaccinations up-to-date. Talk with your doctor about ones you might need.

Avoid risky behaviors and exposure to blood and body fluids. Hepatitis viruses can be spread by contaminated bodily fluids. Mother was right when she told you not to share personal items like razors, nail clippers or toothbrushes.

We are fearfully and wonderfully made!
Cindy Smith, Wellness Coach

25-Yr. Member Reflections: Howard Boudier

Howard Boudier was recently recognized for being a 25-year member of Covenant Church. Here are his responses to several questions as he reflected on his years of membership. The events in the church that were most special to Howard were social get-togethers like Elderberries, church dinners, and holiday services.

The areas of church life that Howard was most interested in were the wor-

ship services and Sunday School. Howard responded that he received great satisfaction from helping with the Echoes, filling envelopes, and helping with anything that needed to be done.

His favorite memories are of his Sunday School class and Harold Quicke playing the violin. Of all the people he knew and served with, Bob and Jean Moss were the ones he men-

tioned as having the greatest impact on his life. His favorite hymns are "Amazing Grace" and "Love Lifted Me." Psalm 136 is his favorite scripture.

CORRECTION: In the February *Echoes*, Thelma Walk was listed as a 50-year member. Thelma is a 25 year member of Covenant Church. The office apologizes for this error.

Summer Church Camp



It's time to think about warm weather activities, including swimming, hiking, and campfires. Early Bird registration for our three summer church camps is March 15. Register soon, as popular camps fill up quickly.

1) Gretna Glen—our closest camp, (just south of Lebanon).

2) Pocono Plateau (in the Poconos, of course)

3) Camp Innabah (off Route 100, about half-way to Philadelphia)

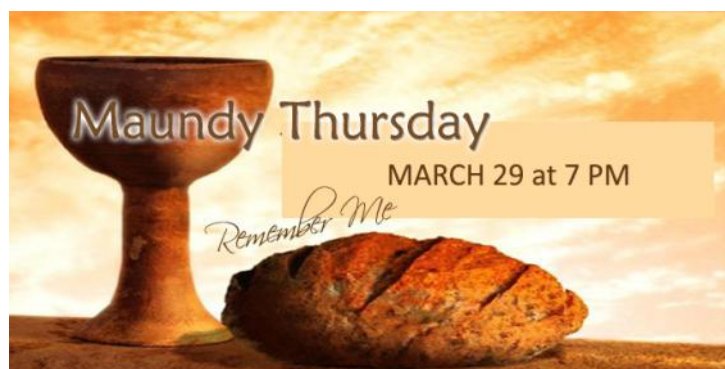
We have day camps and overnight camps, on-site camps

and off-site (travel camps), camps for everyone, kindergarten through high school, plus special camps for 4 year-olds and an adult. (Take your grandchild to camp.)

There's also the opportunity for youth 14-17 to receive training and become a Camper-in-Leadership training (CILT).

All camp details are available in registration booklets available in the church office or from Pastor Don. Covenant Church will pay 1/2 of the basic fee (up to \$220) for each camper from Covenant Church. Scholarships for additional funding are available by talking with one of the pastors. We want to ensure that all children and youth who want to go to summer church camp are able to go.

REGISTER TODAY !



In a special service filled with scripture, music, and symbolism, we will explore the meaning of the Holy Week experiences—the Last Supper, the Garden of Gethsemane, and the trials and death of Jesus.

The theme of the service will be "The Lord Is My Shepherd" (Psalm 23). During Lent take time to re-read this familiar psalm and think about how it relates to the Holy Week experiences.

As Old and New Testament scriptures are read, and as we sing and hear familiar hymns of the season, symbols of the Holy Week story will be placed on or around the Communion Table. The sacrament of Holy Communion will be part of the service. Invite a friend to come with you for this special service.



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The Reverend Donald E. Zechman, Nurture & Worship

The Reverend Sally Ott, Visitation & Witness

Minister Santa Jenkins, Youth Director

The Reverend Dr. Guy Carrigan, Director of Evangelism

The Reverend Theodore C. Mefferd, Pastor Emeritus

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