

ECHOES

May, 2019

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



From the Pastor's Desk...

By Pastor Quentin Wallace

Prayer Support... Lift the Arms of Our Leaders



When the Israelites were at Rephidim, they were attacked by the Amalekites. So Moses told Joshua, "Have some men ready to attack the Amalekites tomorrow. I will stand on a hilltop, holding this walking stick that has the power of God." Joshua led the attack as Moses had commanded, while Moses, Aaron, and Hur stood on the hilltop. The Israelites out-fought the Amalekites as long as Moses held up his arms, but they started losing whenever he had to lower them. Finally, Moses was so tired that Aaron and Hur got a rock for him to sit on. Then they stood beside him and supported his arms in the same position until sunset. That's how Joshua defeated the Amalekites. (Exodus 17:8-13)

The evangelist Billy Graham would often go to the capitol of our nation to counsel and pray with and for our leaders. He understood that those who lead need God's guidance in their decision making. An illustration of leadership support is emphasized in the Exodus passage above.

In the account, Moses is informed by God that the Israelites are going into battle against the Amalekites, and God's provision is that, as long as Moses' arms are raised, God's people will be victorious against their enemies. But should Moses' arms fall, the enemy will win. As long as the leader looks to God and lifts up the staff, and the people look to the leader, the people will win. On the other hand should the leader tire and lower his hands, the enemy will be victorious. We know from scripture that Moses was in constant conversation with God, and as leaders we must always keep our arms lifted in prayer and praise. But sometimes lengthy battles or difficult circumstances may zap our strength. It is in those times of limited strength when we need the support of others.

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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 2019 is **Preparing for Increase.**

Please be in prayer for Covenant Church.

WELCOME OUR YOUNGEST MEMBERS

The nurture team is actively introducing our children to worship. Sunday school class, youth group, and nursery children, along with their teachers, will be present in our worship services on a monthly basis. At the 9 am service, Sunday school and youth groups will worship together and participate in communion on first Sundays. The nursery children will worship and commune in the 10:20 service. On fourth Sundays both Connect! and the youth group will worship with their teachers in the 10:20 service. Please share lots of smiles and encouragement as we intentionally welcome our youngest members to worship.

THIS MONTH WE RECOGNIZE...

The month of May is Asian-Pacific-American Heritage Month, Jewish-American Heritage Month, and Mental Health Month. Each Sunday during the month of May one of these topics will be highlighted in the News to Go.

Sidelights

SUMMER CAMP OPPORTUNITIES

The conference offers wonderful opportunities for our young people to get outdoors and fellowship with other young Christians within the safety of our Christian camps. There are four options in our conference: Gretna Glen, Camp Innabah, Pocono Plateau, and Carson Simpson Farms. Partial Scholarships are available for Covenant's children and youth. Please see Minister Brenda if interested. Additional information about each camp as well as the weekly offerings can be found at epaumc.org.

CALLING ALL GRADUATES

The office is looking for names of anyone from Covenant Church who will be graduating from high school or any institution of higher learning this year or from December 2018. Graduates will be honored at a worship service in June. Please give the names of the graduates to the church office by Sunday, May 19th.

MOOS FUNDRAISER

Save the date for the MOOS Fundraiser on Sunday, June 30. Grab some food at Isaac's from 11:00 a.m.-8:00 p.m. that day and 25% of the proceeds goes to MOOS. Then at 6:30 p.m. Kevin Ressler, Executive Director Meals on Wheels of Lancaster, will speak at Covenant Church. Doors open at 6:00 p.m. Ice Cream Social and Silent Auction to follow. More details to follow.

SEEKING VOLUNTEERS

The Outreach Team needs your help! Occasionally church members call for transportation to doctor's appointments, medical treatments, etc. Pastor Sally is the coordinator for meeting these needs. If you are interested and willing to provide transportation as available, please let Pastor Sally know, and she will contact you as a need arises.

We Worship Together

Sunday Services **9:00 am - Contemporary Worship**
10:20 am - Traditional Worship

May 5, 2019—3rd Sunday in Easter Holy Communion

Pastor Quentin will bring the message at the 9:00 am and 10:20 am services. Holy Communion will be observed. The Chancel Choir will provide the music for worship at 10:20.

May 12, 2019—4th Sunday in Easter, One Service at 10:20 Mother's Day, Music Appreciation Sunday, Blanket Sunday

Pastor Wallace will preach the message for Music Appreciation Sunday. There will be one service at 10:20 a.m. The Praise Band, the Chancel Choir, and the Bell Choir will all participate in the service. Each woman will receive a carnation as they leave the service. The Mission minute by Chris Kimmich will focus on Blanket Sunday Offering.

May 19, 2019—5th Sunday in Easter Heritage Sunday, Family & Friends Sunday

Pastor Quentin will bring the message at the 9:00 a.m. and 10:20 a.m. services. The Chancel Choir will provide the music for worship. Those members celebrating 25, 50, and 75 years of membership will be honored at both services. Light refreshments will follow both services.

May 26, 2019—6th Sunday in Easter Memorial Day Sunday

Pastor Wallace will preach the message at both the 9:00 a.m. & 10:20 a.m. services. There will be special music on this Sunday.

May Volunteers

May 5

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

May 12

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

May 19

Lobby Greeters:
8:40 - Mary Lou Hill
10:00 - Sandy & Rev. Carrigan
Anchorite: Corey Dick

May 26

Lobby Greeters:
8:40 - Mee Schuler
10:00 - Harold & Janice Ulmer
Anchorite: Janet Seyfert

May Ushers

Head Usher: Dave Beznoska
Tina Butler, Bill Grau, Jr.,
Linda Henning, Dick Galen

June Ushers

Head Usher will recruit ushers each Sunday

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In the Exodus passage above, the battle raged on for a lengthy period of time. As it continued, Moses legs began to weaken. So Aaron and Hur sat him on a stone to rest. After a while longer his arms began to tire, and under the weight of the staff his arms slowly began to lower. Subsequently the Israelite soldiers began to lose to their opponents.

As I reflect on this story, two things could have occurred. One is that Aaron or Hur could have simply stood by as Moses lowered his arms and accepted defeat as God's will. The second is that they could have assumed it was more important for the staff to be raised than for a weakened Moses to hold it and therefore lifted it themselves.

Because Aaron and Hur understood that Moses had this pact with God, they made no attempt to assume Moses' role in holding the staff, but to instead assist Moses by lifting his arms for him. Their trust in God and their faith in Moses led to God's people prevailing in battle.

What I glean from this passage is that Godly leaders have a great responsibility, but they are not called to do it alone. and their decisions impact others and ultimately lead to success or failure.

Prayer and encouragement are the greatest supports we can offer for those who lead us. Therefore let us "lift the arms" of our leaders with our support, and we will find that, with God, we will win the difficult battles that arise. Let us continue to pray for those who lead us; especially those in the church.

Next to the Word of God, music deserves the highest praise. The gift of language combined with the gift of song was given to man that he should proclaim the Word of God through Music. - Martin Luther

MUSIC APPRECIATION SUNDAY

May 12

Sidelights

MEMORIALS RECEIVED

In memory of **Arline S. Rutt**, gifts to the Dolly Kepner Fund from:

Don and Cindy Dale
Ron and Jeanette Trout
Sally W. Ott
Dolly Kepner
Carole Horn
Robert Moss
Donald and Janet Hilgert
Ruth Neuman
Doris Hiepler
Mel and Marian Hough
Sandra Leonard
Steven and Sally Young
K Pauline Staab

In memory of **Arline S. Rutt**, a gift to the Maintenance Fund from Joan N. Miller

In memory of **Michael Krow**, gifts to the Memorial Fund from:

Dennis and Carol Bachman
Sally W. Ott
Ruth Neuman
Thomas and Bonnie Swingler
James and Melva Ann Stover

In memory of **Michael Krow**, a gift to the Maintenance Fund from Joan N. Miller

In memory of **Shirley Drukenbrod**, a gift to the Memorial Fund from Brenton and Stephanie Grimes

BIBLE STUDY OFFERED

The small group Bible study, Women Seeking Discipleship, facilitated by Sue Kresge, will be held Sunday, May 5, and Sunday, May 19, at 4:00 p.m. in the Chapel/Library. All are welcome to participate. See Sue for more details.

Sidelights

FROM THE BOARD OF TRUSTEES...TO THOSE MEMBERS WITH CHURCH KEYS

When using your church key to enter the church at the handicapped entrance make sure to turn your key the entire way to the right to raise the pin. The door should then open and close properly. But please turn around to make certain the door is latched. If the door is not latched, push in the panic bar and let the door close. It should latch. DO NOT PULL IT SHUT. Thank you.

JOIN A PRAYER GROUP

You are invited to join the Wednesday Prayer Group, which meets each Wednesday at 10:00 a.m., (please note the change in time) or the conference call prayer group that meets every Friday morning at 6:00 a.m. via the phone. Just dial 515-739-1034, and enter the code 202700.

GROCERY CARDS

Support our Outreach Team and Outreach Ministries by purchasing a grocery card at the table in the lobby. Cards can be purchased on the first and third Sunday of each month. By using the card, a percentage of your purchase price returns to the church.

NURSERY AVAILABLE

The nursery is now fully staffed during our 10:20 service. Please feel free to bring your infants, toddlers, and preschoolers to the nursery on the 2nd floor.

First Friday Family Fun Nights

The nurture team is actively embracing our mission to invite, welcome, nurture and serve. We have hosted two First Friday events and they were both successful.

In March we invited the community in for a meal followed by fun activities including bingo and arts and crafts.

In April we hosted our annual Easter egg hunt along with a meal, a dramatic presentation of the Easter story and Easter themed crafts. Every child left

with an Easter basket and lots of candy and goodies.

first
friday
family fun

We are attracting young families from Fulton, families from the daycare, and others from our surrounding community.

Our May event will focus on middle school aged children. These events are open to our Covenant family as well. We would love to have you come and help or just enjoy a conversation with our neighbors.

We are awaiting the response from grant proposals that were submitted to financially assist in our efforts. We are grateful to those who support with requested items or financial support.

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

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

Financial Update

The Finance Team wishes to keep the Covenant Family up to date on the state of our church finances. Please review the information carefully and use it as you prayerfully consider your stewardship—your time, talents, and resources—in support of Covenant Church. If you have questions regarding the report, please feel free to contact any member of the Finance Team.

Below are Income and Expenses for March 2019 which represents 25% of the year			
	Budget	March YTD Actuals	Percentage of Budget
INCOME			
Envelope Offering	\$305,000.00	\$75,930.05	25%
Plate Offering	\$3,000.00	\$546.00	18%
Special Offerings	\$8,850.00	\$261.75	3%
Trusts	\$18,600.00	\$6,767.27	36%
Parking Lot	\$23,000.00	\$9,613.00	42%
Use of Bldg	\$1,500.00	\$395.00	26%
Day Care	\$10,000.00	\$2,000.00	20%
Miscellaneous	\$5,500.00	\$506.50	9%
BB&T	\$120,486.00	\$0.00	0%
	\$495,936.00	\$96,019.57	19%
EXPENSES			
Missions & Benevolence	\$53,268.00	\$13,317.06	25%
Evangelism	\$600.00	\$0.00	0%
Christian Education	\$3,100.00	\$263.02	8%
Outreach	\$1,500.00	\$0.00	0%
Worship	\$2,385.00	\$401.19	17%
Program Administration	\$23,150.00	\$5,662.99	24%
Personnel	\$293,451.00	\$75,158.26	26%
Property	\$118,482.00	\$23,828.73	20%
	\$495,936.00	\$118,631.25	24%

Here's To Good FOOT Health

Did you know that each of your feet is made up of about 26 bones, 33 joints, and more than 100 muscles, ligaments, and tendons? These structures all work together so your feet can carry you through your daily activities – most of the time, without you giving this complex orchestration a second thought.

Until you have a problem with your feet, you most likely don't think about how important your feet are to your overall health. Unfortunately, foot pain is common, affecting almost a quarter of those older than 45. Painful feet, combined with age and losses in strength and balance, can make it difficult to carry out daily activities, negatively impacting your quality of life and increasing the likelihood of falls.

The average person takes about 3 million steps a year. This can add up to over 100,00 miles over a lifetime. Normal wear and tear can lead to changes that come with age. Your feet may become longer and wider, and the arches may flatten slightly. The fat pads on your heels thin, reducing the padding that absorbs the shock of steps.

Other changes may be the result of shoes that don't fit properly or an underlying medical issue. Conditions that can affect your feet include:

Bunions, cracked heels, fallen arches, fungal infections, hammertoe, plantar fasciopathy, nail problems, osteoarthritis, stress fractures, gout, and even sweat and odor.

Here are a few steps to take to help prevent common foot issues and work toward healthy feet.

- Examine your feet: Keep an eye on your feet and look for any changes or problems.
- Trim toenails regularly: Trim nails after washing your feet. Cut straight across; use an emery board to carefully smooth the corners.
- Protect your feet: Avoid walking barefoot, especially outside.

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MAY CALENDAR

Regular Events (Unless Otherwise Noted)

MOOS, 7am
 Prayer Group, Wednesdays, 10:15am
 Chancel Choir, Wednesdays, 7pm
 Praise Team, Thursdays, 7pm
 Prayer Group, Fridays, 6am

5/2, Thursday
 Finance Team meeting, 7pm

5/3, Friday
 First Friday Family Fun Night, 5:30pm

5/4, Saturday
 Community Closet, 9am
 Care & Share breakfast, 8:30am

5/5, Sunday
 Women Seeking Discipleship, 4pm

5/6, Monday
 Outreach Team meeting, 6:30pm

5/8, Wednesday
 Community Meal, 4:30pm

5/9, Thursday
 Church office closes at noon

5/14, Tuesday
 Leadership Team meeting, 7pm

5/18, Saturday
 IMPACT! Missions Workday, 9am

5/19, Sunday
 Women Seeking Discipleship, 4pm

5/20, Monday
 Community Table, 8am

5/21, Tuesday
 Trustee Board meeting, 7pm

5/25, Saturday
 Men's Fellowship Breakfast, 7:30am

5/27, Monday, Memorial Day
 Church Office closed

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: M,W,Th, 8:30-3:30; T,Fri., 8:30-Noon

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

Mr. Jeffrey McGary, Echoes Editor

Mrs. Virginia Landis, Office Manager

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- Choose appropriate footwear: make sure shoes are not too tight or loose or without enough support.
- Strengthen your feet and ankles: Improving strength and range of motion in your feet and ankles can increase stability and reduce the likelihood of injury.
- Enjoy a massage: In addition to feeling good, it can help improve circulation and release tension.
- Put your feet up: Standing or sitting for long periods of time can cause swelling of feet and ankles. Elevate your legs above the level of your heart.

Keep your feet happy!

Cindy Smith

Wellness coach