

ECHOES

November, 2019

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



From the Pastor's Desk...

By Pastor Quentin Wallace



Thanksgiving is Thanks Living

"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful." (Colossians 3:15)

A few days ago I was headed to Lancaster for a meeting, and the clock was working against me. I was running late. In reaction to the possibility of being late, it seemed to me that all of the cars in front of me in Lancaster city were driving too slowly, and every red traffic light I encountered was lasting too long. Suddenly it occurred to me that I needed to be at peace within, because I could not control these external circumstances. What could I use to distract me from these slow drivers and long traffic lights?

I began to pray for calmness, and I began to observe my surroundings and noticed things I had not seen before, such as new construction or a house I had never seen before that had clearly been in place many years. As I began to notice my surroundings after prayer, I began to be thankful for things, such as having an automobile with heat and a radio, being able to drive, and even having a job to go to. I was reminded through that situation that I should pray, be at peace and to be thankful.

In the passage above, Paul the Apostle invites the people in the church of Colossae to allow the peace of Christ to take control of their hearts and spirits so they as part of Christ might be unified and thankful.

As Christians and members of the church, sometimes we may miss all the positive and meaningful things that are occurring around us on our faith journey due to external circumstances such as busy schedules or personal concerns.

If you are not feeling overwhelmed that's great. However the upcoming holiday season may actually ramp up impatience and frustration as we encounter crowded parking lots, long lines to stand in, and gatherings with extended family members.

In the midst of it all of those things, please find peace, appreciate some things, and be thankful to God. Recently I found this sign posting that sums up this article perfectly, "Thanksgiving is Thanks Living."

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.

HARVEST HOME

We will celebrate Harvest Home on Sunday, November 24. Feel free to bring non-perishable food items to the church through November 20. There will be a basket in the Gathering Area for food donations. All donations go to the Lancaster County Council of Churches Food Bank.

STEWARDSHIP REMINDER

As you prayerfully consider your commitment for 2020, please also think about making a 135th anniversary gift in honor or memory of a friend, loved one, or a special program. Your generosity can make a big difference.

WEDNESDAY PRAYER GROUP

The Wednesday Prayer Group meets weekly at 10:15 a.m. You have an open invitation to join us any Wednesday. No one that attends will need to lead a prayer, just your support is appreciated. For additional information see Pastor Sally or Minister Santa.

Sidelights

FLOWERS IN THE SANCTUARY

There are many openings for flowers during the upcoming months. See the volunteer secretary to place an order.

UMW WORLD THANK OFFERING SERVICE

United Methodist Women's World Thank Offering service will be celebrated on Sunday November 24, during both services. Minister Brenda Wallace will be the speaker. You can pick up a World Thank Offering giving calendar located in the Gathering Area. On that Sunday an additional offering will be collected to help women, children, and youth locally and around the world. With a thankful heart we give our Thank Offering.

COMMUNITY AID

Our Community Closet has a relationship with Community Aid on Columbia Ave. Any clothing that we cannot use is sent to Community Aid for their store. Additionally, they give us Community Aid gift cards to help supplement the giving from the congregation. Thank God for partnerships.

MOOS NEWS

MOOS has a new director, Shanece Bowman, who has replaced the two previous staff members. Every day there are 13-14 children attending. The children are being cared for Monday through Friday before school opens. Additionally, the budget has been reduced by \$4,000.

MEETING CALLED FOR 9AM WORSHIPPERS

There will be a special meeting for all who worship at the 9am service on Sunday, Nov 24, at 10am in Bethany Hall. Please mark your calendar to attend.

We Worship Together

Sunday Services **9:00 am - Contemporary Worship**
10:30 am - Traditional Worship

November 3, 2019—21st Sunday after Pentecost

Holy Communion

All Saints Sunday

Preaching at both services is Pastor Wallace. Music will be presented by the Praise Team at 9 and Dennis Pou will provide special music at 10:30.

November 10, 2019—22nd Sunday after Pentecost

Pastor Wallace will preach. Music will be presented by the Praise Team at 9 and the Chancel Choir at 10:30. The Bell Choir will provide special music at the 10:30 service.

November 17, 2019—23rd Sunday after Pentecost

Pastor Wallace will preach during both services. Music will be presented by the Praise Team at 9 and the Lebanon Valley College Chamber Choir will join the Chancel Choir at 10:30.

November 24, 2019—24th Sunday after Pentecost

Harvest Home Sunday

UMW World Thank Offering Sunday

Preaching at both services is Minister Brenda Wallace. UMW will lead the service as we bring a special offering to help women, youth, and children locally and around the world. Music will be presented by the Praise Team at 9 and the Chancel Choir at 10:30.

December 1, 2019—1st Sunday of Advent

Holy Communion

Pastor Wallace will preach during both services. Music will be presented by the Praise Team at 9 and the Chancel Choir at 10:30.

November Volunteers

November 3

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

November 10

Lobby Greeters: 8:40 - Cindy & Bob Hean;
10:00 - Youth
Anchorite: Lois Neidermyer

November 17

Lobby Greeters: 8:40 - Mary Lou Hill;
10:00 - Sandy & Rev. Guy Carrigan
Anchorite: Nancy Grau

November 24

Lobby Greeters: 8:40 - Mee Schuler;
10:00 - Janice & Harold Ulmer
Anchorite: Corey Dick

November Ushers

Don Dale, Head Usher
Tina Butler, Linda Henning, Glenn Miller,
John Longenecker

December Ushers

Don Dale, Head Usher
Dave Beznoska, Bill Grau, Jr.,
Ron Kimmich

Here's To Good Health!

Restless Legs Syndrome

Do you have tingling, itching, or creepy crawling sensations on your feet or legs when trying to fall asleep? You could have restless legs syndrome. Inactivity triggers RLS; this disorder can also extend into daytime hours and makes sitting still difficult. No wonder people with RLS complain of being fatigued.

Dr. Indira Subramanian from UCLA Medical Center says there can be many different reasons a person can develop RLS. It is associated with nerve damage, B12 deficiency, diabetes, and iron deficiency anemia.

You should have an annual complete blood count (CBC) test. This can be helpful, but you should also have a test for iron in the blood called ferritin. The iron test needs to be done since you could have a normal CBC and still be iron deficient.

Experts believe that RLS may be related to a disruption in dopamine, the brain chemical involved with body movement. A malfunction in the dopamine system can prevent proper brain cell

communication, leading to involuntary movement. Low iron levels can also disrupt dopamine production. Your Health Care Provider can prescribe iron supplements or medication to help manage the condition.

Try one of these suggestions if you are bothered by RLS.

Exercise, stretching, cold compresses, and warm baths can help says Dr. Subramanian. There isn't just one treatment because there can be many different reason for RLS.

Having a healthy life style includes weight loss, not smoking, no or moderate drinking can reduce the risk of developing RLS and relieve symptoms if you already have it.

As always talk with your Health Care Provider if you think you might have RLS.

Cindy Smith

Wellness Coach

Sidelights

GIFTS GIVEN

In honor of Covenant's 135th anniversary, a gift to the church in memory of **Mr. and Mrs. Harry S. Nissly** from the Talbot grandchildren.

In memory of **Ruth Goshkey**, a gift to the Dolly Kepner Music Fund from A. Lucille Meissner.

SHARING THE GOOD NEWS WORKSHOP

"Creating Christian conversations that connect, relate and heal."

WHEN?

Saturday, November 16, 9am to 1pm

WHERE?

Covenant United Methodist Church

LEADERS

Rev. Dr. Quentin Wallace

Rev. Dr. D. Guy Carrigan

PURPOSE

The workshop hopes to create an atmosphere where people can develop useful skills for sharing their personal faith story and the Christian Salvation story, and finding comfortable ways to use them effectively in the life and ministry of the church. Sign up in the Gathering Area!

FAMILY CHRISTMAS PARTY

The Nurture Team and United Methodist Women are sponsoring our Annual Family Christmas Party on Friday, Dec. 6, at 6pm. Our guest entertainment will be Chris Ivey, nationally acclaimed Christian Juggler. There will be food, caroling, and gifts for the children. Please mark your calendars and plan to join us.



Sidelights

CHRISTMAS COOKIE SUNDAY

It's almost time! Time to start thinking about baking Christmas Cookies. It is a custom at Covenant for our wonderful bakers to share their cookies on Christmas Cantata Sunday. This special time of holiday hospitality will be held on Sunday morning, December 22. Please bring your cookie donations to the Gathering Area kitchen early on December 22 or during the week before. If you bring them in early during the week, please be sure to mark them for this occasion. Thank you.

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.

NOTE OF THANKS

Peg Walz would like to thank the Covenant members for the birthday cards she received. She so appreciated their thoughtfulness.

VISITATION REQUEST

Our Care Team would like to encourage you to call the church office, 717-393-1561, if you are scheduled for surgery or a scheduled hospitalization as well as any unexpected admission to the hospital (by ambulance or through the emergency room). We don't want to miss anyone who might appreciate a visit from the Care Team.

Ever Consider a Sunday School Class?

Everyone in the church is invited to participate in our Christian Education programs. These classes are held at 9:00 a.m. on Sunday mornings. There are a variety of classes for adults and children. Adult classes include:

- Ages and Stages class in the Jesus room (B-4)
- Faith and Fellowship class, Library
- SonShine class, Basement Classroom 1

Sunday School for children from K-5 is held on the second floor at 9:00 a.m.

Youth Sunday School continues at 10:30 every Sunday morning in the Youth Room located in the basement, except on the 4th Sunday when they meet at 9:00.

Please consider joining one of the classes and deepening your understanding of the Bible and God.

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

Willard Hypnosis Center

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

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
All Saints Sunday Holy Communion 9a Adult & Children's Sund. 9a Contemporary Worship 10:30a Traditional Worship 11:45a Emergency Plan Train	4 6p Small Group 7p N/A	5 6p Opera Lancaster Board Meeting 6:30p Outreach Meeting	6 10:15a Prayer Group 11a Staff Meeting 7p Chancel Choir Reh 7p Praise Team Rehearsal	7 6:30p Emergency Plan Train 7p Bible Study - Hebrews	8 6a Conference Call Prayer G	9 10a ICPPA Unsung Heroes o
10 Mission Minute 9a Adult & Children's Sund. 9a Contemporary Worship 10:30a Traditional Worship	11 7p N/A	12 10:15a Prayer Group 11a Staff Meeting 4:30p Community Meal 7p Chancel Choir Reh 7p Praise Team Rehearsal	13 10:15a Prayer Group 11a Staff Meeting 4:30p Community Meal 7p Chancel Choir Reh 7p Praise Team Rehearsal	14 OFFICE CLOSED 7p Bible Study - Hebrews	15 6a Conference Call Prayer G	16 9a IMPACT: Missions Work 9a Sharing the Good News'
17 Extended Youth and Gretn. 9a Adult & Children's Sund. 9a Contemporary Worship 10:30a Traditional Worship 3p Opera Lancaster Event	18 12p Small Group 7p N/A	19 5p MOOS Board Meeting 7p Trustee Board	20 10:15a Prayer Group 11a Staff Meeting 7p Chancel Choir Reh 7p Praise Team Rehearsal	21 7p Finance Team 7p Zeteo Small Group	22 6a Conference Call Prayer G	23 7:30a Men's Fellowship Bre
24 9a Adult & Children's Sund. 9a Contemporary Worship 10:30a Traditional Worship	25 7p N/A	26 10:15a Prayer Group 11a Staff Meeting 7p Chancel Choir Reh 7p Praise Team Rehearsal	27 10:15a Prayer Group 11a Staff Meeting 7p Chancel Choir Reh 7p Praise Team Rehearsal	28	29 6a Conference Call Prayer G	30
1 Holy Communion 9a Adult & Children's Sund. 9a Contemporary Worship 10:30a Traditional Worship	2	3	4	5	6	7

COVENANT

United Methodist Church

110 North Mulberry Street

Lancaster, PA 17603-3507

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Church Staff

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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

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