

ECHOES

COVENANT UNITED METHODIST CHURCH

October, 2017

Issue 62, Number 9

“O’er the Land of the Free...Home of the Brave”



Pastor Quentin Wallace

The thief comes only to steal and kill and

destroy; I have come that they may have life, and have it to the full.

(John 10:10)

When they kept on questioning him, he straightened up and said to them, “Let any one of you who is without sin be the first to throw a stone at her.”

(John 8:7)

While standing or saluting during the singing of the Star Spangled Banner before a sports event, fans understand that the game will not start until the last lyrics are sung, “O’er the land of the free and the home of the brave.”

Following an attack on our nation in 1814 by the British, Francis Scott Key wrote the lyrics to the Star Spangled Banner with joy and admiration after an all night bombardment when he discovered in the morning that the flag of our great nation was still standing at Fort McHenry, assuring our nation had not been overcome.

Today, when Americans stand and sing our national anthem, are we merely following a tradition or truly understanding that since its birth, our nation has continually evolved to embody the words, “Land of the Free” and “Home of the Brave?” Liberation

and courage are not mutually exclusive but forever intertwined.



United States history provides the best illustrations of our evolution. For example, in the creation of the Declaration of Independence and the Constitution, freedom and rights were at the forefront, and our nation has continually expanded those freedoms by the exploits of the brave.

From the late 18th century to the present, new freedoms have emerged in a plethora of ways such as freedom from British tyranny, freedom from slavery, and the movement toward equal rights for all persons regardless of race, gender, religion, or sexual orientation.

Each battle that has been fought and won, whether inside our national borders or beyond, has allowed us to continue as the Land of the Free and Home of the Brave. We must never forget that each freedom came with a price that the brave were willing to

pay with their lives. They refused to follow the status quo, and simply said “No.”

Our nation began with a few brave colonists who said no to Britain's tyrannical rule for the sake of freedom. Later, brave abolitionists would stand and say no to chattel slavery. Decades after that, brave civil rights leaders stood to say no to discrimination based on race. Women's rights activists stood to say no and break down oppression and inequality based on gender bias. Most recently, human rights activist have advocated for the LGBT community who has said no to sexual orientation discrimination. While the battles for equality process onward, we must admit that some major battles have been won, and we as Americans enjoy new freedoms.

As a follower of Christ and an American, I must comment on the most recent convoluted and conflated issue around respect for our national anthem at sports events.

Jesus is recorded in John chapter 10 saying these words, “the enemy comes to still kill and destroy, but I have come that you may have life and have it abundantly.” John:10-10

The enemy seeks to destroy our great nation, as well as steal our joy by creating division among people.

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Short & Sweet

NOTES OF THANKS

Randy Dippary thanks everyone for the cards and visits during his recent hospitalization.

Nancy and Bob Hess thank all the folks who have visited and sent cards during the last two months since their accidents.

Esther Mefferd sends the following note of thanks:

Thank you to everyone who rang handbells with me in the 14 years of ringing here at Covenant. We rang lots of anthems and had a lot of fun (at least I did) and tried many new things! My tenure was just a very small part of the history of handbell ringing here at Covenant which began in the '60s. I have watched many 3rd and 4th graders grow and mature and become so dedicated. Many youth and adults became very much involved with the handbells both ringing for the services and ringing in various places throughout the community and beyond. I also thank the families of the ringers who helped us in so many ways! I thank all of you for your love and support and I ask for your prayers as we look for someone to continue handbell ringing here at Covenant. I thank the congregation for honoring me with flowers, cake, your applause, and for your love to Ted and me. THANK YOU!

GIFTS GIVEN...

In memory of **Ivadene Nagley** from: Ray and June Kann, Pastor Sally W. Ott, and Margaretta Groff and family. In memory of **Amy Campbell** from: Carole Horn, Kenneth Burklew, Ann and Jeff Burklew, Jim and Doris Work, Ray and June Kann, and Joan Miller.

NOAH'S ARK GIFT

You may have noticed the hand-carved Noah's Ark and animals on display in the Gathering Area last month. The ark and animals were a gift from the family of Robert E. Schafer, a long time active member of Covenant Church. The Board of Trustees accepted the gift thinking it would be a great teaching tool for children. A hearty thank-you goes to the family for this gracious donation.

CAN YOU HELP?

The office is in need of addresses for several of our members whom we cannot locate. They are:

- ◆ Robert Bemesderfer
- ◆ Patrick Cristino
- ◆ Megan Fisher
- ◆ Helen Gant-Farley
- ◆ Brian Lebzelter
- ◆ Lisa Manuel

If you can provide an up-to-date address, please contact the church office at 717-393-1561.

CLERGY APPRECIATION MONTH

Did you know that October is Clergy Appreciation Month? And that October 8 is Pastor Appreciation Day? So this month, and especially on October 8, be sure to thank our pastors—not only Pastor Quentin, but also those who serve us even in their retirement. We encourage you to celebrate, honor and affirm our pastors not only this month, but all year long.

START INVITING TODAY!

On Sunday, October 29, we will have one combined service at 10:20 to mark Friends and Family Sunday. Invite your family, friends, and neighbors now to join us in worship. Light refreshments will be served following the service.

MOOS BENEFIT CONCERT

Spark Brass Band, a professional band based in New York, will perform at First Presbyterian Church on East Orange Street on Sunday, October 29 at 4 p.m. Half of the donations raised will go to MOOS. Any individual who donates \$20 or more will receive a MOOS T shirt. Come, support MOOS and enjoy an afternoon of music.

UMCOR DONATIONS

To support those that have been affected by the flooding and devastation in Texas and Florida, you may make financial donations online through Covenant's new secure giving portal. Just go to give.covenant-umc.com and select "Quick Give."

A SNIPPET OF COVENANT HISTORY

In 1961:

The Erisman property to the west of the church was purchased to provide adequate parking for the church. The Erisman property housed a "doll hospital" where many little girls in Lancaster took their broken/sick dolls to be repaired and healed.

In 1962:

"The Erisman Doll Hospital" building on the property newly purchased by the church was given to Landis Valley Museum where it is today.

October 21, 1962:

The parking lot and foyer were dedicated.

We Worship Together



October 1—17th Sunday After Pentecost

Holy Communion

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will present the message during both services. The Chancel Choir will sing during the 10:20 service.

October 8, 2017—18th Sunday After Pentecost

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will preach during both services. The Chancel Choir provides music during the 10:20 service.

October 15, 2017—19th Sunday After Pentecost

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will offer the message during both services. The Chancel Choir will sing at 10:20.

October 22, 2017—20th Sunday After Pentecost

Contemporary Worship (9:00) and Traditional Worship (10:20): Pastor Wallace will present the message during both services. Music at 10:20 will be provided by the Chancel Choir.

October 29—21st Sunday After Pentecost



One Combined Service at 10:20

Heritage Sunday

Friends and Family Sunday

This is Family and Friends Sunday. You are encouraged to invite friends and family to this worship service. Also as part of the morning we will honor those that have been members for 25, 50 and 75 years. Pastor Wallace will preach at the one combined worship service at 10:20 a.m. Both the Praise Band and the Chancel Choir will participate in the service as well as the Kingdom Kids.

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Are we seriously going to toss out our joy of football because someone kneels or refuses to stand? Have we explored the facts or run with a sound bite? Did the first person who knelt do so to oppose veterans or was it a personal protest about the unjust and too frequent killing of African Americans by police?

Are the people who enjoy freedom now refusing freedom of expression to others? Having the option of standing or not standing is one of the many benefits of enjoying this freedom that brave men and women,

both civilian and military, gave their lives for. Are issues always either right or wrong or is there middle ground?

A few weeks ago, I shared a sermon concerning the woman caught in adultery and the crowd that was ready to stone the woman for her inappropriate actions. The crowd looked to Jesus for instruction...to stone or not to stone. Our Lord simply asked the crowd to take some time for introspection, when he said, "He or she that is without sin cast the first stone". And slowly the crowd dispersed dropping their stones as they left. John 8:3-11

As Americans and followers of Christ, we must live in constant introspection. Those who have been liberated spiritually were afforded this gift not to simply oppress others, but to instead spread our freedom through love and unity. We must not react as the world does in response to twisted words that stir up negative emotions. We live in America, the Land of the Free and the Home of the Brave, and we should applaud the freedom Christ gives us and applaud the brave who stand (or kneel) and press us to continue to be and remainThe LAND OF THE FREE AND THE HOME OF THE BRAVE.

Volunteers for October

October 1

Anchorite: 10:20 - Greg Barton
Hallway Greeter: 10:20 - Carol Brower
Lobby Greeters: 8:40 - Faye Zechman & Brenda Roth; 10:00 - Lori Brown & Tina Butler

October 8

Anchorite: 10:20 - Ruth Neuman
Hallway Greeter: 10:20 - Cheryl Lichty
Lobby Greeters: 8:40 - Cindy & Bob Hean
10:00 - Joann Scheid

October 15

Anchorite: 10:20 - Janet Seyfert
Hallway Greeter: 10:20 - Grace Fisher
Lobby Greeters: 8:40 - Mary Lou Hill;
10:00 - Sandy & Guy Carrigan

October 22

Anchorite: 10:20 - Lois Neidermyer
Hallway Greeter: 10:20 - Mary Bowen
Lobby Greeters: 8:40 - Sara & Alex Cuebas; 10:00 - Cheryl Lichty

October 29

Anchorite: 10:20 - Corey Dick
Hallway Greeter: 10:20 - Betty Farkas
Lobby Greeters: 10:00 - Cathy Boyd & Bobbie Schwan

OCTOBER USHERS

Glenn Miller, Head Usher
Abe Keener, Marilyn Keener,
Ron Kimmich, 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



CROP WALK 2017

Sponsored by Church World Service, Crop Walk 2017 will be held on Sunday, October 15, beginning at 1:30 p.m. with registration starting at 12:45 p.m. The walk will begin at Lancaster Church of the Brethren, 1601 Sunset Ave., Lancaster, 17601. The distance for the walk is 5k or 3.1 miles.

Children, youth, and adults are encouraged to participate as together we "take steps" to end world hunger. For more information, contact either Patrick Walker (pwalker@cwsglobal.org) or Pastor Stan Shantz (sshantz@jismchurch.org).



TEXT GIVING HAS ARRIVED!

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 +17177691063 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. Please contact the church office if you have any questions!

Here's to Good Health



October Health Tips

Where did the summer go? Here we are in October all ready. Time to start thinking about colder weather and what we need to do to prepare our cars, homes and ourselves for the winter ahead.

I want to give you a few tips on how to stay healthy this winter.

- Be sure to get your flu shot.
- Keep washing your hands often, and when you can't use hand sanitizer. I know a lot of our congregation like to eat out. (I've seen you when I'm out!) Please use that hand sanitizer after you have turned in your menu to your server. Menus can carry all kinds of bugs.
- Eat healthy to stay healthy. Your immune system is what helps keep you healthy, and your immune system lives in your diges-

tive tract. So, we want to keep that gut in good shape. You need to be eating foods like fruits, leafy salads, and beans. Use healthy fat oils like olive and small servings of lean red meat. Eat chicken, turkey and fish.

- Research shows a Lancaster County favorite, sauerkraut, helps produce good bacteria in the gut. Some other foods that help build the immune system are red grapes, blueberries and cranberry juice. Foods should always be the primary source of nutrients that support your immune system but you may need to add a supplement like a probiotic, Echinacea and vitamin D.
- When you have the first hint of a cold coming on reach for elderberries, zinc, or vitamin C, which can help speed recovery.

- Even if you have a cold make sure you still get your exercise in. When you do exercise your muscles send signals that prompt immune cells to circulate and attack those germs.
- Finding quiet time with the Lord daily can help relieve stress and can benefit the immune system which can leave you less susceptible to illness.
- If you have a pet cat or dog snuggle up with them. Research shows that the bacteria found on their skin or brought in from outside can stimulate our immune system. Hold them close, they have the kind of bugs you want to let in.

Stay healthy!

Cindy Smith,
Wellness Coach

Concert Celebrates Hymns of Charles Wesley



Charles Wesley

Charles Wesley, who along with his brother, John, co-founded the Methodist movement in the 18th century was also the author of thousands of poems and hymns. The hymns of Charles Wesley teach, inspire and encourage us in our Christian life.

On Sunday, November 5, at 4:00 pm in the Grandview sanctuary, a choir of over 60 voices will sing the influential hymns of Charles Wesley. Directors, Cindy McGary, Bill Kepner and Bill Rhoads and their choirs from Grandview, Covenant, and Otterbein churches will sing familiar and new anthems with texts by Wesley.

The choir will be accompanied by Carole Haigh, Dolly Kepner, and Bill Rhoads, piano and organ; Steve Lavender, cello; Dan Hoover, flute; Austin Wagner, percussion and the Bravura Brass Quintet. The congregation will be invited to sing many favorite Wesley hymns. Dr. Charles Yrigoyen, noted author, teacher and Wesley historian, will share brief insights about the Wesleys' ministry.

A free-will offering will be received and shared by the three churches. Put this date on your calendar now; it will be a great afternoon of United Methodist singing!

Leadership Team Election Process

Once again it's time to begin the process of nominating and electing individuals to serve on Covenant's Leadership Team. Members of Covenant Church may nominate one or more persons to serve. You will find the nomination form on the back of this insert. The deadline for submitting nominations is October 29. Members may also submit nominations online through the church website. Please consider the following in submitting nominations:

Leadership Team's Purpose:

- To prayerfully discern God's will for the church.
- To define the vision and direction of the church.
- To oversee all ministries and functions of the church.
- To provide spiritual leadership/direction for ministries.
- To facilitate resolution of disagreements and conflicts, or spiritual recovery.
- To build a family atmosphere and provide opportunity for Christian fellowship.

Member Qualifications

- Member of regular attendance for at least one year. ☐ Godly and spiritual individual—"above reproach."
- Show evidence of the Fruits of the Spirit (Galatians 5:22-23): love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control.
- Willing to cooperate, listen, learn, and grow in commitment to the church's ministry.
- Paid church staff members other than the senior pastor are not eligible. (Find paid staff members listed under "Church Staff" in your bulletin.)

Once all nominations are collected, the list will be reviewed, and the Nominations Team will then contact all qualified nominees for their consent. The final slate of nominees will then be presented for voting at a special Church Conference following the 10:20 worship service on Sunday, November 19. On that Sunday, three persons will be elected to 3-year terms.

Please Note:

The following members of the Leadership Team are completing their terms of service this year and may not be nominated for 2018: Jeff McGary, Lois Neidermyer, Kristen Stemmer.

Also, please do not nominate current Leadership Team members: Tom Buter, Cindy Dale, Phyllis Kepner, Patrick Snyder, Jeannine Spece, Darwin Tyson, Faye Zechman.

Nomination Forms will be available every Sunday prior to the deadline. You may also pick one up in the church office during the week. In addition, you may also submit nominations through the church website. Nomination forms should be placed in the designated box in the Gathering Area by October 29.

Covenant UM Church

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Office Telephone: 717.393.1561

Senior Pastor's Phone:

Office Hours: M-Th, 8:30-3:30; Fri., 8:30-Noon

Church Staff

The Reverend Quentin E. Wallace, Senior Pastor

The Reverend Donald E. Zechman, Nurture & Worship

The Reverend Sally Ott, Visitation & Witness

The Reverend Theodore C. Mefferd, Pastor Emeritus

The Reverend William Keeler, Pastor Emeritus

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