

ECHOES

COVENANT UNITED METHODIST CHURCH

September, 2017

Issue 62, Number 8

Maneuvering the Rapids



Pastor Quentin Wallace

*Trust in the Lord
with all your heart*

*and lean not on your own understanding;
in all your ways submit to him,
and he will make your paths straight.*
(Proverbs 3:5-6)

Recently I heard a story about a group of people who decided to travel down the rapids of a river over several days. As the rafters traveled upon this whitewater river, they experienced calm and rough currents, sudden turns, bumps, and twenty-foot drops.

Afterward as the rafters reflected on their harrowing adventure, the rafters discovered three things played a major role in their success and survival; an informative guide, a raft made of a flexible and durable material, and a team of people who adapt to commands of the guide quickly.

First, the guide informed the rafters of the erratic nature of the river and how to prepare for sudden changes along the route.

Second, having a raft made of a durable yet flexible elastic material allowed the vehicle to glide over jagged stones and rocks that would have otherwise easily broken a rigid wooden boat.



Third, having a team comprised of people who could listen attentively to the guide and adapt to new orders as the conditions of the river changed ensured success.

In the scripture passage above, King Solomon explains in the proverb that the journey of life is not always clear or simplistic, and during those periods in our lives, we must trust in the wisdom of God through prayer and scripture.

As the vacation season nears conclusion and we turn to the final months of the year from September through December, it may seem as if we are embarking on a journey down a rapid river filled with meetings, budget discussions, charge conferences, and upcoming seasonal events.

We, the followers of Christ, do not ride these rapids alone, because Jesus accompanies us. Keep in mind that we have an experienced guide, so remain calm and assured in your decisions as we ride the raft of faith over the bumps and pitfalls of uncertainty. Because of trust in our Savior, we will trust and adjust.

Celebrating Our Nonagenarian Volunteers!

Recently the church office celebrated three long time volunteers, Doris Hiepler, Bob Moss and Mary Siegrist. All three members combined have accumulated close to 90 years of volunteering. Wow! What a milestone! Thank you to these individuals and all of our volunteers for serving in this capacity. The work of the

church is accomplished by many people sharing their love of Christ through the offering of their time and talents.

*Pictured, left to right: Mary Siegrist,
Bob Moss, and Doris Hiepler*



Short & Sweet

NOTES OF THANKS

Vickie Leman would like to thank the congregation for the phone calls, prayers, and cards. Also, thanks to Pastor Sally, Carole Horn, Esther Mefferd, Ruth Neuman, and all those who filled in for her while she was recuperating.

NEW NUMBER FOR FRIDAY

PRAYER GROUP

The number for Friday morning's prayer group conference call has changed to 1-515-739-1034. The code remains the same.

KINGDOM KIDS CHOIR TO BEGIN

Covenant's children's choir will begin rehearsals on Thursday evening, Sept 14th at 7:00 through 7:30. Rehearsals are held in the Kingdom Kids' choir room which is located downstairs. Children in kindergarten through sixth grade are welcome to join the choir. The choir sings on the fourth Sunday of each month with exceptions for Christmas and Easter. Please encourage your children, grandchildren, nieces or nephews, and their friends to join Kingdom Kids for another fun-filled year of singing praises to God!

UMW ANNUAL CELEBRATION

United Methodist Women will hold its annual celebration on September 23, at Lititz United Methodist Church, 201 East Market Street, Lititz, PA. Registration begins at 8:45 a.m. A business meeting and program runs from 9:15-11:30. Lunch and unit sharing follows. Cost for the event is \$10.00. Contact Cindy Smith (717-397-4197) as soon as possible if you are interested in going.

SAVE THE DATE

"The Way Of Salvation", a choral concert featuring the combined choirs of Covenant, Grandview, and Otterbein UMC Churches will be held at Grandview UMC on Sunday, November 5, at 4:00 p.m. The concert will celebrate the hymns of Charles Wesley and will include a choir of 70 plus voices, guest soloists, and instrumentalists. Please mark your calendars now. More details will become available as the concert date nears. All funds raised at this special concert will be shared by all three churches.

10 DIGIT DIALING IS HERE

You can no longer call the church office just by dialing 393-1561. With the recent change to 10-digit dialing in our area, ALL telephone calls – including local calls – must include the full 10-digit phone number, starting with the area code. So please remember that the church office number is now 717-393-1561!

PHONE NUMBER CHANGE FOR

FRIDAY CONFERENCE CALL

PRAYER GROUP

The phone number for Friday's conference all prayer group with Minister Brenda has changed to 515-739-1034. The code remains the same—202700.

UPCOMING WORKSHOPS

Pastor Quentin will be leading two upcoming workshops entitled "Being Comfortable Talking About God With Anyone." Both workshops will be held at 6 p.m. here at the church on Wednesday, September 20, and Wednesday, October 4. Participation in both workshops is open to anyone. You do not need anything to participate in the workshops, just come to church on September 20.

OUTREACH REMINDER

The Outreach team wants to remind you about some ways that you have helped support some of the projects that we support here at Covenant Church.

Funds that we have received from the Grocery Cards have gone to help support MOOS, LUMINA, Lancaster County Council of Churches, and Red Bird Mission.

Box Tops for Education and Campbell's Labels for Education have been sent to both Red Bird Mission and Henderson Settlement.

The Penny Jar that you can find each Sunday morning in the Gathering Area does add up to help support our Second Mile giving.

Keep up the good work! Thanks for your support!

CHURCH PICNIC SCHEDULED

The church picnic will be held Sunday, September 24. There will be one combined service at 10:20 a.m. in the Sanctuary, and the picnic will follow at 12:30 in the county park. Come out to this time of relaxation, fun, fellowship and GREAT FOOD!

NEW MEMBERS' CLASS

Pastor Zechman will be offering a new members' class in September. If you would like to join the church or find out more about Covenant, please sign up on the sheet in the Gathering Area to be part of this class. You may also sign up by calling the church office at 393-1561.

We Worship Together



September 3—13th Sunday After Pentecost

Laity Sunday

Holy Communion

Labor Day Weekend

Contemporary Worship (9:00): Darwin Tyson will present the message.

Traditional Worship (10:20): Minister Brenda Wallace will offer the message, and Jay Hart will provide special music.

September 10, 2017—14th Sunday After Pentecost

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

September 17, 2017—15th 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.

September 24, 2017—16th Sunday After Pentecost

"Dress for the Picnic"

One Combined Service at 10:20: Pastor Wallace will preach, and music will be provided by the Praise Band and the Chancel Choir. The church picnic will follow at 12:30 p.m. in Lancaster County Central Park, Pavilion 1.

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. Music at 10:20 will be provided by the Chancel Choir.

A Snippet of Covenant History

On Sunday, August 29, 1971, there was an open house in the newly improved children's Sunday School rooms on the second floor of the main building. Additionally on September 26, 1971, the redecorated Sanctuary of Covenant Church was reopened for the worship of God with appropriate services.

That summer as these renovations were in progress the Covenant Congregation worshipped with the congregation of Bethany Church next door.

PLEASE NOTE: It has been called to the attention of the History Team that before these renovations were completed the ceiling in our Sanctuary was actually made of cloth,

which apparently made for excellent acoustics. The History Team has been unable to verify this fact about the ceiling. Is there a church member who remembers if this is true or can elaborate on this story? If you have an answer, see either Grace Fisher, Nancy Groff, or Joan Miller.



Volunteers for September

September 3

Anchorite: 10:20 - Glenn Miller

Hallway Greeter: 10:20 - Ruth Barr

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

September 10

Anchorite: 10:20 - Charles Miller

Hallway Greeter: 10:20 - Cindy Hean

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

September 17

Anchorite: 10:20 - Joann Scheid

Hallway Greeter: 10:20 - Merle Groff

Lobby Greeters: 8:40 - Mary Lou Hill;
10:00 - Sandy & Guy Carrigan

September 24

Anchorite: 10:20 - Nancy Grau

Hallway Greeters: 10:20 - Guy & Sandy Carrigan

Lobby Greeters: 10:00 - Janice & Harold Ulmer

SEPTEMBER USHERS

Dave Beznoska, Head Usher

Bill Grau, Jr., Marilyn Keener,

John Longenecker, Ron Kimmich

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

Celebrate Our New West District!



Join with your fellow United Methodists on Monday, September 18, 2017, to Celebrate the new West District of the Eastern Pennsylvania Conference, with Bishop Peggy Johnson!

The celebration will be held at Ruhl's UMC, 4810 Elizabethtown Road, Manheim, and kicks off at 4:00 p.m. with a Clergy Session, followed by dinner for clergy and laity at 5:30 p.m., and then a Laity Session with Bishop Peggy at 6:30 p.m. Dinner is \$5, payable at registration.

You can register online by going to the Eastern PA Conference website (epaumc.com) under the News and Events tab. Or contact the West District office at 717-569-9673.

Agenda for the Laity Session includes worship and devotions with Bishop Johnson, plus reports from our Conference Lay Leader, David Koch; Director of Connectional Ministries, Dr. Anita A. Powell; Mrs. Jo Fielding, Executive Director of Pension and Health Benefits & Director of Administrative Ministries; our new Conference Treasurer; and announcements from District Superintendent Bumkoo Chung.

Here's to Good Health



This month's health tip is one we don't really like to talk about but sooner or later everyone will experience it – Constipation.

Constipation is when your bowel movements are hard to have or happen less often than normal. Although it is not usually serious, you feel much better when your body gets back to normal.

But what is normal? Normal can be different for each of us. Some people "go" (have a bowel movement) once to maybe three times a day. Others maybe only "go" once or twice a week, or something in between. Don't panic if you miss "your normal" for one or two days. There can be several causes that lead up to that disruption of routine. For most people going more than three days might be too long and you need to think about what could be causing the constipation and what to do about it.

Causes of Constipation:

- Taking antacid medications that contain calcium or aluminum.
- Having a change in your usual diet or activities.
- Eating a lot of dairy products.

- Not being active due to illness or pain.
- You are not getting enough water or fiber in your diet.
- An overuse of laxatives.
- Resisting the urge to have a bowel movement.
- Some of the medications you are taking, especially strong pain pills or iron pills.

If you are constipated:

- Drink 2-4 extra glasses of water a day (unless your doctor tells to limit your fluid intake).
- Try drinking warm liquids, especially in the morning. Along with your coffee or tea try warm prune juice.
- Add fruits and veggies to your diet. Try prunes, bran cereal and applesauce.
- Go for a walk.
- Schedule time each day for a bowel movement. Try after breakfast or another time when you are not rushed. Establishing a daily routine may help.
- This one might sound "strange or funny" but support your feet on a small 6 inch step stool. When you are sitting on the toilet, this will

help flex your hips and place your pelvis in a more normal "squatting" position for having a bowel movement.

- Add synthetic fiber like Citrucel, Metamucil to your diet each day.
- Try a mild over the counter stool softener like Colace. If you find you are using the synthetic fibers or stool softeners on a regular basis, please check with your doctor if there is something else that will work better for you.
- As a last resort try using a laxative like MOM or Miralax. Again please check with your doctor if you find you are using these on regular basis. Laxative use can actually cause more problems with constipation.

You need to call your doctor if you have belly pain or cramping, have abdominal swelling and have been unable to pass gas or have a little bowel movement. Of course anytime you have questions or concerns about constipation call your doctor.

Cindy Smith,
Wellness Coach

Laity Retreat Announced

Every year our Eastern Pennsylvania Conference holds a Laity Retreat, a time set aside for our lay persons for spirit-filled fellowship, renewal, relaxation and revival. This year's retreat is coming up on Saturday, September 9, from 9:00 a.m. to 1:30 p.m. at Grove UMC, 490 West Boot Road, West Chester. Registration is \$35, which includes meals and retreat materials. You can get more information about this year's retreat by contacting Suzette James at suezyq@earthlink.net, and you can easily register online by going to the Conference website (epaumc.org), and clicking on the News and Events tab.

IMPACT! Missions Going Strong



Covenant's team of dedicated volunteers continues to turn out for our monthly IMPACT! Missions workday, working to rehabilitate homes in the city for low income families, or to repair existing homes in order to help keep people warm, safe and dry. Lately we've been

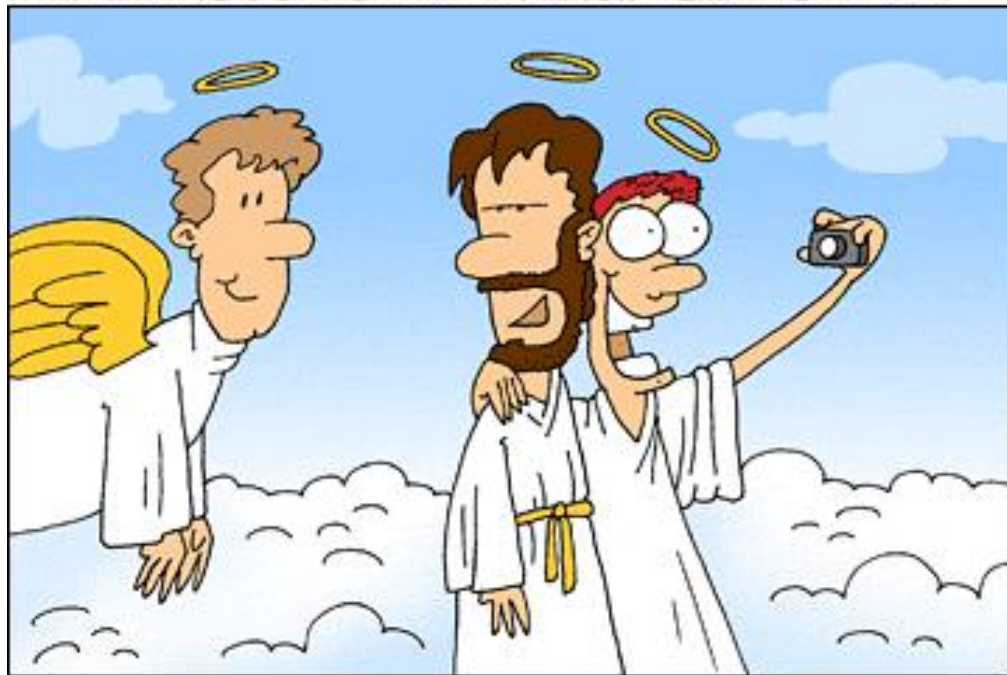
working on a home rehab project at 506 Poplar Street in Lancaster; that project is nearing completion, and the home will be offered for sale to a low income family with special incentives that help make home ownership possible.

Our workdays are held from 9:00 AM to 1:00 PM on the 4th Saturday of each month, and everyone is welcome to help out, young and old, men and women. You don't

need to be an expert carpenter, plumber, electrician or painter – just be willing to help and we'll have work for you. You might even learn some new skills! Contact Roger Kresge by phone at 717-299-4613, or by email at rkresge123@comcast.net.

IMPACT! Missions is a faith-based non-denominational non-profit ministry whose goal is to improve housing conditions for people in Lancaster County, especially for those who are less able to see to their own needs. The ministry was founded in 2009, and so far more than 400 volunteers have worked to rehabilitate more than a dozen homes in Lancaster and Columbia. The ministry also operates the IMPACT! Missions store in Refton, where you can find home furnishings of all kinds, including doors, windows, cabinets, lighting, electrical, plumbing, appliances and accessories.

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Thanks to Dad Hengeveld

02-16-2009

**I'VE TRIED TO EXPLAIN THAT HE'S GOING
TO BE WITH ME FOREVER, BUT HE JUST
DOESN'T GET IT**

Covenant UM Church

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Lancaster, PA 17603-3507

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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

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