

COVENANT CONNECTION

A PUBLICATION OF COVENANT PRESBYTERIAN CHURCH

JULY 15, 2024
STAUNTON, VA

From the Pastor's Desk

The General Assembly (GA) of the PCUSA met last week in Salt Lake City, Utah after a week's worth of committee work online. The GA meets every other year as commissioners from presbyteries all over the USA gather to debate, take action, and provide guidance on a wide variety of issues (Shenandoah Presbytery had four commissioners present). It is amazing to see the diversity of the larger church at work in these gatherings! Among the actions of the GA this year are:

- ◆ Election of Rev. CeCe Armstrong and Rev. Tony Larson, both from South Carolina, as co-moderators. They will serve a two-year term until the next GA meets in Louisville, KY in 2026.
- ◆ Election of Rev. Jihyun Oh, born in South Korea and reared in Kansas, as stated clerk, the highest ecclesial office in the PCUSA (Bronwen Boswell, Shenandoah Presbytery's General Presbyter, has been serving as Interim Stated Clerk for the PCUSA for the past year). Rev. Oh will serve a four-year term.
- ◆ Adoption of a budget for 2025 of \$94.9 million and for 2026, \$95 million.
- ◆ Approval of changes to the Book of Order to add gender identity and sexual orientation to the list of the "rich diversity" reflected in the church's membership,

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VISIT US ONLINE AT
WWW.COVENANTPRESSTAUNTON.ORG



Serving
GOD
Together



GREETERS

JULY 21 -

8:30 AM....Dale & Ginny Poynter
10:00 AM....Sally & Jonathan Griffith,
Jane Wimmer

JULY 28 -

8:30 AM....Frances Craig
10:00 AM....Harry & Sarah Boney,
Janet Surratt

NURSERY (10:30 AM)

JULY 21 - Ruth Arnold
JULY 28 - Cindy Bowman

FLOWER COORDINATORS

Susan Polly and Christy Davis

CHURCH OPENING and CLOSING

JULY -- Bill Terry

Ushers/Greeters Needed



Help is always needed!
If you are available on Sunday
at the 8:30 or 10:00 service,
please sign-up at

<http://bit.ly/3KPmamT>

TO OUR VISITORS

If you are interested in learning more
about Covenant, our ministries,
or membership, please call
John Peterson at 540-885-2138.



VOLUNTEERS NEEDED

**HELPERS (age 14+) ARE NEEDED ON
SUNDAYS DURING THE 10:30 SERVICE
(10:00 during July/August)**

These volunteer spots are for the
second adult present to satisfy our
Child Protective Policy.

SIGN UP FOR NURSERY:

<https://bit.ly/3Y9CvWf>

SIGN UP FOR COVENANT KIDS:

(Sept. - mid May)

<https://bit.ly/4b2wFxA>



CareGivers will meet
immediately after
the 10:00 service on

Sunday, July 21st

in Room 5. Anyone caring for
a loved one who would like
to talk with others in similar
situations is invited to come.

For more information,
please contact Ruth Arnold.

FROM THE PASTOR'S DESK (cont'd)

and to include the commitment to fulfill all requirements in the principles of participation, representation and non-discrimination to the examination of candidates for ordination and installation. (These changes, like all changes to the Book of Order, must be approved by a majority of the presbyteries to become effective.)

- ◆ Directed further engagement with greenhouse gas emitters and the fossil fuel industry to address concerns around climate change.
- ◆ Unanimously approved a resolution encouraging ratification of a U.S. Constitutional amendment abolishing the exception clause in the 13th Amendment that allows a person convicted of any crime to be enslaved.
- ◆ Unanimously approved an overture calling for action so that children can live free from gun violence.
- ◆ Reduced the number of PCUSA special offerings from four to three (One Great Hour of Sharing, Peace-making, and Christmas Joy offerings).
- ◆ Adopted a resolution updating and expanding a 2004 resolution to reject [Christian Zionism](#) in all its forms.

The work of the assembly is a combination of necessary administrative actions, work for social justice, and biblical/theological reflection. As is our heritage, not all these actions were unanimous (though some were), but all were the result of prayerful

consideration, respectful debate, and democratic action that sought to follow God's will for us as Christ's church. We are grateful for the work of the Assembly, and trust that the same Spirit who guided their work will continue to work in and through us as Presbyterians committed to follow faithfully our risen Lord! (If you have questions on these actions, please speak with me or Rachel.)



EDITOR'S NOTE:

For more information, visit the GA 2024 website at: <https://ga-pcusa.org/>

OR The General Assembly website at: <https://oga.pcusa.org/>



Hot Cakes & Hot Rods
Sunday, August 11 @ 9:15 AM
Upper Parking Lot

Come see the old & new while enjoying a treat!

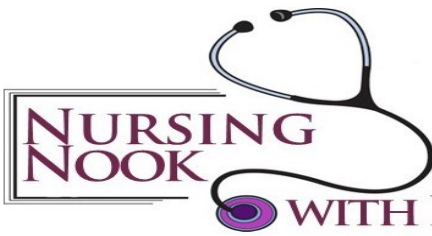
Items for the next newsletter are due by **9:00 AM on Friday, July 26th.**

Please email Martha at: covenantpcusastaunton@gmail.com





Children's Corner



Kathy Henderson, RN • (540) 290-6396
covenantnurse@gmail.com
Contact Kathy with medical questions or
for a blood pressure check.

About those energy drinks. . . It's hot, you're tired and slightly dehydrated. Before you reach for that energy drink, though, you might want to review your family's cardiac history. A study of 5,000 patients treated for heart arrhythmias at the Mayo Clinic in Rochester, Minn. found that five percent of the 144 who survived sudden cardiac arrest during the 23-year study had drunk energy drinks shortly before the "event." Researchers concluded: "While the study does not establish a direct causal link between energy drinks and sudden cardiac arrest, it strongly recommends that individuals with known genetic risks for [arrhythmias](#) avoid these beverages." Better options for staying hydrated? No. 1 is plain old water, followed by fruit-infused water. Use real fruit: Those fruit flavoring packets often contain artificial sweeteners and dyes. A surprise to me: Milk is on the list, because of its high protein content. For more information about the energy drink study, check out:
<https://bit.ly/energy-drinks-are-they-worth-heart-risk>

Pain – especially chronic – has been much in the news in recent years. A study released earlier this year by the National Institutes of Health indicates that **Americans are increasingly turning to Complementary Health Approaches (CHA) for pain management.** Patients' use of seven CHAs -- yoga, meditation, massage therapy, chiropractic care, acupuncture, naturopathy and guided imagery/ progressive muscle relaxation – was studied 2002-2022. Among the study's more significant findings: The percentage of individuals who reported using at least one of the seven CHAs during that time almost doubled, from 19.2 percent to 36.7 percent. The use of yoga almost tripled, from 5 percent in 2002 to 15.8 percent in 2022, and acupuncture more than doubled, from 1 percent to 2.2 percent. For an in-depth review of the study, check out the following:
<https://jamanetwork.com/journals/jama/fullarticle/2814472>
I'd like to know how many of us at Covenant use CHAs for pain management. Please call/text/email to tell me how effective you think it is. My contact information is above in the header. Thanks in advance!

We may already know this, but. . . **"Pet owners (and those spending time with companion animals) are less likely to die,"** an American Heart Association study showed. In fact, owning any sort of pet – including fish, reptiles and others (alpacas are my preferred choice) as well as cats and dogs – reduces our mortality rate by an astonishing 24 percent! The reasons range from mental health enhancement brought on by a pet's devotion to the sense of purpose it gives its owner's daily life. A word of caution for those with outdoor companion animals: Check on ways to protect them from this summer's brutal heat and humidity. For a breezy recap of the benefits of having (or being around) companion animals, check out:
<https://www.harvardmagazine.com/2023/04/health-benefits-of-owning-pets>



ONGOING OUTREACH

Peanut Butter Sunday

First Sunday of Each Month

You can drop off your jar of peanut butter in the vestibule area outside the church office.

Fun Fact: On average you donate over 80 lbs. of food per week. That's a lot of peanut butter!

FILL THE BUCKET - HELP RESTOCK THE VERONA FOOD PANTRY



Help feed our neighbors in need! Donations may be dropped off in the **RED BUCKETS** located in the vestibule just outside the church office or in the Narthex.

500 lbs. = a bench



MAKE A DIFFERENCE WITH PLASTIC BAGS

THANK YOU, COVENANT! We have kept over **3045 pounds** of plastic out of the landfills. **AND** we've provided benches to the Boys and Girls Club. Keep up the good work:

- Please make sure your bags are **CLEAN, DRY** and **FREE OF FOOD RESIDUE**.
- Plastic bags need to be stretchy. Look for a #2 or #4 recycling symbol (polyethylene films).
- You don't need to cut off zip tops or remove paper labels.
- Please no cellophane (as in snack bags) or metallic films (see nextrex.com for details)

WANT TO HELP? Volunteers are always needed to do the weekly weigh-in and take bags to Food Lion. Sign up at <https://bit.ly/3CzoJTW>

Questions? Contact Robyn Sommerfield at robynsommerfield@gmail.com



Restock the SHELVES at the SHELBURNE PANTRY

Summer is here! This is a great time to help replenish the Shelburne Pantry.

Donations needed are laundry and cleaning items, hygiene products, and foods such as canned vegetables, canned fruits, soups, and snacks. Please place your donations in the boxes outside the church office or in the Narthex.

Thank you for helping our community's children and their families!



JULY



AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>SUMMER IS HERE</p>	15 COVENANT CONNECTION PUBLISHED	16 10:30 AM Act Ill Ministries in Chapel	17 9:30 AM Yoga Class in Breezeway	18	19	20
21 8:30 AM Worship Service 9:30 AM Happy Half Hour 10:00 AM Worship Service and via Live Stream 11:15 AM CareGivers Group	22	23	24	25	26 9:00 AM Newsletter Submission Deadline	27
28 4 CENTS A MEAL 8:30 AM Worship Service 9:30 AM Happy Half Hour 10:00 AM Worship Service and via Live Stream 2:30 PM Fellowship Team	29 COVENANT CONNECTION PUBLISHED	30 10:30 AM Act Ill Ministries in Chapel	31	AUG. 1	2	3



CHRISTIAN FORMATION

RACHEL WATSON • (540) 885-2138
revrachelwatson@gmail.com

Children of all ages are invited to join Rae during the Happy Half Hour for a quick connection activity. We will connect with friends, sing a song or play a game, and be introduced to the parable of the week.

Christian Formation Links are at the Covenant website:

www.covenantpresstaunton.org/christian-formation-opportunities/

A SPECIAL NOTE FROM RACHEL—

Flat Jesus has had a busy summer so far! He's taken a trip to Maine, joined with friends over coffee, and is even traveling internationally! Perhaps you are wondering why we are celebrating these moments with Jesus or maybe you are just wondering if your associate pastor has lost his mind with this crazy idea. Why would we do this?

Well, first, it's fun. It's a chance to share what the church community is doing over the summer and a reminder that everyone here is also out there – the church in the world. Second, it reminds us that Jesus is not stuck in the church building, but goes with us everywhere we go. When we go out into the world, we take what we've practiced here out there, living in the world the way Jesus did – fully and faithfully. Third, it shows our children that we are willing to engage in creative play with our faith. And, lastly, it just might be a chance to start a conversation with someone outside our community. It's just wacky enough that someone might ask what you're up to and you can share how your church is having fun staying connected to the kids and each other by remembering that Jesus connects us no matter how far apart we are!

If you haven't had a chance to travel with Jesus, let Rae know and they can email a pdf to you. Remember that Jesus likes trips to the store and to the park and even just to the porch to read! Let's make a whole scrapbook of pictures to celebrate this summer with Jesus!



Adult Christian Formation

Wired Word | Online | ongoing

To join the class, open Google Classroom and use code: hkibmpa or use this link: <https://bit.ly/3KprbRG>

Act III Ministries | Tuesdays @ 10:30AM | Chapel
We meet every Tuesday in the chapel. Drop in whenever you can! **We will NOT meet on July 23!**

Children's Christian Formation

Take-Home Sunday School | Age 3-Grade 5 |

Online | June 9 - August 25

To join the class, open Google Classroom and use code: yetvqfx or use this link: <https://bit.ly/3V23gMW>

Youth Christian Formation

Wander and Wonder | Grades 6-12 |

Our next meet-up is scheduled for August 12 at 4:30 PM at The Split Banana on Beverly.

Puzzle!

Jesus instructs us to give and serve. What does Proverbs 3:27 (NIV) tell us *not* to do? To find out, cross out all the following letters. Then write the remaining letters in order on the spaces below.

B J K Q X Z

B W J I T J H Q H O B L Z D G B O O K

D K F Q R O M T B H J O B S Q E X Z T

O K X W J H O B M I Z T I J S D Q K U

E W X B H E Q N I T K I S I Z N Y O U

R P J Z O W B E Q R T O A X C Z T X J

DO NOT _____

_____ , _____

_____ .

PROVERBS 3:27, NIV

Answer: Do not withhold good from those to whom it is due, when it is in your power to act. Proverbs 3:27, NIV

COVENANT PRESBYTERIAN CHURCH

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FRI, 8:15AM - 12:15PM



MINISTERIAL & PROGRAM STAFF

John C. Peterson

Pastor

Rachel Watson

Associate Pastor

Jeffrey Ryman

Minister of Music

Christopher Wszalek

Organist

Lou Dolive

Handbell Director

Mitzi White

Developmental Preschool Director

Martha Pierce

Administrative Assistant

Paul Sorrell

Treasurer

Kathy Henderson

Covenant Nurse

Cleo Holly

Custodian

The Mission of

**Covenant Presbyterian Church is
"Striving to be Faithful Disciples
of Christ: Worshiping with Joy,
Growing in Faith, Serving in Love."**

Covenant Connection is a publication of Covenant Presbyterian Church.

The newsletter is published bi-weekly to inform members and friends of church programs, news and events.

The Connection newsletter is online at

www.covenantpresstaunton.org.

COVENANT



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MATTHEW 25

*Striving to be Faithful Disciples of Christ:
Worshiping with Joy, Growing in Faith, Serving in Love*

Summer
WORSHIP TIMES
JULY AND AUGUST

8:30AM—Blended Service
10:00AM—Traditional Service

**July & August
Happy Half Hour**
Every Sunday in
July and August at
9:15AM in the Breezeway

Join us between the 8:30AM and 10:00AM services for an opportunity for BOTH services to come together for fellowship, conversation, beverages, and snacks!
Gather with old friends or make new ones!
Hosts are needed for coffee/lemonade making, snacks, set up, and clean up.
Please sign up at <https://bit.ly/3UYDER1>