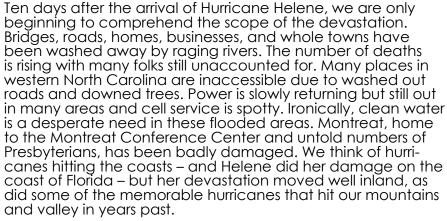




A PUBLICATION OF COVENANT PRESBYTERIAN CHURCH





Presbyterian Disaster Assistance (PDA) is one of the organizations working to meet the needs of people in these communities. PDA coordinates with FEMA, national relief organizations, and local agencies to offer aid and assistance in these crises, wherever the disasters may strike. (Information about giving to PDA to help hurricane victims can be found on an insert in this newsletter) Some of you will recall that under Allen Hensley's leadership we built a shower trailer to be used onsite in such damaged areas. Our support of PDA through our individual gifts and Outreach budget is just one of the ways in which we serve our neighbors in need.

(continued on page 3)



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VISIT US **ONLINE** AT **WWW.COVENANTPRESSTAUNTON.ORG**



GREETERS

OCT 13 -

8:30 AM....Janice & Rae Rockwell 10:30 AM....Sarah & Harry Boney, Jim Britton, Sally & Jonathan Griffith OCT 20 -

8:30 AM....Becky & Chris Earhart 10:30 AM....Jane Wimmer

NURSERY (10:30 AM)

OCT 13 – Melanie Knox

OCT 20 – Volunteer Needed

COVENANT KIDS (10:30 AM)

OCT 13 – Volunteer Needed

OCT 20 – Reagan Gwaltney FLOWER COORDINATORS

Susan Polly and Christy Davis

CHURCH OPENING and CLOSING

OCTOBER — Craig Whitacre



Monday Morning Bible Study

Join us on Mondays at 10:30 AM

We look at the text for the next Sunday's sermon. Come dive a little deeper into God's word, share your insights, and get a head start on the next sermon.

We meet **in person** in Room 6 **and** also offer this meeting **virtually** through Zoom. A link to the Zoom meeting is sent out via opt-ins each Sunday.



Thank you, Covenant Church family, for all the prayers, connections, and kind words you have shared with us as Joan struggled with the multiple myeloma diagnosis. She is now in remission. Praise God! You all are such a joy for us.

John and Joan Sayers

OCTOBER BIBLE STUDY

The Ten Commandments

have a prominent place in our Judeo-Christian tradition and in some corners of our American culture. But what do they really say? Are they still relevant to our lives today? Over the course of three weeks, we will explore the commandments in greater depth, considering how they are used and sometimes abused, and how we might more faithfully live into them. Join us in the **Fellowship Hall** on Wednesday evenings (October 9, 16, 23) at 7:00 PM for this time of study and discussion together.



FROM THE PASTOR'S DESK (cont'd)

Through special offerings, Glorious Gifts, Four Cent's Per Meal, and the \$88,000 of Outreach monies in our General Fund budget, we reach out to neighbors near and far. As a Matthew 25 congregation, some of those funds support work to eradicate systemic poverty and address issues of structural racism. Other monies meet emergency needs of folks in our community and provide scholarships for children in our preschool. From Nigeria to Ethiopia to the Philippines to neighbors across these United States and down the street. Covenant is at work to fulfill our calling to love our neighbors in tangible wavs.

Our efforts are not limited to monies. Through hands-on work providing lunches at Trinity Soup Kitchen, food boxes to Hispanic neighbors, home repairs with Renewing Homes Augusta, projects with Boys & Girls Clubs, food collections for Verona Food Pantry and Shelburne Middle School, knitting prayer shawls, making applesauce for Valley Mission, and pulling weeds at the Jones Garden we share our gifts with our community. By opening our building to community groups for meetings, play practices, prayer breakfasts, concerts, mission groups, and soccer practices, we serve our community.

Our General Fund provides the means by which we do all these things and more, for each and every one of them is ministry. In sharing these resources, we serve our brothers and sisters all, and in serving them, we serve Christ. That is what we do, because that is what we are called to do – generously, joyfully, lovingly - serve!



On Monday, October 21, from 11:30 AM to 1:00pm, the Outreach Team will be hosting a pizza lunch and fellowship time for the women residents of Gemeinschaft. This will help us get to know them better, and see if there are other ways we can serve them. We aladly invite other women from the church to help us host this luncheon by serving the meal, as well as to stay to eat and visit with the women in a group setting. We also welcome donations of homemade cookies, salad, or drinks, and someone to order and bring the pizza. If you are interested in helping, please contact Joan Sayers or Bonnie Rose. Look for a sign-up sheet on the Outreach bulletin board located in the Breezeway. Items need to be brought to the great hall kitchen's refrigerator by 10/20/24. We can work on carpooling for the event if helpful. Please join us for the fun and fellowship!

Note: A similar event will be planned for the men's home; date to be determined.

Eympathij

Please keep in your prayers
Beverly Riddell and her family
on the death of her father,
Richard Smith, on September 27th.
May God grant him eternal rest and
grant to Beverly and her family
comfort and peace.

Items for the next newsletter are due by 9:00 AM on Friday, October 18th. Please email Martha at: covenantpcusastaunton@gmail.com





Tuesday, October 8 10:30 AM Breezeway

What plot of land – past or present – do you value, and for what do you value it? Jubilee? What is that about? These are just two topics that may be part of the Presbyterian Women fellowship's conversation about 'land justice,' the second lesson in our Bible Study. Peggy Roberson is facilitating the conversation about land justice as part of God's call on us to care for neighbors and all creation. All women are welcome!

n happy moments, praise God! In difficult moments, seek God! n quiet moments, worship God! In painful moments, trust God! In every moment, thank God!



Novels & Needles Book Club will meet at 10:00 AM on Friday October 6th

Friday, October 6th at the home of Joan Swift. Group members will be emailed additional information.

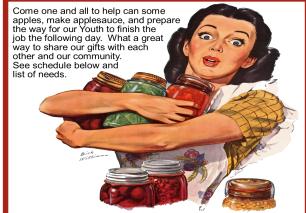
The book being discussed is James: A Novel by Percival Everett.

Members are encouraged to bring their knitting or crocheting which could benefit the Prayer Shawl Ministry.

We also welcome those who do not knit or crochet.

Please join us!





THE BIG CANNING EVENT

Saturday, October 12 ◆ 9:00 AM to 5:00 PM

Needed: 6-15 persons (any age), 60 regular mouth lids, apple corer/peeling devices, and donations of apples (arrange with Becky ahead of time).

Sunday, October 13 ◆ Noon to 4:00 PM

Youth Group Activity with Rev. Rae and Becky—Pizza lunch provided

Need more info? Contact Becky Wszalek at bwszalek@gmail.com



CareGivers will meet immediately after the 10:30 service

on **Sunday**, **October 20th** 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.

On Sunday, October 27th,
we will observe All Saints' Day in our
worship service as we remember in prayer
those in our church family and those related to our
church family who have died this past year. Below are
the names of those we know. If you know of others to be
remembered, please contact the church office by Monday,
October 23rd. We hope this will be a meaningful service for all.

Bob Worrell
Jan Cook
Tom Cook
Nancy Whitmore
D.G. Jennings

Thelma Thurston - mother of Laura Matheny
Lee Bell - father of Lee Bell
Lois Townley Eliasson - mother of Karen Santos
Jeff Lawson - father of Troy Lawson
Linda Terry - mother of Bill Terry
Carolyn Smith - mother of Randy Smith
Harry Marshall - brother of Carol Jennings
Margaret Turner - mother of Cindy Bowman
Jim Gabel - brother of Mike Gabel
Phil Gray - stepfather of Gretchen Cassell
Cindy Ingrao - daughter of Dave & Pam Potter
David Hamric - brother-in-law of Donna Hamric
Sandy Bellamy - mother of Tom Bellamy
Bill Lyon - cousin of Ruth Arnold
Richard Smith - father of Beverly Riddell



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.



MAKE A DIFFERENCE WITH PLASTIC BAGS

THANK YOU, COVENANT! We have kept over **3156 pounds** of plastic out of the landfills. *AND* we've provided benches to the Boys and Girls Club and Covenant Preschool. **We are now working towards a sixth bench!** 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 SHELBURNE PANTRY

THE PANTRY HAS A CONTINUING NEED TO BE STOCKED!

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!



WITH KATHY HENDERSON, RN

"Black Plastic Kills." OK, the CNN article's headline was a little less frightening, but its meaning was clear: Long-banned (toxic) flame retardants have been turning up in everyday items. In our kitchens. In our kids' toy boxes.

"Black-colored plastic used in children's toys, takeout containers, kitchen utensils and grocery meat and produce trays may contain alarming levels of toxic flame retardants that may be leaching from electronic products during recycling," a study published in last week's Chemosphere (chemical journal) reported.

The **culprit is decabromodiphenyl ether, or decaBDE** for short. It's a member of the polybrominated diphenyl ethers, or **PBDE**. It is an endocrine disruptor that bio-accumulates in our bodies, causing such potential health disasters as cancer, gestational diabetes, obesity, thyroid disease, and reproductive issues. A study published earlier this year in the Journal of the American Medical Association posted that "People with the highest levels of PBDEs in their blood had approximately a 300% increased risk of dying from cancer compared with people with the lowest levels."

DecaBDE was completely banned in the US in 2021. In the 2024 study, though, 70 percent of the (200+) samples tested positive for decaBDE, lead researcher Megan Liu said. And how, exactly, do flame retardants – usually found in electronic components or upholstered furniture – find their way into eating utensils and children's toys? "It appears the plastics used to make the consumer products were contaminated with flame retardants due to mistakes in the recycling of electronic waste," Liu said.

About two hours of fact-checking later, I decided this is a real risk to my family and tore through my kitchen and play areas seeking black plastic. I found plenty, from spatulas and saved take-out containers to toys with black plastic components.

Now what?

- Get rid of all plastic kitchen utensils, and replace them with glass or stainless steel, Dr. Liu suggests. Read the fine print on boxes and instruction sheets. Some manufacturers now have a policy of showing buyers (in writing) that their goods are free of toxic chemicals, thus safe to use. If you keep your plastic, do not use it in the microwave.
- Dusting, mopping and vacuuming regularly will remove dust that is likely contaminated with plastics and other worrisome chemicals in addition to flame retardants.
- Frequent hand washing and proper ventilation can help.
- Do NOT reuse those black plastic delivery containers.
- ◆ The Australian government urges its people to request information from the product manufacturers. (Good luck with finding contact information)

On a happier, totally non-toxic note: Through October, Jones Gardens will continue to offer "Work and Learn" days, 9 AM, Saturdays in their main garden at 434 Montgomery Ave. No reservation needed; all ages welcome. And check their beautiful website, featuring recipes for dishes made with produce from their gardens! https://www.jonesgarden.org/#/

MONDAY
COVENANT CONNECTION PUBLISHED 10:30 AM Monday Morning Bible Study 5:30 PM Congregational Care Team 7:00 PM Facilities Team 7:15 PM Worship Team
10:30 AM MONDAY MORNING BIBLE STUDY BIBLE
COVENANT CONNECTION PUBLISHED 10:30 AM MONDAY MORNING MONDAY MORNING BIBLE STUDY STORM 7:00 PM Personnel Team



CHRISTIAN FORMATION

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

There is a place for everyone in Christian Formation with classes for our adults, youth, and children happening on Sunday morning and all week long! Come grow in faith with us!

Christian Formation Links are at the Covenant website:

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

Adult Christian Formation

Follow Me | Sundays | 9:30 - 10:15AM | Fellowship Hall

We will be learning more about discipleship and faithful practices this year. All are invited to attend whenever they can.

Monday Morning Bible Study | Mondays |

<u>1</u>0:30am´| Roọm 6

This group meets in person and on Zoom each Monday to chat with one of the pastors about the text to be used in worship for the upcoming week.

Act III Ministries | Tuesdays | 10:30AM - noon |

Chapel

This ministry is geared for older adults, generally in their 70s or above, who are navigating the blessings and challenges that come with age. In our time together, we will strengthen community, study scriptures, and explore our vocation and discipleship in this particular stage of life. This fall, we are exploring the Lord's Prayer together.

A SPECIAL NOTE FROM RACHEL—

For me, church was always a safe place to be myself. At church, I didn't have to worry about getting the best grades or wearing the coolest clothes or being the most popular. I could sing way too loud and off key. I could try out being on stage. I could ask the hard questions and not worry about the grades. I hear kids say the same things at youth conferences and summer camps – church offers a place to just be themselves. Church offers a place where we are welcome in our quirkiness. Kids need a space like that, especially in the high pressure, high visibility society they exist in today. And that's why we offer special programs for our kids to come together. Encourage your child, tween, or teen to check it out. It's a low pressure, high energy way to check out what this church thing is all about and have some fun along the way. If you're an adult wishing you could participate, we do need adults who want to help. If you would like to stick around one Sunday and be the second (or third!) adult, let Rae know or sign up by clicking this link! https://bit.ly/youthhelper

Children's Christian Formation

Faith in Action | Age 3-Grade 5 | Sundays | 9:30-10:15AM | Education Wing

Each week we will focus on a different hero and their faithful actions. There are classes for early childhood (PK-Grade 1), lower elementary (Grade 2-3), and upper elementary (Grade 4-5).

Faith Explorers | Grades 2-5 | First Fridays | 6:30 - 8:00PM | Great Hall

Kids in grades 2-5 can join us on the first Friday of the month to play and learn together. We will work on mission projects, study Bible stories, worship, and, of course, play games!

Youth Christian Formation

Follow Me | Grades 9-12 | Sundays | 9:30-10:15AM | Youth Room

Our high school youth will be learning about discipleship and faithful practices this year. We will be learning about the practices of lament, crossing borders, and communion.

Journeys in Faith | Grades 6-8 | Sundays | 9:30-10:15AM | Middle School Room
Our middle school students will take a look at our liturgy – why do we do the things we do in worship, what does the Bible say about it, and how can we be active participants in worship?

Middle School Manna | Grades 6-8 | 6:30 - 8:00PM | 2ND, 3RD, & 4TH Fridays | Great Hall

All our middle schoolers are invited to gather for fellowship, study, and play. We will participate in mission, worship, and Bible study as we learn together.

High School YOUth | Grades 9-12 | Sundays | 11:45AM -1:45PM | 2ND, 3RD, & 4TH Sundays | Great Hall

Our high schoolers will gather after church every Sunday to play games, learn about their faith, and participate in mission together. This semester, we will be learning about our Presbyterian faith.



Trunk or Treat
October 30
5:45 PM
More details
in the next
newsletter

Martha's Meals

on Wheels



ANNUAL FUNDRAISER

Join Us for a Drive-Thru Spaghetti and Salad Dinner Sunday, October 27, 2024 4:00 – 6:00 p.m.

--Helping those who are unable to prepare their own meals --

Verona Moose Lodge 1510 Commerce Road (Rt. 11), Verona/Staunton On the Hill Behind Eye One

Reserved meals available by mail with ticket below
(Cash or Check made out to MMOW)
\$12 adults/12 and up; \$6 children; under five – free
Meals will be brought to your car
(a limited amount of meals will be available for purchase on the day of the event)

To reserve meals call MOW at 540-886-1219 **OR**Jane Lobb at 540-885-2131

MMOW ANNUAL FUND RAISER	NAME:
Number of Adult Meals	Please make checks payable to MMOW and mail to:
Number of Child Meals	MMOW, PO Box 2354, Staunton, VA 24402
TOTAL ENCLOSED: \$ Ticket Orders must be received by October 21st. THANK YOU FOR YOUR SUPPORT OF MARTHA'S MEALS ON WHEELS	

COVENANT PRESBYTERIAN CHURCH

Mailing Address: PO Box 2948, Staunton, VA 24402

Physical Address:
2001 N. Coalter Street, Staunton
Office — 540-885-2138
Fax — 540-885-4399
Office Hours:
Mon - Thurs, 8:15AM - 3:15PM

Fri, 8:15am -12:15pm



MINISTERIAL & PROGRAM STAFF John C. Peterson

> **Rachel Watson** Associate Pastor

Jeffrey Ryman Minister of Music

Christopher Wszalek Organist

Lou Dolive Handbell Director

Mitzi WhiteDevelopmental Preschool Director

Martha Pierce Administrative Assistant

Paul Sorrell Treasurer

Kathy HendersonCovenant 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

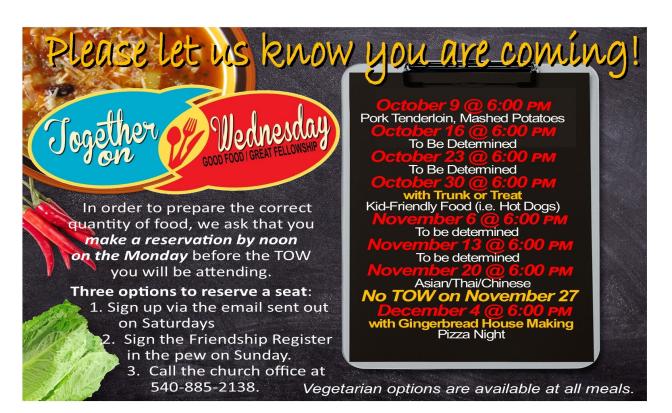
www.covenantpresstaunton.org.



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INSERT



How can we respond to the devastation of hurricane Helene?

Shenandoah Presbytery's Disaster Preparedness & Response Team recommends following the Presbyterian Disaster Assistance model of GIVE, ACT, PRAY. These are significant ways to stand alongside our neighbors who have serious needs.



GIVF:

Send donations directly to Presbyterian Disaster Assistance (PDA)
Online: https://pma.pcusa.org/donate/make-a-gift/gift-info/DR000169/

Check: Designated to Hurricane Helene Response and mailed to Presbyterian Church

(U.S.A.), P. O. Box 643700, Pittsburgh, PA 15264-3700

Phone: 800-872-3283

ACT:

Right now, Emergency Cleanup Buckets and Hygiene Kits are especially needed. Everything you need to know about kit donations, as well as assembling and shipping kits is explained on the Church World Service (CWS) website: https://cwskits.org/ Completed kits can be taken to Church of the Brethren – Disaster Ministries Building, 1453 Westview School Rd, Weyers Cave, VA 24486. It is open Mon-Thurs, 10:00am-3:00pm. Call to schedule delivery 540-234-8555. In lieu of assembling kits, monetary donations can also be sent to CWS via their website.

PRAY:

One of our best responses is prayer. Pray that through the response of the faith community, survivors and those offering assistance will be reminded of the hope that is found in Christ.

For the Disaster Preparedness & Response Team - Dave Thalman, dthalman@comcast.net

