

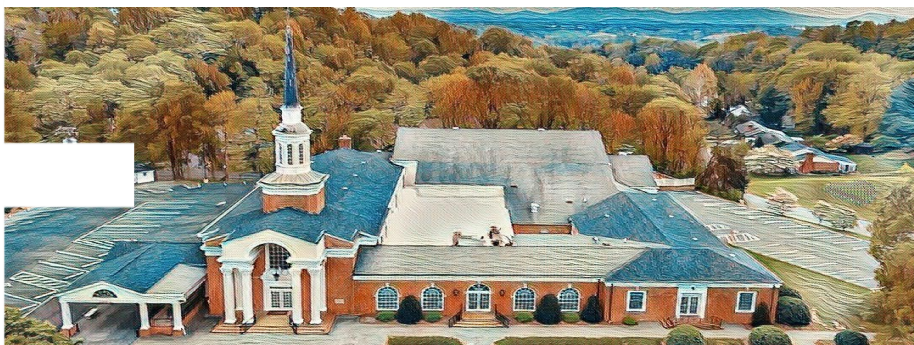
NOVEMBER 3, 2025
STAUNTON, VA

Presbytery Meeting



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COVENANT CONNECTION

A PUBLICATION OF COVENANT PRESBYTERIAN CHURCH

From the Pastor's Desk

On November 14, Covenant will be hosting Shenandoah Presbytery for their quarterly meeting. Shenandoah Presbytery includes about 90 PCUSA churches from Martinsburg, WV, in the north to Buena Vista in the south, from Warrenton, VA, in the east to Keyser and Romney, WV, in the west. There are churches large and small, with Covenant among the five largest churches in the presbytery. A couple of those churches have been around for more than 250 years! Most of the churches have less than a hundred members and were founded at a time when folks needed to be within a convenient buggy ride from their homes. Today, many of those churches in rural areas with small populations are struggling – over a third of the churches in the presbytery have no installed pastor – and their future is uncertain. However, in churches large and small there are vibrant ministries reaching out to assist neighbors in need and to share the good news of the Gospel in word and deed throughout the year and across the years.

Hosting presbytery reminds us that we are part of a Church that is much larger than ourselves. There are over a million Presbyterians across the country, and they come in many shapes and sizes, with racial, ethnic, and linguistic diversities that reflect the richness of God's creative hand. What unites us is our common calling as disciples of the risen Christ within a Reformed tradition that affirms our salvation by the grace

(continued on page 3)

VISIT US ONLINE AT
WWW.COVENANTPRESSTAUNTON.ORG



GREETERS

NOVEMBER 9 -

8:30 AM....Jeanne & Mick Lambert

10:30 AM....Dan Drumheller, Janet Surratt

NOVEMBER 16 -

8:30 AM....Cindy Bowman

10:30 AM....Sally Griffith,

FLOWER COORDINATORS

Susan Polly and Christy Davis

CHURCH OPENING and CLOSING

NOVEMBER — Adam Campbell



FACILITIES TEAM UPDATE

On the morning of Saturday, October 25th Dan Drumheller, Charlie Huppuch, Clay Robinson, Tom Watson, and the father of the Afghanistan family the church has been helping, worked to scoop up the sawdust from grinding the stump of the big tree we took down earlier in the year by the small parking lot at the south entrance to the church. Then dirt filled in the 8-inch deep hole and grass seed was spread on top.



Sanctuary flowers SIGN-UP

Provide flowers in memory or in honor of someone, or just to decorate the sanctuary. Directions are given on the sign-up form. Please sign up at <https://bit.ly/3MD9wX0> at least two weeks before your desired date.

Questions? Contact Susan Polly or Christy Davis.



Ushers/Greeters Needed



Help is always needed!
If you are available at the
8:30 or 10:30 service,
please sign-up at
<http://bit.ly/3KPmamT>

FROM THE PASTOR'S DESK (cont'd)

of God, our calling to respond with lives of faithful service, and our challenge to be reforming under the guidance of the Spirit as we encounter new challenges in our world and lives. We don't claim to be the only Church; we are one expression of a larger Church that encompasses our Roman Catholic, Baptist, Methodist, Lutheran, Episcopal, UCC, and Orthodox siblings. And like all siblings, we don't always agree with one another, but we pledge to seek to follow where God leads us, loving one another along the way.

There will be opportunities to help host presbytery on the 14th – parking cars, serving lunch, welcoming commissioners, guiding guests through our building, singing with the choir, or setting up and tearing down the tables and chairs, and mics needed for the day. We hope that you will find a way that you can share in helping us host that day, and perhaps stay for a few minutes to see what our presbytery looks like (worship will be at 9:50 AM) and how we work together in good Presbyterian tradition – decently and in order!



Pledge Card Reminder



If you have not returned your pledge card as yet, please do so at your earliest convenience as it assists the Session in constructing the budget for 2026, and hopefully provokes some intentional thought on your part about your commitments to God across your life.

– The Stewardship & Finance Team



Please keep Louise Scott and her family in your prayers on the death of Louise's brother-in-law, Ralph Pasini, October 30, 2025. May God grant them comfort and peace, and grant Ralph resurrection joy.

Items for the next newsletter are due by **9:00 AM on Friday, November 14th.**

Please email Martha at: covenantpcusastaunton@gmail.com





CHRISTIAN FORMATION

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

There is a place for everyone!
Come grow in faith with us!

Christian Formation Links are at the Covenant website:

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

A NOTE FROM RAE —

It's November already! We have had a busy start to the Christian Formation year! In September, several youths participated in a mini-mission event at Jones Garden, helping to plant and weed the garden that supports those in need in Augusta County. In October, several others participated in sharing hospitality and welcoming people at our church's booth at Staunton Pride. Our young Faith Explorers group has met twice, shared dinner, played games, and learned about the Fruit of the Spirit. Our Middle School Manna group has begun a study on mission and justice. The confirmation class, in addition to their regular classes, completed a church visit to Greater Allen AME in October, which led to some great conversations about the church and theology.

As we enter the holiday season, we are looking forward to several new opportunities for our kids to serve the community. Faith Explorers will help make ornaments for the preschool's Christmas display at Gypsy Hill Park on November 14, and the middle schoolers will assist with the set-up on November 16. The confirmation class will help welcome our presbytery friends at the Presbytery meeting on November 15 (and learn a little about church polity along the way). Then, on November 22, high school youth are invited to come to the church for a baking day! We will use our gifts to make treats to sell after church on November 23. These proceeds will be used to purchase toys at Pufferbellies, which will be donated to children whose families need assistance this Christmas.

CHILDREN & YOUTH SUNDAY CHRISTIAN FORMATION

Nursery | Birth – Age 3 | Nursery |
9:30-11:45AM

Growing Together | PreK-Grade 4 |
Preschool Wing | 9:30-10:15AM

Up Next | Grade 5-6 | Education Wing |
9:30-10:15AM

Holy Disruptions | Grades 7-12 |
Youth Room | 9:30-10:15AM

CHILDREN & YOUTH FELLOWSHIP

Faith Explorers | Grades 3-5 |
Fellowship Hall | Second Fridays |
6:30-8:00PM

Middle School Manna | Grades 6-8 |
Fellowship Hall | Third Fridays |
6:30-8:00PM

High School Mini-Missions |
Grades 9-12 | Great Hall | Typically
Third Saturdays | 9:30-11:00am

ADULT CHRISTIAN FORMATION

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

Faith and Life | Room 5 | Sundays |
9:30-10:15AM

Monday Morning Bible Study |
Room 6 | Mondays | 10:30-11:30AM

Presbyterian Women | Breezeway |
Second Tuesdays | 10:30-11:30AM

Act III Older Adult Ministry |
Baldwin Park | Fridays | 10:30-11:30AM



Joyful VISITING

Covenant has the wonderful opportunity to share the joys of God's love by visiting the residents at Staunton Post Acute and Rehabilitation (formerly known as Envoy). We can either join in their planned activities **OR** create special activities of our own, such as crafts or sing-alongs, as we get to know the residents we are visiting.

Visits are available in the morning, afternoon, and evening, making this a great chance to invite a friend to join you. We will begin by visiting once a month, with about 4 or so groups of 2 or 3 Covenant members on a day and time that works for them. Individuals and groups can schedule their visits at times that are convenient for them after these initial visits. **The scheduling is very flexible!**

If you have any questions about visiting, available times, or dates, please contact Joan Sayers at 8917jts@gmail.com. We encourage you to sign up at <https://bit.ly/joyfulvisiting> for a date and time that suits you to get started!



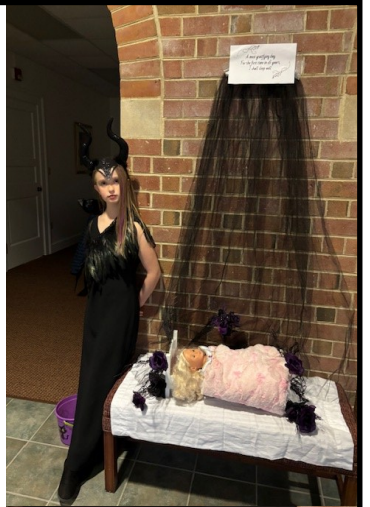
YES...THEY WERE THERE!

On a chilly Sunday evening, October 26th, the Pittsburgh Steelers hosted a lively crowd alongside their opponents, the Green Bay Packers, at Acrisure Stadium in Pittsburgh. Unfortunately for the dedicated fans pictured above, John and Karen Peterson, the Packers emerged victorious with a score of 35-25. Despite the defeat, we can be assured that John and Karen enjoyed their time at the game, which was a gift from Covenant in celebration of their 30 years of ministry.















Thanks to Melissa Druff who obtained this picture by texting John before the game telling him we needed proof that he and Karen were in attendance. 😊

trunk or treat

On Wednesday evening, October 29th, the church came alive with excited children on the hunt for candy during the Annual Trunk or Treat! Even though the weather was chilly and wet, everyone's spirits were bright as we moved the fun indoors. It was a fantastic night filled with crafts, games, laughter and treats!



NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 8:30 AM Worship Service 9:30 AM Christian Formation Hour 10:30 AM Worship Service and via Live Stream 11:45AM Christian Formation Team 4:00 PM Technology Committee via Zoom	3 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	4 7:00 PM Presbytery Planning Group 9:30 AM Yoga Class 5:00 PM TOW Talk 6:00 PM TOW—Together on Wednesday  7:00 PM Elder Training	5 9:30 AM Yoga Class 5:00 PM TOW Talk 6:00 PM TOW—Together on Wednesday  7:00 PM Elder Training	6 5:45 PM Bell Choir Rehearsal 7:00 PM Choir Rehearsal	7 10:30 AM Act III Bible Study  9:00 AM Facilities Workday 	8 9:00 AM Facilities Workday 
9 8:30 AM Worship Service 9:30 AM Christian Formation Hour 10:30 AM Worship Service and via Live Stream 11:45AM Christian Formation Team 4:00 PM Technology Committee via Zoom	10 10:30 AM Monday Morning Bible Study  7:00 PM Personnel Team	11 9:30 AM PW Coordinating Team  10:30 AM Presbyterian Women 5:00 PM Preschool Team 7:00 PM Stewardship & Finance Team	12 9:30 AM Yoga Class 5:00 PM TOW Talk 6:00 PM TOW—Together on Wednesday  6:30 PM Operation College Care Kits	13 5:45 PM Bell Choir Rehearsal 7:00 PM Choir Rehearsal	14 9:00 AM Newsletter Submission Deadline 9:00 AM Executive Team 10:00 AM Novels & Needles Book Group 10:30 AM Act III Bible Study 6:30 PM Faith Explorers (Grades 3-5)	15 9:30 AM Presbytery Meeting at Covenant
16 8:30 AM Worship Service 9:30 AM Christian Formation Hour 10:30 AM Worship Service and via Live Stream 11:45 AM CareGivers Group 12:00 PM Confirmation Class 7:00 PM STATED SESSION MEETING	17 Covenant Connection Published 10:30 AM Monday Morning Bible Study  7:00 PM Elder Training	18 9:30 AM Yoga Class 5:00 PM TOW Talk 6:00 PM TOW—Together on Wednesday 	19 9:30 AM Yoga Class 5:00 PM TOW Talk 6:00 PM TOW—Together on Wednesday 	20 5:45 PM Bell Choir Rehearsal 7:00 PM Choir Rehearsal	21 10:30 AM Act III Bible Study 6:30 PM Middle School Manna 	22 9:00 AM Facilities Workday 



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 Covenant donates 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.



1000 lbs. = 1 bench

PLASTIC BAG COLLECTION MAKES A DIFFERENCE!

THANK YOU, COVENANT! We have kept over **3720 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

LET'S
RESTOCK
THE
SHELburne
PANTRY



This month, the Shelburne Support Project is shifting its focus to the families, as we've been asked to resupply small containers of laundry supplies -- detergent and fabric softener. Please note that these need to be small jugs so students can put them in their backpacks and tote bags to carry home after school. All other items, such as snacks, canned soup, and hygiene items, are also always welcome. We have drop-off boxes outside the church office and in the narthex, ready for you to drop off your donations whenever you can, and we will get them to the school.

*THANK YOU for your generosity in helping
Shelburne students and families
through this Outreach project!*



**Wednesdays at 6:00 pm
in the Great Hall**

October 8 - December 3
(no TOW on November 26)

Menu is Host's Choice

Make a reservation by noon on the
Monday before the TOW you plan to
attend so we know how many
to prepare to feed.

Sign up online at

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

OR sign the Friendship Pad on Sunday

OR contact the church office
at 540-885-2138.



GINGERBREAD HOUSE

Construction

6:30 PM • FOR ALL AGES • DECEMBER 3

Bring your friends and family for a fun-filled

Gingerbread House Construction Party!

Whether you're a seasoned architect or a first-time builder,
there's something for everyone to enjoy.

We will begin construction after a scrumptious pizza dinner
at TOW (Together on Wednesday).

Please sign up at <https://bit.ly/GingerbreadHouseConstruction>
so we can ensure we have enough supplies.



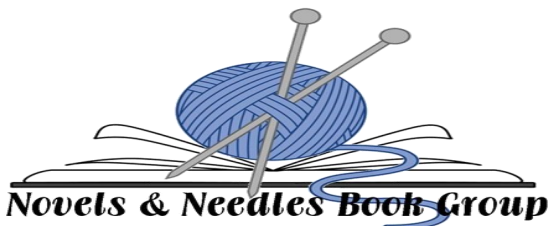
NOTE TO OUR VISITORS!

If you have been visiting in person or
online and are interested in learning
more about Covenant, our ministries,
or membership, please give
John Peterson a call
at 540-885-2138.

*Fall
Work
Day*



*Saturdays, Nov. 8 & 22
from 9:00 am to noon*



Novels & Needles Book Club
will meet at 10:00 AM on
Friday, November 14
in the Breezeway.

The book being discussed is
Those Who Save Us
by Jenna Blum

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!



CareGivers will
meet immediately
after the 10:30 service on
Sunday, November 16th
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.

OPERATION COLLEGE CARE KITS

It's time to remind our
college students how
much we care about
them by sending
snacks, cards, and
blankets as they pre-
pare for exams. We
have five blankets to make this year for our
college freshmen and more than 20 pack-
ages to prepare. We have lots of opportu-
nities for people to help, and at times that
fit your schedule best. Operation College
Care Kits will take place on Wednesday,
November 12th.



HOW CAN YOU HELP? WE NEED:

- ♦ People to help prepare the blankets
on Wednesday, November 12th, at
10:30 AM in the Fellowship Hall.
- ♦ People to tie the blankets after TOW in
the Great Hall. Please sign up for the
TOW dinner if you plan to eat.
- ♦ People who can write notes at their con-
venience, to our students, encouraging
them as they prepare for their exams.
- ♦ People to pack the care kits for mailing.

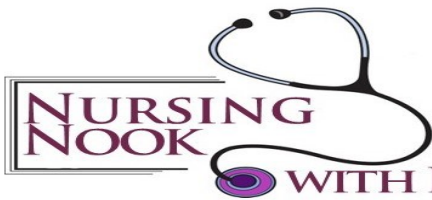
Sound like something you want to help
with? Click <https://bit.ly/collegecarekits> to
pick a job and time slot that works for you.
Need more information? Contact Becky
Earhart at 540-448-2712.



Join us Mondays
at 10:30 AM
IN ROOM 6
OR VIA ZOOM

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.

A link to the Zoom meeting is sent
out via opt-ins each Sunday.



WITH KATHY HENDERSON, RN

Kathy Henderson, RN • (540) 290-6396

covenantnurse@gmail.com
Contact Kathy with medical questions or
for a blood pressure check.

We all “know” that older people are at risk of falling and hurting themselves. But did you know that of the approximately 8.5 million fall-related visits to hospital emergency rooms each year, only about 3 million were from elderly folks? (I didn't.)

More than a million of these visits were from children under 5, with maybe another half million from workers who had fallen on the job. That's a lot of young and (more likely) middle-aged fall victims.

So . . . you Gen X'ers and Millennials among us might want to leave the office early on Wednesday to attend Gretchen Cassell's "Slips, Trips and Falls." Gretchen, Covenant member and veteran physical therapist, will discuss why we fall, the aftereffects of falls, and how to “fall-proof” ourselves.

TOW TALK:

Slips, Trips, and Falls

WHERE:

Youth Room, off Great Hall

WHEN:

5:00pm,

Wednesday, November 5

Fall-related injuries have long been considered a serious public health issue in general and a major concern among the elderly. A small, 2022 “fall prediction” study published in *Aging Medicine and Healthcare Journal* concluded that: “Falls directly increased with age . . . from 18% in the young age group (20 to 45 years) to 21% in the middle-aged group (46 to 65 years), and to 35% in the older-aged group (65+ years).” A separate CDC study indicates that fall risk doubles at age 85.

Among the middle-aged participants, specific fall-risk predictors included: medications, lack of physical activity, and newly-discovered chronic health issues, such as diabetes, COPD, and arthritis. These risks – added to vision and hearing problems, decreasing muscle mass, and chronic physical ailments – increase exponentially as we age. Although fall-related injury death statistics for the middle-aged are difficult to find, dozens of government and private groups track this issue among the elderly — and the statistics are scary.

More than 41,000 older (65+) Americans died of fall-related injuries in 2023. Hundreds of thousands more suffered post-fall complications, including (but not limited to) broken bones, brain injury, and debilitating lack of confidence in one's ability to function without help. Given the overwhelming amount of not-always-helpful or accurate information available, **where do we start in our quest to live fall-free lives?**

Check your meds. The electronic medical records equipment at medical facilities (including urgent care offices and our three area hospitals) does not speak the same language. Check your meds list every time you visit a doctor or hospital: You may be surprised (horrified) by the mistakes you catch. There is also a great deal of conflicting information about what is or isn't helpful. Vitamins D and B, often touted as balance helpers, are toxic if the wrong dose is ingested. Talk to your health provider about all your meds, but especially melatonin, anti-psychotics, anti-depressants, bladder control, or muscle spasm treatments.

Do a self-checkup. “Stay Independent,” a CDC fall risk assessment pamphlet, is helpful. Several copies are on my office desk. Please take one.

Attend Wednesday's TOW Talk. Gretchen's presentation is informative and humorous!



Wednesday, December 3rd
@ 6:30 PM

GINGERBREAD HOUSE CONSTRUCTION

Saturday, December 6th
@ 9:30 AM HANGING OF THE GREENS



Sunday, December 7th
@ 12:00 PM CAROLING

Wednesday, December 17th
@ 7:00 PM
 LONGEST NIGHT SERVICE



Wednesday, December 24th –
CHRISTMAS EVE

4:00 PM –
 FAMILY CHRISTMAS EVE SERVICE

7:30 PM –
 CANDLELIGHT CHRISTMAS EVE SERVICE



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
 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

Debby Bibens
 Financial Secretary

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



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

CARAVANSERAI MUSIC
PRESENTS

The World in Color

FALL BENEFIT CONCERT
FOR L.E.A.R.N. ENGLISH

NOVEMBER 16 @ 7:00PM

FIRST BAPTIST WAYNESBORO
301 S WAYNE AVE

FREE ADMISSION

WWW.CARAVANSERAIMUSIC.ORG



LEARN is a local non-profit organization provides free English language tutoring to students from around the world who seek to improve their command of English.

For more information about LEARN, please visit:

www.learnva.org

For more information about Caravanserai Music, please visit:

www.caravanseraimusic.org