

140th Anniversary

Covenant

CHURCH



Covenant Echoes
April & May, 2024



From the Pastor's Desk...

By Pastor Derrick Gutierrez

Hosanna!

Blessed is He who comes in the name of the Lord!

Easter is here. It is a season of resurrection and transformation. Christ's gift to us gives us freedom from the moments of our lives that led us away from God. Our mistakes and sins no longer hold power over us. In Christ, we can seek things above in relationship with God as we fulfill His mission here on Earth. Only the power of Christ can change lives in this way.

"Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God." Colossians 3:2-3

So, we reshape our lives to reflect the wondrous work that Christ is doing in us. Christ empowers us through His Holy Spirit, enabling us to live lives of purpose and service. His presence within us guides our decisions, inspires our actions, and strengthens our resolve to pursue righteousness. Easter teaches us the good news of the Gospel: It is not too late. As long as we have breath, we can declare Jesus as Lord and Savior.

Easter does not only change us. It also marks a change in the seasons. The weather is getting warmer, and the church has been focused on finding ways to gather together. On April 4th, we celebrate 140 years of ministry, and we have a slate of events scheduled from April through December.

Please read the articles on our new Chocolate Chip Cookie Concert series and our homecoming celebrations from Oct 4 - 6.

To commemorate our 140th anniversary, we are launching a campaign to raise \$140,000 to support the ministries of the church. The ministries of Covenant are vital resources to our community, and we want to ensure our future sustainability. More information will be coming soon regarding our plans. Be on the lookout for emails and letters from the church.

Sidelights

COVENANT'S VISION AND MISSION STATEMENTS

Our Vision Statement: **Bringing Christ's Light into the Community and Beyond.**

Our Mission Statement: **We Invite, We Welcome, We Nurture, We Serve.**

WAYS TO CONTINUE GIVING

Thank you to our faithful members who continue to support Covenant Church. Here are options for you to give your personal tithes and offerings:

- Mail checks to 110 N. Mulberry St., Lancaster, PA, 17603
- Give online. Go to our website www.covenant-umc.com and click on the GIVING link and follow the directions.
- Text 717-769-1063. After the initial setup, giving is easy.

Please call the church office with questions.

Sidelights

PRAYER CHAIN

If you have a prayer request, please call Patti Willard at 717-872-7561. If she is unavailable, please leave a message. Also, if you are interested in being a member of the Prayer Chain, please contact her to add your name to the list .

HOSPITAL VISITATION

Don't forget to notify the church office when you or a loved one is in the hospital. Our Care Team is available to visit and share prayer.

UPPER ROOM

You can purchase the Upper Room daily devotional for only \$2. We have regular and large print in the office.

LOBBY GREETERS

1st Sunday of the Month
Bob & Cindy Hean

2nd Sunday of the Month
Carole Horn

3rd Sunday of the Month
Linda Henning

4th Sunday of the Month
Lynn Arnold

5th Sunday of the Month
Cathy Boyd
Bobbie Schwan

We Worship Together

Sunday Worship

In-person worship will be held each Sunday at 10:30 am. The service will also be livestreamed on Facebook for those who wish to worship at home.

Additional Online Opportunities During the Week

- Wednesday at 10 am join our prayer group in the church library.

APRIL / MAY EVENTS

4/4-4/7	United Women in Faith Retreat, Ocean City, NJ	
4/6	Care & Share Luncheon	12:00 pm
4/7	Worship Service, Communion	10:30 pm
4/12	Pizza & Movie Night	6:00 pm
4/13	Food Box Distribution	10:00 am
4/14	Worship Service	10:30 pm
4/20	IMPACT! Missions Work Day	9:00 am
4/21	Worship Service, WOW following	10:30 am
4/28	Worship Service	10:30 am
5/3	Chocolate Chip Cookie Concert	6:00 pm
5/4	Care & Share Luncheon	12:00 pm
5/4	West District United Women in Faith	10:00 am
5/5	Worship Service	10:30 am
5/11	Community Closet	9:00 am
5/11	Food Box Distribution	10:00 am
5/12	Worship Service, WOW following	10:30 am
5/12	Mothers Day, CSW Blanket Sunday	10:30 am
5/18	IMPACT! Missions Work Day	9:00 am
5/18	Parking Lot Spring Fest	10:00 am
5/19	Worship Service, Music Appreciation Sunday	10:30 am

Here's to Good Health!



April is National Cancer Month.

Cancer is a disease of the body's cells. We have billions of cells in our bodies. Normal, healthy cells will reproduce by dividing for the purpose of growth and repair of body tissue.

If a cell begins to divide too rapidly and without any order, a growth (tumor) can form. A tumor can be benign (not cancerous) or malignant (cancerous). A benign tumor will usually not spread to surrounding tissue; a malignant tumor can.

Cancer can afflict men, women and children of all ages. There are 7 warning signs of cancer. If you experience any of these signs, see your health care provider immediately.

- ◆ Any change in bladder or bowel habits.
- ◆ A lump or thickening in the breast or elsewhere.
- ◆ Unusual bleeding or discharge.
- ◆ A sore that doesn't heal.
- ◆ Indigestion or difficulty swallowing.
- ◆ An obvious change in a wart or mole.
- ◆ Nagging cough or hoarseness.

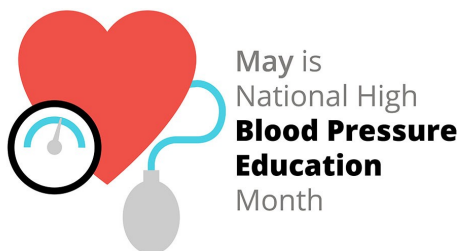
May is National High Blood Pressure Month.

High blood pressure can be caused by too much salt in your diet. Salt (sodium) the element in salt that your body uses, it is one of the most important minerals involved in many life processes. You couldn't live without it. But your body needs only 2,000 milligrams a day – the amount in one teaspoon of salt. Excess sodium contributes to high blood pressure and possibly to the formation of kidney stones. Here are some ways to eat less sodium and get past your salt cravings.

- ◆ Avoid canned and processed foods.
- ◆ Stay away from cured or smoked meats.
- ◆ Try other seasoning like herbs, spices, lemon juice, onions, salsa and hot sauce.
- ◆ Use half the salt called for in a recipe.
- ◆ Take the salt shaker off the table.
- ◆ Taste food before you salt it. You may be surprised at how good some foods taste without salt.
- ◆ When shopping, check the nutritional information on packaged foods. Choose foods that provide less than 10% of your daily allowance of sodium.
- ◆ Beware of hidden sodium. Eggs, dairy products, beets and alcoholic beverages are examples of high sodium foods that don't taste salty.

As always remember to wash your hands!

Cindy Smith,
Parish Nurse



May is
National High
**Blood Pressure
Education
Month**

Sidelights

COVENANT MEMBERS IN BUSINESS

Aunt Sandy's Attic

Sandy Leonard—Antiques, Collectibles, Books, Art, etc.
545 W. Market Street, Marietta,
PA 17547, 717-426-5091

Dale Building Designs

www.DonDaleDesigns.com

Groff Family Funeral & Cremation Services, Inc.

Thomas S. Buter, 394.5300
528 W. Orange St.

Miller Optical

Glenn & Maryanne Miller,
393.2020
Glasses, Contacts, and Exams
Lancaster & Willow Street

Willard Hypnosis Center

Roger J. Willard
3304 Main Street, Conestoga PA
17516, 717.872.7561 or
willardhypnosis.com

SPECIAL SPRING EVENTS

The Nurture and Outreach teams are having a Free Family Movie Night, on Friday, April 12th, at 6 pm in Bethany Hall. We will have pizza and popcorn.

ALSO, Please save the date for the Nurture and Outreach team's Spring Fest on Saturday, May 18, at 10:00 am in the parking lot. More details to follow.

Sidelights

THE WOW FELLOWSHIP

The women and men's group that has been meeting once a month after church for lunch and Bible study is now called The WOW Fellowship, which means **W**orship God, **O**bey His Word, and **W**itness to others. The group will be meeting the second Sunday of every month in Bethany Hall following the Worship Service. Lunch is provided.

GROCERY CARDS

Please check the News to Go for Sundays when grocery cards will be available in the lobby.

You can also continue to support the Mission Outreach of Covenant by purchasing your grocery store gift cards through the mail. Please mail your check to Covenant UMC at 110 N Mulberry St 17603 with a note. We have \$50 Stauffer's cards; \$25 and \$50 Giant cards.

Please make your checks out to Covenant UMC. After receiving your check, we will mail your grocery store cards to your home.

A/V HELP NEEDED

There is room for you on the sanctuary sound board. Interested? Training will be provided. Please see Darwin Tyson for more information.

Adult Sunday School Classes for Spring

The Sunshine Sunday School Class has begun studying the book Living the Lord's Prayer by David Timms. The emphasis on Jesus's teachings is not so much about how to pray but about how to live. Ginny Brown and Patti Willard will lead this class with assistance from Dave Beznoska through the month of June. The class meets in Room B1 on the lower level right next to the elevator.

The Faith Walk Sunday School Class, which meets in the Chapel Library, is just beginning Timothy Keller's study on The Reason for God: Conversations on Faith and Life. Keller illustrates through DVD discussions ways to respond to questions about and objections to Christianity. Class discussion follows the DVD discussions as led by the teachers in rotation: Carole Horn, Chris Kimmich, Lois Neidermyer, and Cindy Smith.

Both adult Sunday School classes meet from 9:00 to 10:00 A.M. Sunday mornings and welcome all interested in growing in their faith.



West District United Women In Faith INGATHERING

Covenant United Methodist Church

May 4, 2024

10:30 am – 12:30 pm (registration 10 am)

R.S.V.P by May 5: bskarbowski@gmail.com

Come join us and learn about two National Mission institutions that United Women In Faith will be supporting. There are two centers that we will be gathering items for, Neighborhood Center of the UMC in Harrisburg and Ruth M. Smith Center in Sheffield. Watch for the list of donation items needed in the Gathering Area. We will have the cart out to collect supplies.

First Friday Chocolate Chip Cookie Concerts

As a part of our 140th celebration, we are hosting musical concerts here at Covenant on First Fridays. Please mark your calendars for Fridays, May 3 through Dec 6, at 6:00 PM. The first Friday of each month we will have a "Covenant Chocolate Chip Cookie Concert" series. You know what that means... cookies for everyone!! Watch the bulletin for a full insert of the musicians that will be highlighted during our concerts. If you would like to assist with making cookies, please see Cindy Smith. If you have any other questions about other ways you can be involved please contact Chris Kimmich.



CHOCOLATE CHIP COOKIE CONCERT SERIES

FIRST FRIDAY AT 6:00 PM

Free Church Parking Lot on 300 block of West Orange St.

Friday, May 3

Sounds of Roses - A large band that plays jazz, disco, rock, and swing music.

Friday, June 7

Midst the Noise – Five-member band playing pop songs from the 70s.

Friday, July 5

Benjamin Wesley – Piano soloist, tickling the ivories with a variety of head bobbing and toe tapping tunes. Guest soloist will round out the evening of music.

Friday, August 2

American Guild of Organists – Lancaster Chapter showcasing organist and our 100+ Cas-sava Pipe Organ.

Friday, September 6

Laus Deo – Youth and Young Adult Chorale led by Heidi Shannon with performance by cellist, Victoria Mitchell.

Friday, October 4 TBD

Friday, November 1

Music For Everyone Community Chorus

Friday, December 6

Christmas Carol Sing-Along

Sidelights

90+ BIRTHDAYS

Ruth Neuman	5/2
Ethel Beck	5/13

NOTE OF THANKS

As she gradually resumes her activities as Pastor of Visitation & Outreach, Pastor Sally and Bruce would like to express their deep appreciation for the tremendous support they received around Pastor Sally's lower back surgery on February 12- "We love our Covenant Church Family."

UWF RETREAT

Thursday, April 4, through Sunday, April 7, 2024, will be our annual Retreat at Ocean City, NJ. Watch for sign up in February. Please see Chris Kimmich with any questions and your interest.



COVENANT

United Methodist Church

110 North Mulberry Street

Lancaster, PA 17603-3507

Office Telephone: 717.393.1561

Senior Pastor's Phone: 717.682.2374

Office Hours: Monday-Friday, 8:00 a.m.—1:00 p.m.

Church Staff

The Reverend Derrick Gutierrez, Senior Pastor

The Reverend Sally Ott, Visitation & Witness

The Reverend Dr. Guy Carrigan, Dir. of Evangelism

Jeffrey McGary, Echoes Editor

Email

Senior Pastor...pastorderrick@covenant-umc.com

Admin. Asst....nicole@covenant-umc.com

Echoes Editor...jcmcgary@comcast.net

Web Page...<http://www.covenant-umc.com>

Covenant Homecoming

Join us for a joyous celebration as we welcome friends and family back to our church homecoming weekend! From October 4th to the 6th, we are hosting special events to reconnect, rejoice, and renew our spirits together.

We will kick off the weekend on Friday, October 4th, with a concert that is part of the Chocolate Chip Cookie Concert series. Covenant has a legacy of music that we will be celebrating throughout the year.

On Saturday, October 5th, reconnect with old friends and make new ones as we share a meal, laughter, and stories in Bethany Hall. Whether someone has been away for a short while or many years, all members of the Covenant family (old and new) are welcome with open arms.

On Sunday, October 6th, join us for a special homecoming service where we'll reflect on our shared journey, celebrate our community's resilience, and look forward with hope to the future. We will commemorate member anniversaries and give honor to 140 years in ministry.

Mark your calendars and spread the word! Let's come together to celebrate the spirit of homecoming and the bonds that unite us as a church family.

We look forward to seeing you there!

Return Service Requested

Covenant United Methodist Church
110 N. Mulberry St.
Lancaster, PA 17603-3507