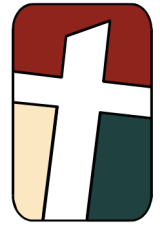


140th Anniversary

Covenant

CHURCH



Covenant Echoes
June & July, 2024

Don't forget to pick up your copy of the EPA Annual Conference Report from the desk in the lobby. It will also be available on the church website.



From the Pastor's Desk...

By Pastor Derrick Gutierrez

Summer is a season of warmth and growth, a time when the earth seems to be fully alive after the renewal of Spring. We take advantage of the change to warmer weather by scheduling time with family to enjoy the outdoors; at the beach or in the woods. During this season, we witness the transformation of nature: seeds planted in the spring blossom into flowers and crops ready for harvest. This natural cycle is a

reflection of the spiritual growth we experience when we embrace change with hope.

Change, much like summer, can be a time of growth if we trust in God's plan for us. Ecclesiastes 3:1 reminds us that "to everything there is a season, and a time for every matter under heaven." Embracing this wisdom allows us to view change with the understanding that God is still in control. Our roots of faith deepen as our dependence on God increases.

During this season in 2024, there is a lot of change to consider. The United Methodist Church met at the end of April for a postponed 2020 General Conference. As many already know, some historic changes were decided at General Conference. After more than 5 decades, the church voted to change language in the Book of Discipline that excluded LGBTQIA individuals from clergy roles and disallowed same-sex marriage ceremonies in our local churches. The Social Principles of the United Methodist Church were changed as well.

These changes have sparked conversations within Covenant about what we believe as a denomination and the impact on our local congregation. In the year that I have been the pastor of Covenant, I have come to learn that the congregation is diverse in various specific beliefs, and yet we are unified by the love of Christ and our mission to our neighbors.

As disciples of Jesus, we can demonstrate His love best by our willingness to sit with one another and discuss the challenges we face in our diverse beliefs. It is my heartfelt conviction that we can be a church family that embraces opportunities to show love and listen to each other. Those conversations may not be easy or comfortable. We still need to engage our brothers and sisters with love. To quote Pastor Sally, "We need each other", even if do not always agree.

Hope during change is not merely about passive waiting; it is about active engagement with our faith and community. Please pray for Covenant and the United Methodist Church as we figure out how to live into the mission of Jesus Christ amid all these changes. Also, keep the members of our church family in prayer as we navigate our future together. Summer's long days and warm evenings offer time for reflection and prayer. In these moments, we can seek God's guidance and find solace in His presence.

Let us remember that hope is a gift from God. It is the assurance that, no matter the season, God's love and grace are unchanging. Summer, with its vivid displays of growth and renewal, serves as a beautiful reminder that God's promises are ever-present. Let us, therefore, face change not with fear, but with hope, trusting that God is with us, leading us towards a future filled with His blessings.

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.

REPORT FROM GENERAL CONFERENCE

At the EPA Annual Conference, our conference's delegation to the recent General Conference reported on their experiences and impressions of the (postponed) 2020/2024 General Conference, April 23-May 3, in Charlotte, N.C. The theme was "...and know that I am God." Our delegates explained key legislation passed by the quadrennial assembly, including:

- Regionalization of the global denomination's structure.
- Removal of discriminatory language and restrictions related to ministry by, with and for "self-avowed practicing" gay and lesbian people.
- A decrease in the apportionment percentage assigned to churches for support of con-nectional ministry.
- A 2025-2028 budget of \$373.4 million, about 40 percent less than the current budget passed in 2016.
- The first full revision of the denomination's Social Principles in nearly 50 years.
- An end to the temporary church disaffiliation policy passed by the special 2019 General Conference and a mandate that annual conferences develop "grace-filled policies for reaffiliation of churches that want to rejoin the denomination."
- Extension of sacramental authority to ordained deacons, allowing them to celebrate bap-tism and communion where appropriate.
- Approval of a new retirement plan for U.S. clergy, called Compass, that includes a de-fined contribution plan similar to what many corporate employers provide. The plan takes effect in 2026.
- Approval of a full communion agreement with the Episcopal Church, pending the Episco-pal Church's approval when its legislative assembly meets in June.
- Approval of two constitutional amendments that address our commitment to eradicating racism and that include "gender" and "ability" among the attributes that should not im-pede full participation in the life of any congregation.
- Approval of an apology to victims and survivors of sexual misconduct by clergy and lay leaders in the church. The resolution also encourages the reporting of sexual abuse and states that the abuse of power will not be tolerated in the church.

Here's to Good Health!

Summertime and the living is easy. You might think that means taking it easy, but it is a great time to get outside and improve your overall health. It is also a time that injuries can happen because we are more active. That got me thinking about protecting bone health.

As we age (yes, I know you don't like to hear those words but...) one injury that happens most often to us is a fall, resulting in broken bones. So, there are some ways I want to share with you that can help maintain bone density and decrease fracture risk.

Exercises in which you carry your own weight, like walking, hiking or aerobics, are good for keeping the bones in your legs and hips strong. If you can't work out vigorously, try low impact exercises like tai chi, swimming, or strengthening exercises.

Make sure your diet has nutrients to keep building bone. Calcium is the main ingredient of bone. Dairy foods provide the most concentrated sources, but calcium can be found in sock-eye salmon, fortified orange juice, spinach, dried beans, nuts and tofu. Vitamin D helps the body absorb calcium. The body makes its own vitamin D when sunlight hits the skin. Only a few foods such

as salmon, tuna, mackerel, and fish liver oils contain vitamin D. Milk, breakfast cereals, orange juice, and yogurt have vitamin D added.

Vitamin K helps to make bone. There are studies that say people that take in higher levels of vitamin K are less likely to break a hip. You will find vitamin K in broccoli, Brussels sprouts, leafy greens, and cabbage.

Stay active, keep moving even if dealing with pain from arthritis. Rest a joint but get back to using it again. Some joint friendly options would be elliptical trainer, stationary bike, swimming, short walks throughout the day instead of a long walk.

To maintain bone density, you need to stay mobile and active. Check with your health care provider for what type of strength training you should do. Carrying some groceries is a start!

Have a safe and healthy summer, and of course remember to wash your hands!

Cindy Smith,
Parish Nurse



Women's Retreat 2024

Ocean City, NJ

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

WE WANT YOUR STORY!

In honor of Covenant's 140th Anniversary, you are invited to come and tell us how Covenant is a part of your life, and reflect on your history with us! We are looking to sit down in the Church library and record your personal and impactful stories, lasting about 3 minutes. Please call the office at 717-393-1561, or send us an email at office@covenant-umc.com if you or anyone you know is interested.

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.

Summer Adult Sunday School Classes

The Faith Walk Sunday School Class has just begun a new series of lessons entitled "Dream Big," presented on DVD by Bob Goff. The challenge is to dream big with Jesus for ourselves and for our church and to take action with God's help. The next study during the summer is "Hymns We Love," which explores the background and impact of five well-known hymns: "How Great Thou Art," "Rock of Ages," "Amazing Grace," "The Lord's My Shepherd," and "And Can It Be?" The class meets in the Chapel Library with teachers Carole Horn, Chris Kimmich, Lois Neidermyer, and Cindy Smith.

The Sonshine Sunday School Class is finishing their study of the book *Living the Lord's Prayer* by David Timms with emphasis on Jesus's teachings about how to pray and how to live. Then starting in July, the class will view episodes from "The Chosen, Season 3" and discuss this creative depiction of the Biblical accounts. Ginny Brown and Patti Willard lead this class that meets in Room B1 on the lower level next to the elevator.

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

Chocolate Chip Cookie Series for July

On Friday, July 5, Covenant's very own piano accompanist, Benjamin Wesley, and his friend, Jeremiah Miller, will be our featured program for the evening. Benjamin will be performing a selection of classical favorites, including all three movements of Beethoven's *Moonlight Sonata*, and will be joined by Lancaster Shakespeare Theatre executive artistic director Jeremiah Miller for a performance of *Let Us Garlands Bring*, a 1941 song cycle by Gerald Finzi based on poetry in various Shakespeare plays, along with a few popular showtunes.



Benjamin Wesley

Benjamin Wesley began studying piano at the age of 5. In 2016, Benjamin won 3rd place in the York Symphony Orchestra's youth concerto competition before heading off to college at Millersville University. Benjamin is active in local community theater both as an actor and pit musician, having acted in several Lancaster Shakespeare Theatre productions and played piano for shows such as *Fiddler on the Roof*, *Sweeney Todd*, and *Little Shop of Horrors*.



Jeremiah Miller

Jeremiah Miller grew up on the Lancaster stage, appearing mostly in musicals at the Fulton, EPAC, Dutch Apple Dinner Theatre, Theater of the Seventh Sister, and First Stage Theatre. He was an accomplished vocalist at McCaskey High School, earning a spot in the All-Eastern Honors Chorus, with which he performed at Carnegie Hall. He now serves as the Executive Artistic Director of Lancaster Shakespeare Theatre (LST).

June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1 7a Yard Sale
2 Holy Communion 9a Adult, Children & Youth Sun 10:30a Worship & FaceBook Li	3 7a MOOS 12p Church Office Closes 7p Narcotics Anonymous	4 7a MOOS 12p Church Office Closes 1p Staff Meeting	5 7a MOOS 10a Conference Call Prayer Gr 10:15a Prayer Group 7p Chancel Choir Rehearsal	6 7a Child Care Bethany Grad Reservation 7a MOOS 7p Praise Team Rehearsal	7 7a MOOS 6p Chocolate Chip Cookie Con	8 10a Food Box Distribution 12p Care and Share Luncheon
9 Hold Date: Clement Wedding 8a Nurture Team Meeting 9a Adult, Children & Youth Sun 10:30a Worship & FaceBook Li	10 7a MOOS 12p Church Office Closes 7p Narcotics Anonymous	11 7a MOOS 12p Church Office Closes 1p Staff Meeting	12 7a MOOS 10a Conference Call Prayer Gr 10:15a Prayer Group 7p Chancel Choir Rehearsal	13 7a MOOS 7p Praise Team Rehearsal	14 7a MOOS	15 9a IMPACT! Missions Workday
16 9a Adult, Children & Youth Sun 10:30a Worship & FaceBook Li	17 7a MOOS 12p Church Office Closes 7p Narcotics Anonymous	18 7a MOOS 12p Church Office Closes 1p Staff Meeting 7p Trustee Board	19 7a MOOS 10a Conference Call Prayer Gr 10:15a Prayer Group 7p Chancel Choir Rehearsal	20 7a MOOS 7p Praise Team Rehearsal	21 7a MOOS	22
23 9a Adult, Children & Youth Sun 10:30a Worship & FaceBook Li	24 7a MOOS 12p Church Office Closes 7p Narcotics Anonymous	25 7a MOOS 12p Church Office Closes 1p Staff Meeting	26 7a MOOS 10a Conference Call Prayer Gr 10:15a Prayer Group 7p Chancel Choir Rehearsal	27 7a MOOS 7p Praise Team Rehearsal	28 7a MOOS	29
30 9a Adult, Children & Youth Sun 10:30a Worship & FaceBook Li	1 7a MOOS 12p Church Office Closes 7p Narcotics Anonymous	2	3	4	5	6

July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1 7a MOOS 12p Church Office Close 7p Narcotics Anonymous	2 7a MOOS 12p Church Office Close 1p Staff Meeting	3 7a MOOS 10a Conference Call Pra 10:15a Prayer Group 7p Chancel Choir Rehea	4 7a MOOS 7p Praise Team Rehears;	5 7a MOOS	6 12p Care and Share Lun
7 Holy Communion 9a Adult, Children & You 10:30a Worship & FaceE	8 7a MOOS 12p Church Office Close 7p Narcotics Anonymous	9 7a MOOS 12p Church Office Close 1p Staff Meeting 7p Church Council Meet	10 7a MOOS 10a Conference Call Pra 10:15a Prayer Group 7p Chancel Choir Rehea	11 7a MOOS 7p Praise Team Rehears;	12 7a MOOS 6p Chocolate Chip Cooki	13 10a Food Box Distributic
14 9a Adult, Children & You 10:30a Worship & FaceE	15 7a MOOS 12p Church Office Close 7p Narcotics Anonymous	16 7a MOOS 12p Church Office Close 1p Staff Meeting 7p Trustee Board	17 7a MOOS 10a Conference Call Pra 10:15a Prayer Group 7p Chancel Choir Rehea	18 7a MOOS 7p Praise Team Rehears;	19 7a MOOS	20 9a IMPACT! Missions Woi
21 9a Adult, Children & You 10:30a Worship & FaceE	22 7a MOOS 12p Church Office Close 7p Narcotics Anonymous	23 VBS 7a MOOS 12p Church Office Close 1p Staff Meeting 7p SPRC Quarterly Meet	24 7a MOOS 10a Conference Call Pra 10:15a Prayer Group 7p Chancel Choir Rehea	25 7a MOOS 7p Praise Team Rehears;	26	27
28 9a Adult, Children & You 10:30a Worship & FaceE	29 7a MOOS 12p Church Office Close 7p Narcotics Anonymous	30 7a MOOS 12p Church Office Close 1p Staff Meeting 7p Finance Committee M	31 7a MOOS 10a Conference Call Pra 10:15a Prayer Group 7p Chancel Choir Rehea	1 7a MOOS 7p Praise Team Rehears;	2	3

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. In addition, there will artwork displayed by local artists for viewing and for sale in the Gathering Area. If you have any other questions about other ways you can be involved please contact Chris Kimmich.



CHOCOLATE CHIP COOKIE

CONCERT SERIES

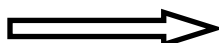
FIRST FRIDAY AT 6:00 PM

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



Friday, June 7

Midst the Noise – Five-member band playing pop songs from the 70s. (See article in the Sidelights column.)



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

TBD

Friday, September 6

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

Friday, October 4

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

Friday, November 1

Music For Everyone Community Chorus

Friday, December 6

Christmas Carol Sing-Along

Sidelights

90+ BIRTHDAYS

Betty Greider	6/7
Doris Hiepler	6/26
Elize Lorenz	6/27
Jane Gehman	7/4
Andrew Loechner	7/24

NOTE OF THANKS

Nancy Groff would like to extend a heartfelt thank you to everyone for their visitations and cards while she was in the hospital.

MIDST THE NOISE

Several friends played together in a worship band years ago. We reunited in 2016 to make music for fun. We chose pop and rock songs that we enjoyed and wanted to play. We began to play for others once in a while.

We've played many Music Fridays in Lancaster ever since. A few members have changed over the years, but our core is still having fun making music that we love, together.

Midst The Noise is: Genise Wade - vocals & percussion, Tracie Kortright - vocals and percussion, Mike Egge - drums, Kevin Kresge - bass & vocals, Allan Dutton - guitar & vocals.

Come out and sing along with us. Bet you know most of the songs!

FUNDRAISER FOR KELLY

Covenant Child Care is holding a fundraiser on Friday, June 21st at Rachel's Cafe & Creperie (201 W Walnut St, Lancaster, PA 17603), from 8:00 AM - 8:00 PM. 10% of all sales will be donated in support of Kelly Stauffer.

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>

UPCOMING DATES TO REMEMBER

June 7, 6:00p	Chocolate Chip Cookie Concert
June 8, 10:00a	Food Box Distribution
June 8, 12:00p	Care & Share Luncheon
June 15, 9:00a	!Impact Missions Workday
July 5, 6:00p	Chocolate Chip Cookie Concert
July 6, 12:00p	Care & Share Luncheon
July 13, 10:00a	Food Box Distribution
July 20, 9:00a	!Impact Missions Workday
July 23-26	Vacation Bible School

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