

# Monthly Newsletter

# January 2025



**COVENANT**  
**COMMUNITY CHURCH**  
*Expanding the Kingdom of God*

## Pastoral Focus

**Dr. Earl Grant Jr., Pastor-Teacher**

Happy New Year!

“Oh, give thanks to the Lord, for He is good! For His mercy endures forever” (Psalm 107:1).



As we step into 2025, let us take a moment to reflect on God’s faithfulness and goodness over the past year. Truly, we have much to thank Him for as we anticipate the new opportunities and challenges this year will bring.

We stand at the beginning of a new chapter in our journey as the body of Christ. This year, we are committing ourselves anew to the Great Commandment and the Great Commission –loving God with all our hearts, loving others as ourselves, and making disciples of all nations.

As we renew this commitment, we will also restate our identity as a local expression of Christ’s body and reengage in effectively presenting Christ, both with our words and through our lives.

Much like the Israelites at the edge of the Promised Land, we face a future that holds both great promise and significant responsibility. Yet, we move forward with faith, trusting that the God who has brought us this far will continue to guide and empower us. Together, let us embrace the call to be His hands and feet, boldly sharing His love and truth with our community and beyond.

First Lady Ivory and I are deeply grateful for the privilege of serving alongside you in this season. Let’s move forward, united in purpose, to expand God’s Kingdom and glorify His name in 2025.

Blessings,  
Pastor Earl Grant Jr.

## Choir Rehearsals @ 7 pm

- 7: Praise Team
- 14: Mass
- 21: Youth
- 28: Mass

## Events

- 8: First Wednesday: Men, Women, & Young Adults Studies
- 12: Young Adults Meet & Greet
- 15: Vision Wednesday
- 17-18: Stewardship Workshop
- 26: Newcomer’s Reception

## Looking Ahead

- February -

- 22: Women’s Prayer Breakfast
- 23: Western Wear Sunday

# Happening This Month

## Prayer Focus



## Biblical Foundation of Fasting

Fasting is the act of abstaining oneself from food or something else during a particular period. Giving up on food doesn't essentially mean not having food completely. It can be giving up on certain food as well. It depends on the believers who choose to carry out this divine act of discipline. You have the choice to fast for a particular period of the day or skip a meal. There are multiple ways to get closer to God through Fasting while getting the required physical nourishment for your health. It should be noted that though fasting finds its deep roots in the Bible...There are numerous references and instances where fasting was practiced by prophets, apostles, and even Jesus Christ himself.

In Matthew 6:16, Jesus said, "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting."

Here, Jesus is teaching his discipline how to fast. Here, it is mentioned as a norm (when) rather than as an option (if).

From the Old Testament to the New Testament, fasting is portrayed as a means of seeking God, repenting of sins, and experiencing His presence in a deeper way. Examples include Moses, Elijah, Daniel, and the apostles in the early church, all of whom engaged in fasting as a spiritual discipline.

**Moses:** After receiving the Ten Commandments from God on Mount Sinai, Moses fasted for forty days and forty nights (Exodus 34:28).

**Elijah:** During a period of intense spiritual warfare, Elijah fasted for forty days and nights while journeying to Mount Horeb (1 Kings 19:8).

**Daniel:** Seeking understanding and guidance, Daniel fasted for twenty-one days, abstaining from rich foods and meat (Daniel 10:2-3).

**Jesus:** Before beginning His public ministry, Jesus fasted for forty days and nights in the wilderness, overcoming temptation (Matthew 4:2).

**Early Church:** The early Christians practiced fasting as a regular spiritual discipline. In the book of Acts, the believers fasted and prayed before appointing leaders and sending out missionaries (Acts 13:2-3, 14:23).

**Paul:** The apostle Paul mentioned his experiences with fasting in several of his letters. In 2 Corinthians 11:27, he speaks of fasting as a hardship he endured in his ministry.

**Jesus' Disciples:** When Jesus' disciples were unable to cast out a demon from a boy, Jesus told them that certain kinds of demons could only be driven out by prayer and fasting (Mark 9:29).

Through these instances, we can understand that fasting was done for various reasons, including seeking God's presence, spiritual warfare, guidance, repentance, and seeking the will of God. It served as a means of connecting with God on a deeper level and was practiced by individuals and communities throughout biblical history.

Ref: [https://breathofthespirit.org/the-power-of-fasting-its-significance-in-christianity/?gad\\_source=1&gclid=CjwKCAiApY-7BhBjEiwaQMrrERF2aLLUPUjXXL1hioPbDeiZ5XJFp0NhKTXAmTwL\\_9ZWkLIgbbE9RoCf08QAvD\\_BwE](https://breathofthespirit.org/the-power-of-fasting-its-significance-in-christianity/?gad_source=1&gclid=CjwKCAiApY-7BhBjEiwaQMrrERF2aLLUPUjXXL1hioPbDeiZ5XJFp0NhKTXAmTwL_9ZWkLIgbbE9RoCf08QAvD_BwE)

## Events

### Vision Wednesday

January 15 @ 7 PM

**RE** FOCUS  
FRAME  
LAUNCH

### Stewardship Workshop

Covenant Community Church

Join us for an enriching experience designed to empower believers with a biblically grounded understanding of stewardship.

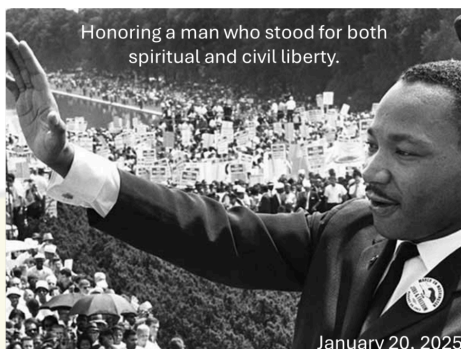


**Seminar Leaders:**  
Dr. Aleck A. Brown & Mrs. Arnita Brown

**Topics:**  
Understanding Stewardship  
Managing Time  
Using my Talents  
Spending my Treasure

Managing my Time, Talents, and Treasure  
in a way that honors God and serves others.

Friday | January 17, 2025 | 7 PM - 9 PM  
Saturday | January 18, 2025 | 9 AM - 1 PM



Honoring a man who stood for both  
spiritual and civil liberty.

January 20, 2025

Image: [https://www.calendardate.com/martin\\_luther\\_king\\_day\\_2025.htm](https://www.calendardate.com/martin_luther_king_day_2025.htm)



## Youth

**Calling All 18-35 Young Adults**

**JANUARY 12TH MEETING**

JOIN US JANUARY 12TH AFTER SERVICE

**10-15 MINUTES MEETING**

WE WILL SHARE INFORMATION ABOUT THE  
RELAUNCH TO OUR YOUNG ADULT MINISTRY.

*We want to create a safe space  
for future spiritual gatherings*

**Points of Contact**  
Minister Cedrick Stubblefield Sr., PhD  
Sister Londa Wilson  
Brother Jonathan Perez

**JANUARY**  
SUNDAY SCHOOL

FROM THE WORLD TO THE WORLD TO COME

**SUNDAY MORNINGS @ 9:00**

POC: Patricia Bradley



## Self-Care

**WINTER SELF-CARE**

- EVALUATE**  
Check where you're at re: physical and mental health.
- SUNSHINE**  
Get outside!!
- FRUITS, VEGGIES, & WATER**  
The basics are important!
- MOVE IT**  
Leave the house. Do something. Move!
- SOCIALIZE**  
Make time for people and be with them.
- CREATE**  
Write. Make things. Even bad art is good!
- SLEEP**  
Don't hibernate completely- but do get rest!

## Local Events

### 2025 DreamWeek San Antonio

January 10-26

Exchanging Ideas.

Inspiring Discussion.

Igniting Change.

<https://dreamweek.org/events>

5024 FORCE SUPPORT SQUADRON PRESENTS

JBSA RECREATION PARK AT CANYON LAKE

**WINTER 5K RUN/WALK**

DON'T MISS YOUR CHANCE TO WIN

**\$500 \$250 \$150**

January 18 • 9:30 a.m.

**DIRECTIONS**

Entry for the 5K and entry into the Park are free. Everyone who participates will be entered into the drawing for the cash prizes. To be eligible for prizes you must be 18 years of age or older.

If you want to best traffic to the park or want to stay overnight to enjoy some relaxing time after the 5K, you can call for discounted lodging at 830-264-2878 or email them at [psalodging@gmail.com](mailto:psalodging@gmail.com).

Starting point for the 5K will be on the Sunny Side (left turn, off of South Creek Rd).

For more information about the 5K, please call (210) 850-7263.

FSS, LIGHTING THE WAY...EVERYDAY! @JBSA5024FS

## Winter Illnesses

**Common Cold: What is it?** Your nose and throat are infected. Your ears may also be infected. **How did I get it?** Somebody coughed or sneezed near you, or you touched a contaminated surface, like a doorknob. More than 200 viruses can cause colds. The most common is the rhinovirus. **How long will it last?** A few days to several weeks. **See a doctor if** - Symptoms linger beyond a few days or get worse, or if new symptoms develop.

**Flu: What is it?** Your upper respiratory tract (nose, throat, and upper airways) is infected. **How did I get it?** You got the influenza (flu) virus from airborne droplets sneezed or coughed, or by touching contaminated surfaces. Flu viruses keep evolving, which is why influenza vaccines are updated every year. **How long will it last?** The worst of it – fever and aches – is often over in three to five days. The coughing and general fatigue can linger two weeks or more. **See a doctor if** - Symptoms get worse, particularly a worsening cough after the first week, or if you have a condition or situation that makes you vulnerable to flu complications.

**COVID-19: What is it?** Your upper respiratory tract (nose, throat and upper airways) is infected. **How did I get it?** You got COVID-19 from close person-to-person contact, or through airborne droplets released by an infected person speaking, coughing or sneezing. **How long will it last?** Acute COVID can hang on for a week or two for mild or moderate cases, longer for severe infections. Post-COVID symptoms, such as lingering cough, on-and-off fever, fatigue, memory issues and changes to your senses of smell or taste, can persist for weeks or even months. **See a doctor if** - You have difficulty breathing, persistent pain or pressure in the chest, new confusion, inability to wake up or stay awake, or bluish lips or face.

**RSV (Respiratory Syncytial Virus): What is it?** RSV is a viral infection that can lead to inflammation of the respiratory tract and lungs. In children younger than 1 year, RSV is the most common respiratory cause for hospital admissions.

**Who is most at risk of severe RSV infection?** Infants (especially those born premature), children, older adults, people with heart and/or lung problems, and people with weakened immune systems.

**How long does it last?** Most children and adults with RSV will recover in one to two weeks. **See a doctor if** - Your child experiences a high fever, a bad cough, wheezing, labored breathing and/or decreased appetite.

For more information:

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/winter-illness-guide>

## Christian Humor

**What did Jonah's family say when he told them about what happened before reaching Nineveh?** "Hmm, sounds fishy."

**What did Daniel tell his real estate agent?** "I'd prefer a house with no den."

# Covenant Community Church

15651 Bulverde Rd. - San Antonio, Tx 78247



## Our Purpose

- Embrace** the people of God
- Engage** in a growing relationship with Jesus Christ
- Express** God's love
- Exalt** God's greatness
- Equip** them to become effective witnesses throughout the world

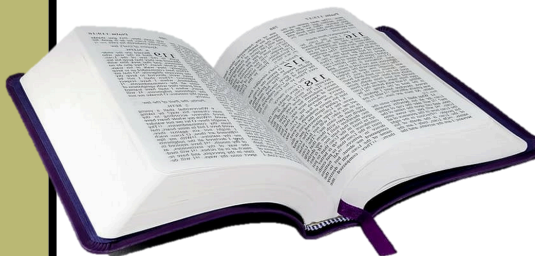
## The Path to Salvation

God created us to have a personal relationship with Him, a relationship that was broken by sin. Yet, everyone can restore this relationship through the gift of salvation. 1 John 1:9 says, "If we confess our sins [to God], he is faithful and just and will forgive us our sins and purify us from all unrighteousness." You can get started with this prayer:

"Dear Lord Jesus, I know that I am a sinner, and I ask for your forgiveness. I believe You died for my sins and rose from the dead. I commit my life to You as my Lord and Savior and invite You into my heart. This I pray in your Holy name. Amen."

John 3:16

## Learn with Us



### Sunday Services:

8:45AM - Sunday School

10:00 AM - Sunday Service

### Wednesday Services:

7:00PM - Worship and the Word



## Contact Us



Text "Salvation"  
210 610-2097

Text: "Membership"  
210 610-2097

Text: "Prayer"  
210 775-0339