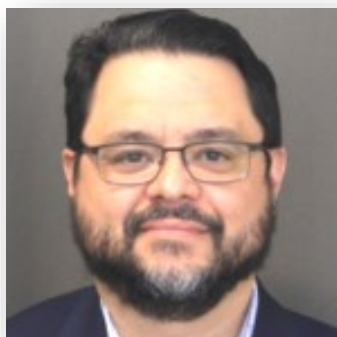




From the Pastor's Desk...

By Pastor Derrick Gutierrez



As I write this article, I am beginning my fourth week as the new pastor of Covenant. There are new faces and names to learn, new information to absorb, and history to explore. As I mentioned in my first Sunday message, transitions are hard. However, no matter how hard things might feel now, I believe Covenant is exactly where God wants me to be. As I start my first full-time appointment, I leave a 26-year career in IT behind and bring that experience with me into a next phase of ministry for the church.

Jezerel and I are thrilled to be here. Our family felt very well received at the church luncheon. As a native of Lancaster city who has only served churches in the county, I could not feel more at home at the corner of Mulberry and Orange streets. I am familiar with our neighborhood and have already reached out to connect with old friends, as I try to meet new friends among our neighbors. I look forward to sharing the love of Christ with our friends and neighbors beyond our four walls.

I am also excited about the cottage meetings scheduled for August and September. Please sign up to attend one that fits your schedule. The cottage meeting will offer an opportunity for us to get to know one another better in a more relaxed environment. I want to hear from you the answers to the following questions: 1) Why Covenant? and 2) What are your hopes and dreams for the future of Covenant?

As summer ends, there are students in our community preparing to return to school. We pray for the teachers, students and staff as they start a new school year. Specifically pray for the schools closest to us: Fulton elementary school and Reynolds middle school. We pray for parents as they shift their patterns for the coming fall and make the best decisions they can for their children's education.

In the service of our Lord,

Pastor Derrick Gutierrez

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.**

The theme for 2023 is **God in 2023, Covenant Church is the Place to Be.**

Please be in prayer for Covenant Church.

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.

AUGUST/SEPTEMBER EVENTS

8/5	Care & Share Luncheon	12:00 pm
8/6	Worship, Special Music-Tiffany Iraheta	10:30 am
8/10	Shalom Partnership	4:30 pm
8/12	Food Box Distribution	10:00 am
8/13	Worship, Special Music-Donna Cooper, harp	10:30 am
8/15	Trustee Board	7:00 pm
8/19	IMPACT! Missions Work Day	9:00 am
8/20	Worship, Music-Chancel Choir	10:30 am
8/20	Initial Pathways Meeting	2:30 pm
8/27	Worship, Special Music-Alison Heidelbaugh, violin	10:30 am
9/2	Care & Share Luncheon	12:00 pm
9/3	Worship Service, Holy Communion	10:30 pm
9/10	Worship Service	10:30 pm
9/10	WOW Fellowship Luncheon	12:00 pm
9/14	Food Box Distribution	10:00 am
9/14	Shalom Partnership	4:30 pm
9/16	IMPACT! Missions Work Day	9:00 am
9/17	Worship Service	10:30 am
9/19	Trustee Board	7:00 pm
9/24	Worship Service	10:30 am

Here's to Good Health!

Tired all the time? Do you feel exhausted during the day? Sleepy all day? You may have a sleep disorder or it could be fatigue.

Fatigue and sleepiness are two different things. Sleepiness means that you are not getting enough good quality sleep, and during the day you can't stay awake, your eyes just won't stay open. Fatigue is not having a lot of energy. You can feel that way because of chronic pain, stress, over working and even exercising too much.

There are some medical conditions that can lead to fatigue. A big reason for fatigue is anemia. Anemia is a low red blood cell count. It can cause fatigue, shortness of breath and headaches. Red blood count is known as hemoglobin. Normal lab values for a man are 14-17, for a woman 12-15. Causes of anemia are deficiencies in iron, folate or vitamin B12. To help build up hemoglobin eat foods rich in these nutrients.

Making poor choices in what you are eating can cause fatigue. Too many foods high in sugar or highly processed foods don't provide your body the fuel it needs to get through the day. You need foods that provide protein and a complex carbohydrate to avoid feeling hunger and keeps your body and brain energized.

Another cause could be an underactive thyroid. The thyroid gland makes a hormone that affects metabolism and is involved with how the body converts energy from food.

When metabolism is too slow it can cause fatigue. This condition is mostly found in people over 60 and usually in women. A simple blood test can tell if this the cause of fatigue. An underactive thyroid is treated with medication.

A urinary tract infection (UTI) can happen in both women and men. Burning and itching with urination are the most common symptoms of an UTI, but so can feeling really tired, weak, shaky and achy. An infection can cause both fatigue and sleepiness.

Dehydration, not getting enough fluids, can lead to fatigue. Make sure you are drinking plenty of water when we have hot, humid days. If you sweat a lot you need to drink more. You know you are well hydrated when urine is light in color.

There are other medical conditions that can cause fatigue such as heart and lung diseases along with diabetes. Some medications can cause fatigue. Ask your PCP if a different medication might help or try taking the medication at a different time of day. If you are feeling tired all the time please get checked out by your PCP.

Enjoy the rest of the summer and stay healthy. Remember wash your hands!

Wellness Coach,
Cindy Smith

Adult Sunday School Update

Covenant's two adult Sunday School classes are engaged in new studies as they meet weekly on Sundays from 9:00 to 10:00 am. Both explore the Scriptures and apply their messages to Christian life today with the help of books and/or DVD presentations by Christian authors. Both classes have open doors to welcome adults of any age interested in their studies.

The Faith Walk Class, which meets in the Chapel Library, is currently studying *God Is Closer Than You Think: Experiencing the Presence of God* with DVD presentations by John Ortberg, exploration of Scripture, and group discussion. Class sessions are led by a rotation of teachers including Carole Horn, Chris Kimmich, Lois Neidermyer, and Cindy Smith.

Continued on next page...

Sidelights

PATHWAYS Process Begins in August

The initial meeting for Covenant Church's involvement in the Eastern Pennsylvania Conference's Pathways program has been rescheduled for Sunday, August 20, at 2:30 P.M. in the Chapel Library. The West District Superintendent Rev. Jenny Freymoyer will serve as the facilitator for this process and lead the first meeting with members of the Church Council.

While Covenant Church was to have begun this work near the beginning of the calendar year, the start date was postponed when a pastoral change was announced so that Pastor Derrick Gutierrez could be a part of the process from its beginning.

Covenant's Church Council decided to pursue the Pathway entitled "ensuring congregational sustainability" so that we might assess the church's current reality and plan for ways to provide sustainability and promote church growth. Additional church members will become involved as the process continues throughout the coming year.

The theme verse for PATHWAYS is from Deuteronomy 5:33—"You are to walk in every pathway that the Lord your God commanded you, so that life may go well with you." May this be our prayer, and may God guide our way.

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. The WOW

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.

Cottage Meetings with the New Pastor

Cottage Meetings with our new Senior Pastor Rev. Derrick Gutierrez will begin in August and run through September. These meetings held in homes of Covenant members will provide the opportunity for small groups to meet with the pastor in an informal setting in order to get to know each other better and to share hopes and dreams for the future of the church.

Meetings are scheduled for select Monday evenings at 7:00 pm and Saturday mornings at 10:00 am. Pastor Derrick will lead the sessions and invite conversation. His wife Jezerel will join him for these meetings whenever possible. The plan for each Cottage Meeting is to include from five to ten people and to last approximately one and one half hours.

The following church members will be serving as hosts for the Cottage Meetings in their homes: Bonnie Herr, Carole Horn, Ron and Chris Kimmich, Lois Neidermyer, Chuck and Jeanne Schall, and Darwin and Deb Tyson. Cindy Smith will host a Cottage Meeting at the church for those members who find it easier to attend at this location.

Church members are invited to sign up for the Cottage Meetings in the Gathering Area on postings for each meeting with the date, time, and host's address listed. The hosts do live in different directions and distances from the church in order to provide options of location as well as options of date and time. A complete schedule of Cottage Meetings will also be made available in the News To Go. Members may call into the church office to register for a particular Cottage Meeting if they cannot sign up in person at the church.

Continued from previous page...

The Sonshine Class will begin the study of The Fruit of the Spirit: Cultivating Christlike Character by Stuart Briscoe on August 13. They meet in the lower level in the B1 classroom beside the elevator. Ginny Brown and Patti Willard share the teaching schedule with Dave Beznoska taking the lead on occasion.

Consider attending a Sunday School class to explore the Bible, to learn more about living the Christian life, and to appreciate the support of others in the Covenant Church family.

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

Message from Outreach/Mission Team

In 1973, a long time member of Covenant Church, Mabel Lefever, honored us in her will. The bank that was holding these monies in trust notified us that it was time to liquidate that account. We looked at her will and she clearly indicated that she wanted this money to support missions in the church, community, and around the world. The amount that was sent to us was \$121,907, and the Outreach/Mission Team prayerfully gathered to disperse these funds.

We gave a one time increase check to the following organizations that Outreach has supported throughout the years:

- LUMINA
- LoveINC
- MOOS
- TENFOLD formerly Transitional Living Center
- Red Bird Mission

Additionally, we sent one-time generous donations to the following United Methodist missions:

- Red Bird School for a new HVAC system
- Oklahoma Indian Missionary conference
- Shade and Fresh Water in Brazil
- House of Mercy Orphanage in Mexico
- June Hartranst Memorial Primary School for Girls in Sierra Leone
- Women Skill Center in Senegal
- Mamma Land Orphanage in Sierra Leone

The Outreach team also paid \$15K to the mission funds of our Conference Apportionment and reserved \$29K in a separate mission account for future needs; \$5,000 of that money has been reserved for the Pastor's Discretionary Fund.

What a blessing Mabel Lefever was to Covenant Church, and we were happy to share this blessing locally and around the world. If you have any questions, feel free to talk with members of the Outreach Team.

Name Tags

Most of you will remember that we had name tags made a few years back. To help Pastor Derrick and Jezerel in the coming weeks, wear yours (if you can find it) and help them put a name and a face together. By now the tag is probably in a jewelry box, an old jacket, or a junk drawer. But if you find it, please wear it each Sunday. Thanks.

Sidelights

NOTES OF THANKS

Betty Greider sends her appreciation for the many birthday cards she received for her 96th birthday. She looks at them and re-reads them often.

Patti Willard would like to thank the congregation for their prayers, cards, calls, visits, flowers, meals, and any other ways they supported her through her recent open heart surgery and recovery. She felt the prayers as well as the church family's caring and concern, and is happy to say she is resuming her usual schedule of activities. God is good!

MEMORIALS GIVEN

In memory of **Beth Johnson** - from Gina Hamilton

In memory of **Harold and Olive Quicke** - from Lois Neidemyer

In memory of **Dan Neidemyer** - from Sandy Leonard

In memory of **Bill Grau** - from Debbie Bealler, Cindy Smith, Lois Neidemyer, Dick Galen, Ron and Jeanette Trout, Sandy Leonard, Carole Horn, Ron and Chris Kimmich

In memory of **Bill Grau** - from Nancy Grau for Audio/Visual needs

In memory of **Bob Lehn** - from Cindy Smith, Sandy Leonard, Carole Horn, Ron and Chris Kimmich

In memory of **Pat Herr** - Sandy Leonard

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....chris@covenant-umc.com

Echoes Editor...jcmcgary@comcast.net

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

Special Session of EPA Annual Conference

With business left unfinished at the Eastern Pennsylvania Annual Conference in May, an EPA Special Session has been scheduled for Saturday, September 9, 2023, from 9:00 A.M. to 12:30 P.M. at Lititz United Methodist Church. Delegates from Covenant Church, Rev. Derrick Gutierrez as Senior Pastor, Rev. Sally Ott as a retired pastor, and Lois Neidermyer as Lay Member to Annual Conference, will appreciate the close proximity of this special meeting.

Bishop John Scholl will conduct the session to deal with finalizing the 2024 conference budget and voting upon several resolutions not acted upon in May. Further explanation will be provided regarding questions raised since Annual Conference and current challenges facing the Conference offices. Please be in prayer for decisions to be made at this special session.

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