

Dear Friends,

Where did January go? Weren't we just celebrating New Year's?

As we move into the second full month of 2021, the sparks continue to fly at Covenant! In this edition of *Covenant Connections*, you will see a newsletter chock full of articles proclaiming that God's Spirit is on the move, that the church is very much alive and well, and that the Light of Christ is shining brightly among us, within us, and around the world!

When we reach mid-February and start keeping church time, we will find our foreheads marked with an Ash Wednesday cross, our Lenten disciplines focused on the mind, mission, and ministry of Christ, our worship life centered on the unfolding drama of Holy Week, and our anticipation rising as we look to celebrate Easter Sunday.

As you can tell, there's a lot of ground to cover and a lot of holy sparks to encounter along the way. To help us do that, we have enlisted the guidance of The Reverend Jill Duffield from her book, *Lent in Plain Sight*. During Sunday school (see the Faith Formation page) and worship (outlined below), we will discover that the extraordinary God of Lent truly is in plain sight as we live everyday life. With Mark's gospel as our guide, and our journeying together as disciples of Christ, I look forward to seeing what God has in store for us this Holy Lent and Eastertide to come!

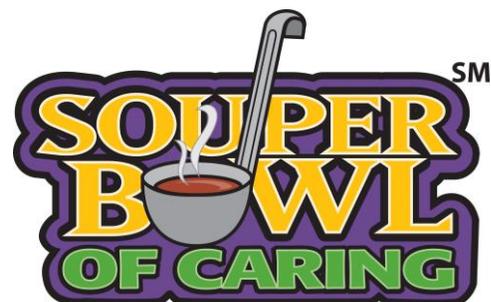
Grace and Peace,  
Kyle



# LENT

## Lent, Holy Week, and Easter Preaching and Worship

2/21	Shoes	Mark 1:4-8	1st Sunday of Lent
2/28	Oil	Mark 6:6b-13	2nd Sunday of Lent
3/7	Bread	Mark 7:24-30	3rd Sunday of Lent with Communion
3/14	Thorns	Mark 9:30-37	4th Sunday of Lent
3/21	Coins	Mark 10:17-22	5th Sunday of Lent
3/28	Coats	Mark 11:1-11	Palm Sunday
4/1	Cup	Mark 14:32-42	Maundy Thursday with Communion
4/2	Cross	Mark 15:33-39	Good Friday
4/4	Stones	Mark 16:1-8	Easter Sunday



### Sunday, February 7th!

We love our big games, but we love our valley neighbors more! That is why Covenant is proud to once again support the **Souper Bowl of Caring** and to fill the Presbyterian Community Center's pantry with cans of soup! Keeping in the spirit of Big Game day, we are holding a co-opetition among our members. If you normally sit on the **organ side** of the church, please donate **any chicken-flavored soup**; if you sit on the **pulpit side**, please bring **any flavor EXCEPT chicken** (tomato, vegetable, etc.). Bring soup donations to worship services or drop them off just inside the main parking lot doors **between now and Sunday, February 7th**. If you prefer, you can make a monetary donation by check or online at [covenantroanoke.org/donation-page/](http://covenantroanoke.org/donation-page/). (Select Souper Bowl of Caring fund.) Thank you!

### Save These Dates!

Sunday, February 7  
Souper Bowl of Caring  
"Spark" Sunday School

Wednesday, February 10  
Covenant CAFE presents  
Bahama Mamas Virtual Steel Drum Concert  
Live on Facebook @ 6 PM

Ash Wednesday, February 17  
Ash Wednesday Service @ 6:30 PM

Sunday, February 21  
First Sunday in Lent

Wednesday, February 24  
Covenant CAFE presents  
A Virtual Cooking Class with Chef Jim Eaton  
Live on Facebook @ 6 PM



### Let Us Pray . . .

**Church Members:** Christine Beck, Cindy Eades (Maggie Moen), Mary Jane Fisher, Karl Ford, Alice Garrett, the Johnson

Family, Lynnemarie Hancock, Suellen Hodges, Lindsey Nanz, the Penick Family, the Ramsburg Family, Ann Cecil Renick, Carol Ryan, June and Forrest Smith, Jo and Wayne Wilson, caregivers, military service members and families.

**Family and Friends:** Jim Barnette (Tom Floyd's friend), Lowell Bashlor, Jr. (Audrey Bashlor's son), Kenneth Benner (Lynnemarie Hancock's brother), Josh Birch, Rachel Erb Birch, Ann Caddell (Anne Currin's mother), Kevin Carter (Cheryl Floyd's brother), Patrick Dooley (Lynnemarie Hancock's friend), Larry Ford (Sherry Moran's brother), Dickie Hinchee (Leigh Singh's grandmother), Grant Holder (Angie Miller's brother), Rob Kidder's brother, Barry Martin (Ray Martin's brother), Will McVey (Melissa Cranwell's brother), Brian Mesko (Tom Floyd's friend), Bill Miller (Mike Miller's brother), Mike Overacker (Mark Overacker's brother), PCUSA Mission Workers Tyler and Rochelle Holm and Jim and Jodi McGill, Denise Pillow (Presbytery of the Peaks), Shirley Robertson (Barbara Robertson's mother), Mair Rubin (friend of Pranav Singh), Joe Slack and Family, Dr. Martha Sommers, Tim (Lynnemarie Hancock's friend), Geraldine Webb (Mandy Culley's mother), Norma Webb (Jeff Webb's mother), David Wiley (Mary Glenn Aydlett's nephew), Daniel Woodbury (Lynnemarie Hancock's cousin), Linda Woods (Joyce Woods' daughter-in-law).

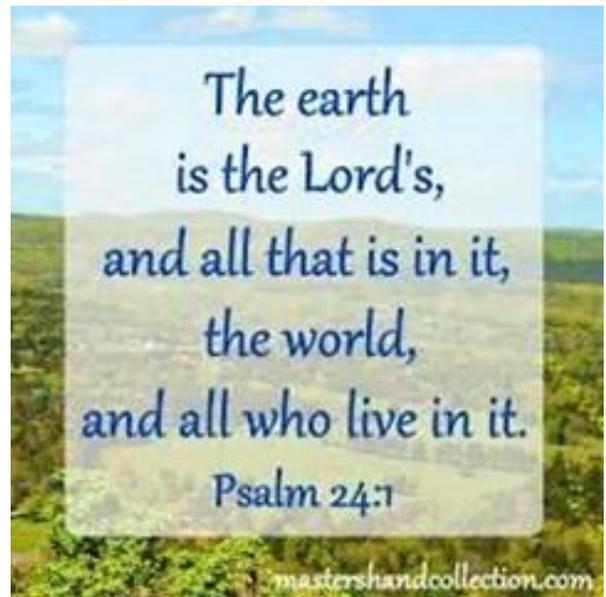
**Special Prayers:** Our hospital staffs and families, hospital patients and families, residents of assisted living facilities and those in nursing home care; Dakota Hurst, 16 year-old with osteosarcoma.

**Joys & Thanksgivings:** Birth of Wren Marie McClain on December 16, 2020.

***Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.***

***~ Philippians 4:6***

Please send requests for the prayer list to [gails@covroanoke.org](mailto:gails@covroanoke.org) or call the church office. Requests will be shared with the pastor and the Congregational Care Team.



*Let's take care of it!*

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### Food for the Soul

Judi Barnes

In her beautiful prayer poem "Let Your God Love You," Edwina Gately wrote, in part,

***God loves you with an enormous love.  
He only wants to look upon you with his love.***

***Quiet.***

***Still.***

***Be.***

***Let your God love you.***

Centering prayer is just that . . . a way to let God love you. It's scriptural basis is the wisdom saying of Jesus found in Matthew 6:6 . . . "When you pray, go to your inner room, close the door and pray to your Father in secret. And your Father, who sees in secret, will reward you." This prayer method has four simple guidelines:

- 1) Choose a sacred word as a symbol of your intention to consent to God's presence and action with.
- 2) Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word.
- 3) When engaged with your thoughts, return ever-so-gently to the sacred word.
- 4) At the end of the prayer period (20 minutes), remain in silence with eyes closed for a couple of minutes.  
*(thoughts include body sensations, feelings, images, and recollections)*

If you have questions or would like more information, please contact Judi Barnes at 540-420-6683 or [ipb0844@aol.com](mailto:ipb0844@aol.com). Also, Contemplative Outreach's website has abundant information and faithfully-crafted resources: [www.contemplativeoutreach.org](http://www.contemplativeoutreach.org)



**Covenant CAFE returns on Wednesday, February 10 with The Bahama Mamas Virtual Steel Drum Concert!** Join us live on Facebook at 6 PM for calypso music "From the Heart!"

**On Wednesday, February 24 Chef Jim Eaton is back with a new Virtual Cooking Class** live on Facebook at 6 PM. Watch for the menu and ingredients list so you can cook along!

**Covenant CAFE continues in March** with more exciting programs to keep you connected!

**Chancel Flowers to honor or remember special family members and friends** – and beautify our Sanctuary! Please call or email the church office with the date of your choice and your flower dedication. The cost is \$45, payable to Covenant Presbyterian Church. After the worship service, bring the flowers home to enjoy or make someone's day by sharing them!



The **Men's Bible Study** meets via Zoom at 8 AM on Saturday, February 6 and Saturday, February 20. Please contact John McMillen ([mcmilljd@gmail.com](mailto:mcmilljd@gmail.com)) or Jeff Cutright ([jcutright4@msn.com](mailto:jcutright4@msn.com)) for more information.

On Monday, February 8th and Monday February 22nd, the **Women's Bible Study** group will meet on Zoom at 10:30 AM for video lessons, discussion, and fellowship. For more information or to get the Zoom meeting link, please contact Sharon Nanz at [slnanz@aol.com](mailto:slnanz@aol.com). All women are welcome!

**Circle of Friends** meets on Tuesday, February 9th at 7:00 PM on Zoom. Please contact Carol Gentry for details ([carolg5@cox.net](mailto:carolg5@cox.net)).

**Correction to Information Shared at the Congregational Meeting of January 24, 2021:**

At the Congregational Meeting the name of **Lisa Farthing** was announced as a Deacon in the Class of 2020. It is **Ioana Farthing** that serves as a Deacon in the Class of 2020 and has agreed to continue to serve up to one additional year, not Lisa Farthing as announced. The minutes of the Congregational Meeting will reflect this correction. – Clerk of Session



**Sharing Bread on Communion Sunday** – As we celebrate the Lord's Supper together on February 7th, please bring a loaf of bread to share with our neighbors served by the Presbyterian Community Center.

**Hunger Offering:** On the second Sunday of each month we receive our special hunger offering to assist the Presbyterian Community Center Food Pantry as well as hunger initiatives supported by The Presbytery of the Peaks. Donations can be made online at [covenantroanoke.org/donation-page](http://covenantroanoke.org/donation-page). In 2020 our congregation gave **\$5,668** to fight hunger. **Thank you for your generosity!**



**Covenant's Nominating Committee Is Seeking Nominations for the Deacon Class of 2023**

All active members of Covenant may make nominations; nominees must be active members of the congregation. Self-nominations are welcome! **Please submit nominations to the church office by February 15, 2021;** by email to [office@covroanoke.org](mailto:office@covroanoke.org) or by regular mail (Attn: Gail Schuler). All nominations will be forwarded to the Chair of the Nominating Committee for consideration by the Committee.



**Email Scam Alert:** Emails have again been sent from a false email address pretending to be Kyle and requesting assistance. Please do not respond to these emails! You will never receive an email from pastoral staff at Covenant asking for financial assistance, gift cards, etc. We urge you to be cautious and if you are unsure of the authenticity of any email from Covenant or Covenant staff, please contact the church office.

*Thank you*

*Carol and Joe Gentry wish to thank all of our Covenant family. The prayers, cards, food and phone calls all helped us before and after Carol's hip replacement. Carol is recovering and hopes to see many of you soon with masks and social distancing. Your many kindnesses lifted our spirits so many times. We are blessed to be part of the Covenant family!*

*Dear Covenant Family,*

*I want to offer my deepest appreciation for all your prayers, thoughts, calls, and cards related to my mother's passing. Every one of them was so meaningful during a difficult time. It is a blessing to be part of the Covenant family and to share that faith and warmth.*

*Sincerely,  
Roger Dickenson*

### Find your Covenant Connection this February in Faith Formation!

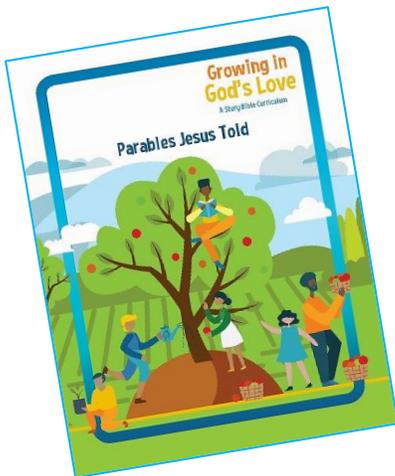
Sunday School classes are always open – newcomers are welcome, and Covenant has something for all ages! So, if you haven't been attending a class, please plan to drop into one of our Zoom sessions this February and invite a friend to come along with you. Zoom links are shared via email every Friday.

### February 7th – SPARK Sunday, featuring the Roanoke Salvation Army

February 7th is a **SPARK Sunday**, when Covenant features a special presentation for the congregation. During the fall, we learned about the Roanoke Rescue Mission and the Presbyterian Community Center. This month, our SPARK Sunday features the Salvation Army! All adults and youth are invited to join us via Zoom for a special presentation as Captain Russell Clay and his wife share about the history of the Salvation Army, its mission, how Covid-19 has affected the mission, and ways we might join in the effort! Our very own Will Dibling, Charlie Simmons, and Walt Gainer will further share about their connections with the Salvation Army and its work in our community.



**Children's Sunday School** at Covenant meets every Sunday from 10:30 AM – 11:00 AM via Zoom. During Sunday School, children and their leaders pray together, sing and move together, read Bible stories, and engage in discussion and activities. Children will continue to **Grow in God's Love** as they explore the **Parables Jesus Told** for the first two Sundays in February, including stories of *The Pearl* (Matthew 13:45-46) and *The Generous Landowner* (Matthew 20:1-16).



During the Lenten Season, children will engage in a special study entitled "**The Way: Walking in the Footsteps of Jesus**" a six-week series of Lenten lessons about **where Jesus walked** and **what Jesus taught** as a part of His resurrection and God's John 3:16 love for our world. Packaged in a bag of weekly activities for interactive connected steps, the general program was developed by Adam Hamilton and includes activities and scripture related to Jesus's life and ministry leading to Jerusalem and to Easter time. Our stories take into consideration the age of the child and the child's need to seek God's love for all in salvation. It is a grand Lenten walk for us all! **Many thanks to Susan Foard for creating this interactive study for our children!**



**Youth Sunday School** at Covenant meets every Sunday from 11 AM – 12 PM via Zoom. Youth and their leaders engage in hand-selected studies of Scripture from both the Old and New Testaments, guaranteed to kindle learning, questions, and discussion. Brain Teasers are regularly provided, and donuts are still bring-your-own!



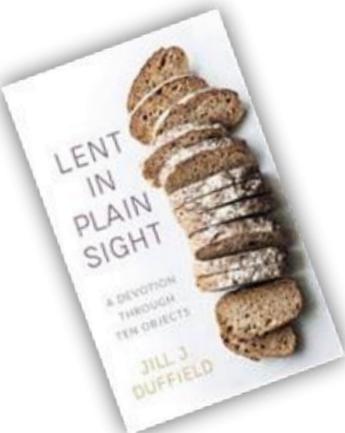
During the Lenten Season, Youth will engage in a parallel study with the adults, based on the devotional text, **Lent in Plain Sight** by Jill Duffield, which focuses on an ordinary object of daily living, along with God's promises in Scripture. Families, we hope you will enjoy discussing the objects and scriptures of focus during this special study!

**Adult Sunday School** at Covenant meets every Sunday from 11 AM – 12:00 PM via Zoom. During the first two weeks of February, adults will continue with their **Survey of World Religions**, with Buddhism as the focus of the month. We will ponder, is Buddhism a religion, or a philosophy?

Have you ever noticed how God works through the ordinary? Jill Duffield notes that God works through "ordinary people, everyday objects, things we bump up against moment by moment."

During the Lenten Season, adults will engage in a study entitled **Lent in Plain Sight** by Jill Duffield. Each week, we'll highlight an object, something we encounter in our daily living, and through these objects, we'll consider the possibility and the promise that God is present, Emmanuel.

In February, we'll explore how **dust** and **bread** offer us possibility and promise during the Lenten season . . . **Find out the remaining objects of ordinary focus in our March Newsletter!**



# Covenant PRESBYTERIAN CHURCH PRESCHOOL

We are having "snow much" fun in preschool!  
Staying safe and learning lots every day!



## Trash into Treasure!!! TREX Recycling Project

Thank you - Covenant Presbyterian, Covenant Preschool staff and families, and many other friends for keeping your plastic bags and soft plastic out of the landfill and instead donating them to Covenant Preschool's TREX Recycling Project!!! Our church family, with your phenomenal help, has donated **878 pounds** of used soft plastic since October 1, 2020!!!

Elizabeth has worked hard on this project. She has collected, sorted, weighed, and stuffed all 878 pounds into the Allen's car week by week to be dropped off for recycling! Look at all the plastic bags being kept out of the landfill!!! Yeah! And in return, **TREX donated a beautiful new bench, made of recycled soft plastic, to Covenant's Preschool!** It arrived this week!!! Soon Mark Overacker will anchor this beautiful bench on Covenant's Preschool Playground!

**Please keep those plastics coming to Covenant Presbyterian!** This greatly helps the environment, and Elizabeth absolutely loves this project and your supporting it!!!



**Thank you, Elizabeth,  
for your hard work and dedication!**



**Up next . . . bench #2 for the Preschool!  
All we need is you!!!**

SUN	MON	TUE	WED	THU	FRI	SAT
	<p>1</p> <p>7:00 Child Protection Sub-group (Zoom)</p>	<p>2</p> <p>9:30 Staff Meeting (Zoom)</p>	<p>3</p> <p>10:00 Holy Hunch Bible Study (Zoom)</p> <p>4:00 Centering Prayer (Zoom)</p> <p>7:00 CovYoGro (Zoom)</p> <p>7:30 Choir Practice (Sanctuary)</p>	<p>4</p> <p>5:00 Preschool Team meets (Zoom)</p> <p>6:30 Centering Prayer (home)</p> <p>7:00 Earth Care Team meets (Zoom)</p>	<p>5</p>	<p>6</p> <p>8:00 Men's Bible Study (Zoom)</p>
<p>7</p> <p><b>Souper Bowl of Caring Sunday</b></p> <p>9:00 Worship, with Communion *Bring Bread</p> <p>Zoom Sunday School: 10:30 - Children 11:00 - "Spark" Sunday School for Youth &amp; Adults</p>	<p>8</p> <p>10:30 Women's Bible Study (Zoom)</p> <p>7:00 Faith Formation Team meets (Zoom)</p>	<p>9</p> <p>9:30 Staff Meeting (Zoom)</p> <p>7:00 Circle of Friends (Zoom)</p>	<p>10</p> <p>10:00 Holy Hunch Bible Study (Zoom)</p> <p>4:00 Centering Prayer (Zoom)</p> <p>6:00 Covenant CAFE – Live on Facebook</p> <p>7:00 CovYoGro (Zoom)</p> <p>7:30 Choir Practice (Sanctuary)</p>	<p>11</p> <p>9:30 Presbytery Committee on Ministry (Zoom)</p> <p>6:30 Centering Prayer (home)</p> <p>7:00 Personnel &amp; Policy Team (Zoom)</p>	<p>12</p>	<p>13</p>
<p>14</p> <p><b>Transfiguration of the Lord</b></p> <p>9:00 Worship *Hunger Offering</p> <p>Zoom Sunday School: 10:30 - Children 11:00 - Youth 11:00 - Adults</p>	<p>15</p> <p>7:00 Finance Team meets (Zoom)</p>	<p>16</p> <p>9:30 Staff Meeting (Zoom)</p> <p>7:00 Missions Team (Zoom)</p>	<p>17</p> <p><b>Ash Wednesday</b></p> <p>10:00 Holy Hunch Bible Study (Zoom)</p> <p>4:00 Centering Prayer (Zoom)</p> <p>6:00 Ash Wednesday Service</p> <p>7:00 CovYoGro (Zoom)</p> <p>7:30 Choir Practice (Sanctuary)</p>	<p>18</p> <p>March Newsletter deadline</p> <p>9:00 Presbytery Meeting (Zoom)</p> <p>6:30 Centering Prayer (home)</p>	<p>19</p>	<p>20</p> <p>8:00 Men's Bible Study (Zoom)</p>
<p>21</p> <p><b>1st Sunday in Lent</b></p> <p>9:00 Worship</p> <p>Zoom Sunday School: 10:30 - Children 11:00 - Youth 11:00 - Adults</p> <p>3:00 - VBS Leaders Meeting (Zoom)</p>	<p>22</p> <p>10:30 Women's Bible Study (Zoom)</p>	<p>23</p> <p>9:30 Staff Meeting (Zoom)</p>	<p>24</p> <p>10:00 Holy Hunch Bible Study (Zoom)</p> <p>4:00 Centering Prayer (Zoom)</p> <p>6:00 Covenant CAFE – Live on Facebook</p> <p>7:00 CovYoGro (Zoom)</p> <p>7:30 Choir Practice (Sanctuary)</p>	<p>25</p> <p>6:30 Centering Prayer (home)</p>	<p>26</p>	<p>27</p>
<p>28</p> <p><b>2nd Sunday in Lent</b></p> <p>9:00 Worship</p> <p>Zoom Sunday School: 10:30 - Children 11:00 - Youth 11:00 - Adults</p> <p>6:00 Session meets (Zoom)</p>						



♥ Thank You from the Red Cross +  
Next Blood Drive: Thursday, April 8th + [redcrossblood.org](http://redcrossblood.org)

Join us for Worship on Sundays @ 9 AM

- ♦ In the Sanctuary: Socially distanced with face masks; registration required
- ♦ Virtually: Live streamed on Facebook and posted to YouTube



Covenant Presbyterian Church  
1831 Deyerle Road, SW  
Roanoke VA 24018

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