

Dear Friends,

Along our Lenten journey, we will sing or hear these familiar hymns:

“When I Survey the Wondrous Cross”

“The Old Rugged Cross”

“Upon the Cross of Jesus”

“Were You There When They Crucified My Lord”

As their melodies play and our souls are stirred, let us remember God’s steadfast promise of love everlasting!

In Christ,
Kyle

**Thank you Covenant and Covenant Preschool
for supporting the 2023 Souper Bowl of Caring with
1,670 Cans of Soup Donated!**

We filled the PCC Food Pantry with 725 cans of Chicken Noodle Soup, 582 cans of Tomato Soup and 363 cans of other soups (cream of chicken, vegetable, etc.) plus tuna, crackers, and peanut butter. We also received \$650 in monetary donations for the purchase of additional soup. Special thanks to our Youth and volunteers who helped count, sort, and deliver the soup to the PCC!



Covenant Youth & volunteers delivering soup to the PCC



Covenant Preschool students & staff donated 290 cans of soup!



A Cross

It’s right there in plain sight...lifted high on the cabinet by the volunteer desk in Heritage Hall.

A cross...made of wood...adorned with the regal color of purple signifying royalty.

A cross...the same cross that hangs over the stable placed on Covenant’s lawn each year in celebration of Jesus’ birth.

A cross...upon which the Lord of steadfast love was crucified and enthroned as Lord Savior of All.

A cross...which hung over his birth, shaped his earthly ministry, led to his death, and shrouded his burial in a borrowed tomb...

A cross...now empty against the sky, affirming his resurrection unto life everlasting!

God did this, because God so loved the world, and our joy in Jesus Christ today and forevermore knows no end!

Look for the cross the next time you come into Heritage Hall. It will be there throughout the year, except when it returns to the stable in honor of the One whose coming to life brings us new life every day!

Kyle Allen, 2022

Let Us Pray . . .



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

Church Members: Pamela Alden, Audrey Bashlor, Christine Beck, Tricia Cronise, John Fedison, Mary Jane Fisher, Susan Foard, Lynnmarie Hancock, Tricia McMahon, Lindsey Nanz, Ann Cecil Renick, Amy Ridenour, Carol Ryan, Jaswant Singh, June and Forrest Smith, Colette Strother, Bobbie Thompson, Roger Tims, Jo Wilson, caregivers, military service members and families

Family and Friends: Kenneth Benner, Rosanna Crist, Mike Cummings, Patrick Dooley, Dickie Hinchee, Tyler and Rochelle Holm, Erik Johnson, Jay Johnson, the people of Malawi, Rich Moreau, Mike Overacker, Phil Peters, Mair Rubin, Jeffrey Scaggs, Joseph "Joe" Wallace, Daniel Woodbury.

Requests for the prayer list may be sent to: gails@covroanoke.org. Requests will be shared with the pastor and the Congregational Care Team.

Introducing Our Newest Member, Pamela Alden!



During worship on Sunday, February 19, it was our joy to welcome Pamela Alden into Covenant's fellowship by Reaffirmation of Faith. Pamela is no stranger to Covenant. She has faithfully attended morning worship, helped with Christmas decorating, and assisted with various projects in the church office.

Pamela shares that she was born in Northern Michigan, raised in Chicago, and spent the majority of her life in Santa Barbara and San Francisco California. Her life-long career was as a counselor and social worker. She came to Roanoke to accept the position as Dean of Academics at National College in Roanoke. Pamela has two grown children Hannah and Joshua. Hannah is having Pamela's first granddaughter in May. Pamela loves to travel and immerse herself in different cultures. Her hobbies are gardening, baking, crafts and learning foreign languages. She's honored to be sponsored by Betty Young and truly blessed to be part of Covenant Presbyterian's Church family!

Pamela, we are so glad to have you at Covenant. Welcome, welcome, welcome!



Food for the Soul

Judi Barnes ~ Centering Prayer

Right relationships are built on firm foundations; justice, harmony, peace, love, and assurance are the bricks. Worldly ambitions tend to separate individuals one from the other, humanity from its Divine Source. Listen to the Voice within your soul. Hear the cries of the oppressed and the exploited. Injustice and violence are rampant, Even as our hearts yearn for wholeness, for freedom, light, and joy. Let us plant seeds of justice in the heart-soil that gardens of peace may blossom throughout the world... Right relationships in harmony and love.

Lumen Christi by Nan C Merrill - #141



Calvin John Aagaard and Helen Rosemary Aagaard were baptized at Covenant on Sunday, February 26, 2023.





In March the adult Sunday School class will continue to study *How to Eat Bread: 21 Nourishing Ways to Read the Bible* by Anglican vicar Miranda Threlfall-Holmes. This book provides 3 different ways to “eat bread”: **From the Larder** – ways that scripture itself uses other parts of scripture, or models and demonstrates different ways of reading, **Grandma’s Recipe Book** – historical methods of biblical interpretation, and **Molecular Gastronomy** – the insights and methods of modern theological hermeneutics. **Feel free to drop in any Sunday! Jewel will have different kinds of homemade bread to eat each week.** You don’t have to read the book to enjoy the study, we’ll give an overview and practice the methods of bread eating (or bible reading) that the book highlights!

Parents Night Out is back!
Friday, March 10 from 5 – 8 pm



Our PNO is a hit! The kids and adults always have a good time. If you’re interested in dropping your kids off, please sign up at bit.ly/CovenantPNO. If you want to volunteer, email Jewel at jaagaard@covroanoke.org.

Save the Date
 for
VBS @ Covenant
June 12 - 16!

Creation Care Camp:
God's Wild Wonder
 Registration begins
March 15th!

Wednesday Night Dinners

Take a night off, Covenant will cook for you!



Date	Menu	Activity	
March 1	Taco Bar	Paint by Numbers for All Ages	
March 8	Potluck	Cheryl Floyd Travel-ogue	Parenting Small Group (childcare available)
March 15	Baked Potato Bar (St. Patrick's)	Caroline Moledor Musical Night	Parenting Small Group (childcare available)
March 22	Soup+Salad	EarthCare: Master Gardener	Parenting Small Group (childcare available)
March 29	Lasagna	Passion Play: Oberammergau Presented by the Diblings	Parenting Small Group (childcare available)

Our meals are FREE with optional donation!

Reservations are required; we want to have enough.

Please RSVP each week by 10am Monday using the Friendship Pad, by emailing or calling the office, or by going to bit.ly/CovenantWND

The Covenant Family would like to thank our Fellowship Team for once again providing a wonderful opportunity for the congregation to gather for Souper Bowl Sunday.

As usual, the soups were wonderful, the conversations lively, and the time spent together – priceless!



Got Recipes? You've answered the call to bring chili for our competition and soup for our Souper Bowl Lunch, and they were delicious! If you wouldn't mind sharing your recipes, there are folks who would love to have them. **All soup and chili recipes** are welcomed and wanted! Please email them to Linda Thomas at LHThomas0319@gmail.com.

Join us for another night of exciting Rail Yard Dawgs hockey on Saturday, March 25th!



This time it's Top Gun Night! **Purchase your tickets through this link:** [Covenant Church Group, March 25th](#)

The bus will leave the church parking lot at 5:45 PM. Sign up in Heritage Hall if you want to ride the bus. **Please note** – Berglund Center's Bag Policy is strictly enforced: Purses smaller than 5.5" x 8.5"; Clear bags smaller than 12" x 6" x 12"; One (1) gallon clear plastic resealable freezer bag; Medically necessary bags; Diaper bags.

Youth Connection

Our youth have been busy! They helped lead a thoughtful worship service about caring for our Global Village while also collecting and transporting 1,670 soup cans to the Presbyterian Community Center! **Thank you to everyone who donated soup, money, or their time and energy to support our Souper Bowl of Caring!**

Remember the youth car wash of summer 2022? Our youth decided they wanted to donate some of their earnings to go towards two non-profits, the PCC and the Rescue Mission, as a way of supporting local missions. We are proud of our youth for giving generously of their time and resources to help their "village."

February 17th – 19th Kaylee Ridenour, Grace Fiedler, and Cheryl Floyd joined the youth from Windsor Hills UMC for a fun filled, spiritually uplifting 3-day retreat at the Wesley Foundation on VT campus and Camp Alta Mons in Shawsville. The theme of the weekend was "Be Real": to ourselves, in our faith, in our shame and guilt, and with each other. A lot of wisdom was absorbed, and laughter heard during this lively weekend.





Grounds Clean Up Day

Saturday, March 25th ~ 9 AM to 12 PM

Our to-do list includes removing stick and limbs, weeding, ‘fluffing’ the mulch, trimming shrubs, and removing ivy from the trees/fence area in the back. We need hedge trimmers, hand trimmers, rakes, a blower, and any other tools you prefer.

Mark your calendar, bring your garden gloves, and come on out to help! Many hands make light work. (Rain Date: Saturday, April 1st.)



What on Earth is the Earth Care team up to in March? In a word – plenty – so please read on!

On March 22, Master Gardener Donna Haley will be the speaker at Wednesday night’s dinner. With lots of gardeners in the congregation, we bet some questions for her are taking root as you read this. Please submit questions at the Earth Care table in Heritage Hall and join us March 22!

Please also consider joining us on the Earth Care Team! Whether it’s being involved in our Covenant vegetable garden, Earth Care Sunday, special events like Wednesday Night Dinners or the Earth Care Summit, there’s a place for you. You don’t need any special skills or a green thumb, just the desire to help Mother Earth and our community. Please see more information in Heritage Hall.

Lastly, we wanted to give you a sneak peak of some information we’ll be sharing soon. As you ready your gardens and lawns for spring, consider testing your soil to see if you need to fertilize.



The Earth Care team has soil test kits available in Heritage Hall. Also consider participating in “No Mow May” to give our all-important pollinators a break at a difficult time of year for them. More information coming soon on that!



Save the Date for Covenant’s 2023 Bunk Bed Build with Sleep in Heavenly Peace Saturday, April 29th – 8:30 AM to 12:30 PM

Where: The Bunk Bed Build will take place at the old “Fun Times” building – 1409 Colorado Street in Salem.

Who is Sleep in Heavenly Peace (SHP)? A local and national nonprofit organization of volunteers that build beds for kids in need of a bed. This Joint Venture is with the local Roanoke Chapter of SHP. This means that beds that our Volunteer Group builds and sponsors will go to local children in need of a bed. Funding Source is Presbytery of the Peaks Church Redevelopment Grant. For additional information about this organization, please visit this link <https://www.shpbs.org/chapter/va-roanoke>.

Statement of Local Need: There are many local children sleeping on the floor, couch, or sharing a bed with other family members. There is a continuous need, and suffering from bedlessness can contribute towards stresses in the lives of children. This can affect their happiness, health, and sense of security.

Vision/Mission Statement: Building and Enhancing Relationships so no kid sleeps on the floor in our town® while expanding Christ’s Outreach in our Community.



2023 Theme: Volunteer in memory of those loved ones among us that have passed. May those loved ones Spirit live on in our actions... “Sleep in Heavenly Peace” Bunk Bed Build 2023. Share a picture for an “In Memory” photo album to be compiled for the build.

Pertinent Scripture: Philippians 1: 19-26.





Registration for the 2023-2024 Preschool Year is open! Registration forms are available on the Preschool website at covenantroanoke.org/preschool/registration and in the church office.

March 20th – 24th is Preschool Reading Week!
The Preschool will be closed on Friday, March 25th.

Our Easter Egg Hunt is on Friday, March 31st at 11 AM.
Preschool Spring Break is April 3rd – April 10th.



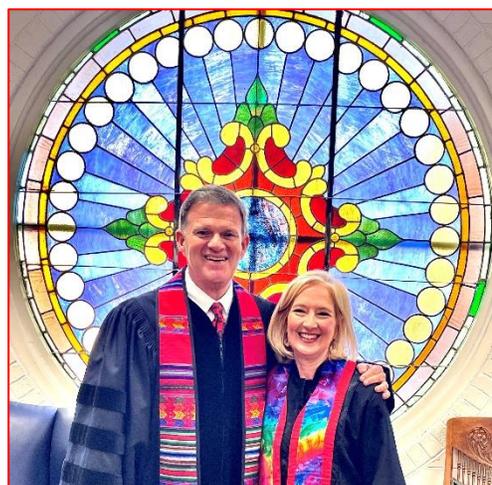
Some of our students are enjoying soccer and gymnastics after school! New programs begin soon – contact Preschool Director Anne Craig for more information.



All women are invited to join the Women's Bible Study group, a fellowship and study group that meets on the 2nd and 4th Mondays from 10:30 AM until noon in the Blue Room. Upcoming dates are March 13 and 27. This year's curriculum is the "Drive Thru History: Acts to Revelation" video series. For more information, please contact Sharon Nanz or the church office.



The Women's Circle of Friends will meet in the Red Room at 6:30 PM on Tuesday, March 14. Our March project is a contribution to the Presbyterian Disaster Relief fund to support Turkey and Syria following the earthquake. With Maggie Moen's help, we will plan our assistance for Family Promise as our April project. Please contact Carol Gentry for more information.



Dear Friends,

What a joy it was to preach the Installation Service for Dr. Jennifer Jones Powell on February 12th as the first woman Pastor of First Presbyterian Church, Mount Sterling, Kentucky! When it came time for Jennifer to deliver the closing Charge and Benediction, she expressed her abiding love for Covenant and the way our church family helped mentor her for her first solo pastorate.

It was truly Beth's and my joy to spend the weekend with Bob, Jennifer, and her mother, Jo, in their new home as first-time guests. What an honor! If you would like to write Jennifer and Bob and express your joy over their new call to ministry, the church address: First Presbyterian Church, 125 West Main Street, Mt. Sterling, KY 40353.

Jennifer, if you are reading this, which we hope you are, Covenant will always remember how you blessed our congregation during your time with us. May your years of faithful service in Mount Sterling church and community reach deeply into the lives of the people there, and may the impact of your love for Christ expand that congregation's ministry to the ends of the earth.

Joyfully,
Kyle



Red Cross Blood Drive

@ Covenant

Thursday, March 23rd

12 PM to 4 PM

Go to redcrossblood.org to schedule your appointment.

There is an urgent need for blood & platelet donors!

All who come to give blood from March 1-31, 2023, will receive a \$10 Visa® Prepaid Card by email.

Thank you to everyone who helped with the Valentine's Care Packages for our college students!

With your generous donations of snacks, hot chocolate cookies, etc., we sent 12 care packages to our college students and had extra to donate to the PCC for their youth. Be sure to read the thank you notes on the Youth bulletin board in Heritage Hall. Special thanks to Teresa Wulff for coordinating this wonderful project to share Covenant's love!



Malawi News March 2023 "Spirit of Giving" Funds at work

Representatives from the Kalikumbi projects committee worked in the Session room sorting bags of Likuni Phala flour for distribution to the Preschool feeding program and the Mtuzuzu Orphans and families program. **The funds from the POP Grant and Covenant funds provided 1,655 pounds of breakfast cereal/porridge.** Likuni Phala flour is a combination made from ground maize (corn) and soy beans. This food distribution has been very much needed in the current time of food insecurity.



The School for the Hearing Impaired in Embangweni also received \$400 to assist feeding their students. Jolia Mahemane, a long-time teacher at the school has sent a note of thanks. *"Thank you very much together with all members who contributed to the assistance for the school. Your help is greatly appreciated when we have a great shortage. It came at the right time".*



Annie Chavula, the head nurse at the Kalikumbi clinic, and Mr. Chirwa from the **Embangweni hospital, received a baby scale and a new blood pressure machine** for the Kalikumbi clinic. These were purchased with Covenant funds.



The scholarship funds for secondary student fees will be used for students during the next school year.

The Kalikumbi community and congregation will soon have a new Reverend as the CCAP will move Reverend Chumia to a different congregation in Muzuzu in March. The very large Kalikumbi congregation of 16 prayer houses is being divided into two congregations, with the new Reverend working with both congregations.



A Malawi mission trip is being planned in June by First Presbyterian Church in Lynchburg. This will be a time to visit old friends, meet the new folks in charge, and to work on further plans to continue our relationship in Kalikumbi.



March

SUN MON TUE WED THU FRI SAT

 <p>Our Lenten theme seeking: honest questions for deeper faith</p>		<p>1 1:00pm: Preschool Gymnastics (Fellowship Hall)</p> <p>5:30pm: Fellowship Dinner (Taco Bar) </p> <p>Paint by Number for All</p> <p>7:30pm: Choir Practice</p>	<p>2</p> <p>7:00pm: Covenant Conversations Book Club: Sooley</p> <p>7:00pm: Worship Team meets</p>	<p>3 </p>	<p>4 8:00am: Men's Bible Study</p>
<p>5 </p> <p>9:15am Sunday School 10:30am Worship with Communion Bring Bread</p> <p>5-7pm: Youth Gathering</p>	<p>6 9:30am: Preschool Chapel 4:00pm: Centering Prayer</p> 	<p>7 9:30am: Staff Meeting 10:30am: Holy Hunch Brunch meets</p> 	<p>8 1:00pm: Preschool Gymnastics (Fellowship Hall)</p> <p>5:30pm: Fellowship Dinner (Potluck) Parents Small Group OR Cheryl Floyd's Travelogue</p> <p>7:30pm: Choir Practice</p>	<p>9 9:30am: Presbytery Committee on Ministry meets</p> <p>7:00pm: Earth Care Team meets</p>	<p>10 </p> <p>5-8pm: Parents Night Out</p>
<p>12 </p> <p>Spring forward: Daylight Saving Time begins</p> <p>9:15am Sunday School 10:30am Worship Hunger Offering</p>	<p>13 9:30am: Preschool Chapel 10:30am: Women's Bible Study</p> <p>4:00pm: Centering Prayer 7:00pm: Faith Formation Team meets</p>	<p>14 9:30am: Staff Meeting 10:30am: Holy Hunch Brunch meets 6:30pm: Circle of Friends</p>	<p>15 </p> <p>5:30pm: Fellowship Dinner (Baked Potato Bar) Parents Small Group OR Carolyn Moledor Concert</p> <p>7:30pm: Choir Practice</p>	<p>16 5:00pm: Preschool Team meets</p> <p>7:00pm: Personnel and Policy Team meets</p>	<p>17</p> <p>18 8:00am: Men's Bible Study 9am-12pm: Officer's Retreat</p> <p> 5pm: Youth Church Lock-In</p>
<p>19 9:15am Sunday School 10:30am Worship Youth Usher</p>	<p>20 9:30am: Preschool Chapel 4:00pm: Centering Prayer</p>	<p>21 9:30am: Staff Meeting 10:30am: Holy Hunch Brunch meets 6:30pm: Missions Team meets</p>	<p>22 5:30pm: Fellowship Dinner (Soup and Salad) Parents Small Group OR EarthCare Master Gardener</p> <p>7:30pm: Choir Practice</p>	<p>23 12pm: Red Cross Blood Drive</p> 	<p>24</p> <p>25 </p> <p>6pm: Railyard Dawgs Hockey Game (Church Bus Ride available!)</p>
<p>26 9:15am Sunday School 10:30am Worship</p>	<p>27 9:30am: Preschool Chapel 10:30am: Women's Bible Study</p> <p>4:00pm: Centering Prayer</p>	<p>28 9:30am: Staff Meeting 10:30am: Holy Hunch Brunch meets</p>	<p>29 5:30pm: Fellowship Dinner (Lasagna) Parents Small Group OR Passion Play (Diblings)</p> <p>7:30pm: Choir Practice</p>	<p>30</p>	<p>31 </p>

Looking ahead to Holy Week . . .

Palm/Passion Sunday – April 2

Good Friday – April 7

Maunder Thursday – April 6

Easter Sunday – April 9

Breakfast for Dinner @ 5:30 PM

Sunrise Service @ 7:30 AM

Tenebrae Service @ 6:30 PM

Worship Service @ 10:30 PM