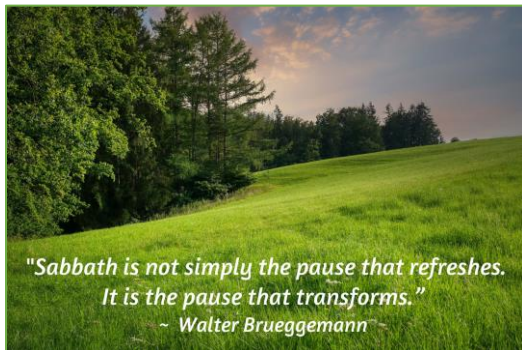


Friends of Covenant,

It's hard to believe that we're already flipping the calendar page to July and leaning into those long summer days. The summer season brings about fun travels, summer reading lists, and a slower pace for many. Around church it's grown a bit quieter, but thankfully the joyful sounds of preschool camps continue to echo in the halls. The choir is taking its summer break and I imagine we might get more folks tuning into our online worship while away for vacations. Sabbath is important in the life of the church and in our personal lives. The invitation to rest is a gift from God and it is both an invitation and command. Scripture reminds us that Sabbath is the blessed time set apart which is holy "because on it God rested from all God's work which God had done in creation." (Genesis 2:3)



Sabbath, however, is not simply rest. At its root, taking Sabbath invites us to pause from our own day-to-day frenetic schedules and our self-sufficiency and see the wondrous works of God in the world. Sabbath invites us to draw nearer to our neighbors, ourselves, and God. Sabbath invites us to stop what we are doing and see what God is doing. As Walter Brueggemann shares, "Sabbath is not simply the pause that refreshes. It is the pause that transforms."

It is not surprising that the liturgical season that stretches through summer is what we call Ordinary Time, signified by the color green. It is also called growing time; it's a time to grow in our faith through our worship, service, and prayer. In this Sabbath season, in this growing time, how are you pausing to see what God is up to? What are you doing to listen more closely to how God is speaking? What can you do to open your eyes to God's work? Together let us lean into this Sabbath season and see how you and Covenant might be transformed!

God's peace be with you,
Rachel

The Reverend Rachel Vogado is serving as our Summer Pastor while Dr. Kyle Allen is on Sabbatical.

Join us for an

Ice Cream Social

Wednesday, July 12th
at 6 PM
in the Fellowship Hall




celebrating
Christmas in July -
Hawaiian Style!

Wear your favorite
Hawaiian shirt & flip flops!

Christmas in July is back with fun & mission outreach!

Join us for an Ice Cream Social celebrating "Christmas in July" **Hawaiian style!** Wear your favorite Hawaiian shirt and flip flops. (Don't have a Hawaiian shirt? Be creative and make one!) There will be a contest for the favorite Hawaiian shirt complete with a prize! **Come to the Fellowship Hall on Wednesday, July 12th at 6 PM for ice cream sundaes and to vote for your favorite shirt!**

Keeping up with a beloved tradition is our Angel Tree for School Supplies for the children at the Presbyterian Community Center.

This mission has become extremely important to these children who look forward to a "Christmas in July". Visit the Angel Tree in Heritage Hall and take as many "ornaments" as you wish. **Please bring the supplies (along with the tags) to the church by Monday, July 31st and place them under the Angel Tree.** Thank you!





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: Audrey Bashlor, Christine Beck, Rick Cranwell, Tricia Cronise, Mary Jane Fisher, Lynnmarie Hancock, Jerry Lawson, Tricia McMahon, Lindsey Nanz, Ann Cecil Renick, Amy Ridenour, Carol Ryan, June and Forrest Smith, Roger Tims, Jo Wilson, Betty Young, caregivers, military service members and families

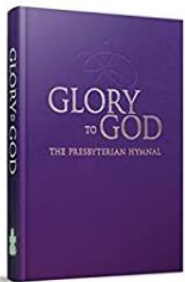
Family & Friends: Rob Ahlers, Kenneth Benner, Rosanna Crist, Mike Cummings, Jorja Davis, Patrick Dooley, Cesia Enriquez, Peggy Evans, Heather Ford, Tyler and Rochelle Holm, Erik Johnson, Jay Johnson, the people of Malawi, Nancy Morehead, Rich Moreau, Mike Overacker, Paula, Phil Peters, Mair Rubin, Jeffrey Scaggs, Jean Schneider, Joseph "Joe" Wallace, Daniel Woodbury, Religious violence against Christians in northeast India

Requests for the prayer list may be sent to: gails@covroanoke.org. Requests will be shared with the pastor and the Congregational Care Team. Please take a moment to review the prayer list and let the church office know if any names should be removed.

Congregational Meeting

A Called Congregational Meeting will be held following the worship service on Sunday, July 16, 2023, for the purpose of updating the membership of the Congregational Nominating Committee (CNC) by electing to the CNC an elder currently serving on Session (Christopher Bircher is nominated by the Session) to replace Matt Miller, whose term as an active Ruling Elder ended December 2022.

Glory to God Hymnal Dedication Opportunity!



Glory to God, the newest Presbyterian Church USA hymnal, is a fresh and updated worship resource. From old favorites to new, less-familiar hymns, this hymnal holds a diversity of styles, genres, and languages. We are so excited to have this new addition to our worship services. **The Worship Team is accepting donations to dedicate**

hymnals in honor or in memory of someone special; you may even note a favorite hymn of the person(s). A dedication plate will be placed inside the front of the hymnal. **The cost for each hymnal dedication is \$25.** Donation forms are available in Heritage Hall or find a printable form here – [Hymnal Dedication Form](#). ***Share the gift of a hymnal and honor someone special!***

Help celebrate Bobbie Thompson's 90th Birthday!

Our dear member Roberta "Bobbie" Thompson moved to Florida in April to live with her daughter, Christie. Bobbie sends her thanks for all of the cards, prayers, and support before and during the move.



We are invited to send cards to Bobbie for her birthday on August 30th! You can drop off your card at the church office by August 15th and we will send them to Bobbie's daughter for a card basket. If you would like to send a card yourself, please contact the church office for the mailing address.

Thank you from Bob and Susan Foard . . .

Dear Covenant Family,

June 4 was a lovely, emotional, and care-giving day for our family. It has been so hard to leave so many folks that we have come to make a part of our family in a personal and spiritual manner. There were many tears and "thank you's" felt. How can you replace so many memories? Our life has been blessed by finding Covenant for our nurture and growth.

I know Greensboro will offer more experiences and friends but none can replace our "family" of folks at Covenant. I cherish being able to have been a part of a growing and vibrant congregation. Remember, Greensboro is just 2 hours away! And somebody will need an Elder or Deacon, Sunday School Teacher or Earth Care Helper to help their church grow. You guys were really good teachers! Glad to have been part of a growing congregation!

**Love to all,
Bob and Susan Foard**

Charlie and Ethel Simmons have moved to Brandon Oaks as of July 1st.

You may find the new mailing addresses, phone numbers, and email addresses for the Foards and the Simmons in Covenant's online directory, or by contacting the church office.



Let's Go Out to Lunch!

On Thursday, July 13th we will meet in the church parking lot at 10:30 AM to **ride the bus to the Peaks of Otter** – a great place for a summer lunch! If you haven't joined us before, please come. These short adventures are always fun!

On Wednesday, August 2nd we will meet in the church parking lot at 11 AM to ride the bus to a local favorite – **The Green Goat!**



Did you know donated blood is used for accident and burn victims, heart surgery and organ transplant patients, and those battling cancer? In fact, every 2 seconds, someone in the U.S. needs blood. If you are able, please give, and please mention this to friends. More donors are needed for our growing population.

The next Red Cross Blood Drive at Covenant is **Thursday, August 3rd from 12:00 - 4:00 PM**. Thank you for supporting this wonderful cause!

Church Library News

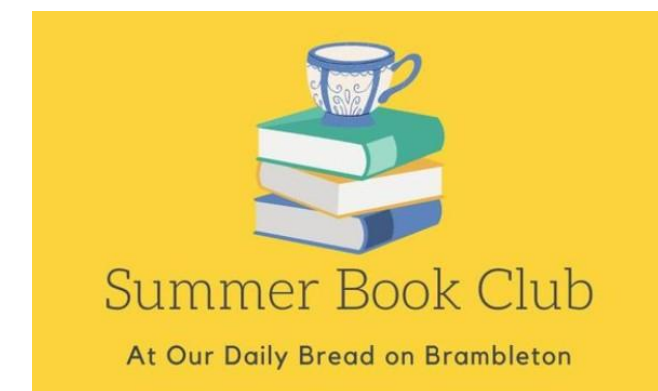
Our Resource Library is now fully operational! Whether you are looking for personal reading, bible study, book club, or other group materials, our Resource Library has a diverse and appealing collection. Peruse the Red Room bookshelves for samples. The Catalog is in the Red Room as well as the library. Just let us know if you need multiple copies or material not found in the Red Room. Contact Kathy Barnhill, Ruth Johnson, or Debbie Snead or email us at LibraryGuild@covroanoke.org.



Also, don't forget that our library has a great selection of books for summer reading, with expanded Juvenile and Easy book sections to keep young minds busy and happy. Grandparents, this is a great resource for you! The Catalog, located on the checkout cabinet, has been updated to include all our wonderful new arrivals. Happy Reading!

The Puzzle Table in Heritage Hall is back in business.

Enjoy and share the joy!



Join Jewel for a lighthearted, casual book club on the first Thursday of each summer month. **We'll meet up at Our Daily Bread on Brambleton at 10:30 AM August 3rd.** There's no assignment, come ready to share about a book you've finished recently, a few favorites you always recommend, or just to listen and learn about what we've been reading lately! This is a great opportunity to get to know each other better – if you're a reader or not, please join us!

TV Time! Do you remember the sitcom "Frasier"? Did you know Frazier worked one day at **Habitat for Humanity**?



Join us in the Fellowship Hall on **Wednesday, August 16th at 6 PM** to watch this **hilarious, "G" rated** episode, and enjoy some sweet and salty TV snacks!



Save the Date for Covenant's "2023 Apostle Build" Workday and Help a Local Family!

Our Covenant Family has joined with many local churches to lift a local family into the security of home ownership. Aubrey and her son Ryan are eager to tell you how grateful and blessed they are by the love expressed through the actions of this community of faith. Please join in this good work!

The funds are in place and the build is well under way with a dedication expected in September. Now we need to provide people power! If you're 14 or over, you can participate in some way – from landscaping to construction, depending on age. Others may help prepare lunch



Aubrey and Ryan

Please mark your calendar and plan to join us on Covenant's workday: SATURDAY, AUGUST 19.

The Apostle Build is Habitat-Roanoke's bi-annual project where local churches of all sizes and denominations come together to fund and build a home for a local family. This is not a free home. The homeowner purchases this home from Habitat, while Habitat ensures that the purchase is affordable. Over a period of 14 to 18 months, the homeowner family participates in mandatory classes to prepare them for homeownership and provides "sweat equity" by working on their own home and the homes of other families.

Sign up now in Heritage Hall or contact the church office. If you have questions or need additional information, please contact John McMillen (mcmilljd@gmail.com).

Click [here](#) if you would like to volunteer on other days during this project.



Earth Care Inspiration

Taking actions for our Earth isn't only the right thing to do; it's often a "win-win" – for the Earth, for animals, for your health . . . and often for your wallet! This terrific article shares 40 (yes, 40!) ways that going green saves you some green:

smallfootprintfamily.com/how-to-save-money-by-going-green

Here are four of my favorites that we practice:



Replacing light bulbs with LED lights saves loads of energy and hundreds of dollars over the long lifespan (up to 10 years) of these lights.

Ditching bottled water greatly reduces plastic use and trips to the store. Often no better than tap water, the cost of bottled water adds up and has up to 3500 times the environmental impact of tap water! Using a faucet or refrigerator water filter and a reusable water bottle saves money and helps the planet.



Buying clothes (and more) second-hand saves you money and reduces things going to landfills. Thanks to countless websites (Ebay, Etsy, Poshmark, etc.) and second-

hand/consignment stores, you can buy almost anything in great shape and at great savings!

Joining a credit union can help our Earth. Large banks invest your money in fossil fuels, coal, industrial farming, and other environmentally harmful industries. However, credit unions must invest your money right in your local community. They also save you on fees, and often have the best interest rates.



Remember: go green to save your green!



Wall of Many Colors (April 29, 2023)



Covenant's next week to host Family Promise is Sunday, July 16 – Sunday, July 23. Volunteers are still needed! Please contact Maggie Moen or Lee Cutright if you can help with this wonderful program.

The Congregational Nominating Committee is asking for your thoughts and consideration



The Congregational Nominating Committee asks that you please prayerfully consider active church members who would be willing to serve as an Elder or Deacon for the class of 2026. All active members of Covenant may make nominations; nominees must be active members of the congregation. Self-nominations are welcome!

1 Peter 4:10-11 *Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power forever and ever.*

One way to give of your time and talents is to serve as an Elder or a Deacon. Another way is to encourage those to use their time and talents as Elder or Deacon.

How can I do this nomination thing? There are several ways to make your nominations known:

1. There is a gold box in Heritage Hall with forms to fill out with nominations and suggestions. The box will be available through the first week of August. (You may also find a printable form here: [Officer-Nomination-Form-2023](#))
2. You may submit your nominations to the church office by August 6, 2023: By email to 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.



Sexton Needed: Covenant Presbyterian is accepting applications for a Sexton to work 25-30 hours a week. Duties will include general daily cleaning of preschool classrooms, restrooms, and other areas as assigned. All supplies are furnished. Hours are somewhat flexible. Start date by September 1st. Applicants need to be professional, dependable, provide attention to detail, and be able to perform duties without daily supervision. Position will remain open until filled. **Contact Mark Overacker to apply** (marko@covroanoke.org.)







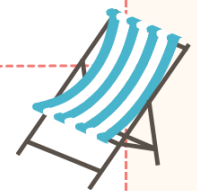









We had a great time at our Summer Gymnastics Camp in June! Our next Preschool Summer Camp is July 24 – 27. "CampTastic!" will combine tents, marshmallows, rocks, dirt, water, paint, and kids for loads of old-fashioned summer fun under the sun! Find registration forms in Heritage Hall or on the Preschool website: [Summer Camp 2023](#)

Preschool begins Tuesday, September 5th! Some classes are still open. Please contact Anne Craig, Preschool Director, for more information (preschool.admin@covroanoke.org).



Parent's Night Out Returns!
Friday, August 25th from 5 PM – 8 PM
Sign up details coming soon!

JULY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
 2 Bring Bread 10:30 am Worship with Communion	3  4:00 pm Centering Prayer (Zoom)	4  Independence Day Church Office Closed	5 <i>No Choir Rehearsal in July</i> 9:30 am Staff Meeting	6  10:30 am Summer Book Club @ Our Daily Bread 7:00 pm Earth Care Team		1 8 
9  Hunger Offering 10:30 am Worship	10 4:00 pm Centering Prayer (Zoom)	11 9:30 am Staff Meeting	12  6:00 pm Ice Cream Social (Fellowship Hall)	13 10:30 am Out to Lunch @ Peaks of Otter 7:00 pm Earth Care Team (Blue Room)	14 	15 Youth Connection Day at the Lake
16 10:30 am Worship & Congregational Meeting Family Promise Week	17 12:00 pm PS Planning Meeting 4:00 pm Centering Prayer (Zoom) 7:00 pm Finance Team (Blue Room)	18 9:30 am Staff Meeting 6:30 pm Missions Team (Zoom)	19 	20 5:00 pm Preschool Team (Zoom)	21 	22 
23 9:00 am Diaconate meets (Blue Room) 10:30 am Worship	24 9-12 Preschool Summer Camp 4:00 pm Centering Prayer (Zoom)	25 9-12 Preschool Summer Camp 9:30 am Staff Meeting	26 9-12 Preschool Summer Camp	27 9-12 Preschool Summer Camp	28	29 
30 10:30 am Worship	31 4:00 pm Centering Prayer (Zoom)					

AUGUST 2023

SUN	MON	TUE	WED	THU	FRI	SAT
		1 9:30 am Staff Meeting	2  7:30 pm Choir Rehearsal	3 10:30 am Summer Book Club @ Our Daily Bread 12 pm - 4 pm Blood Drive  7 pm Worship Team (Blue Room)		5
6  Bring Bread 10:30 am Worship with Communion	7  4 pm Centering Prayer (Zoom)	8 9:30 am Staff Meeting	9  7:30 pm Choir Rehearsal	10  7:00 pm Earth Care Team	11	12 
13 Hunger Offering 10:30 am Worship	14 4 pm Centering Prayer (Zoom)	15 9:30 am Staff Meeting 6:30 pm Mission Team (Zoom)	16  7:30 pm Choir Rehearsal	17 5:00 pm Preschool Team (Zoom)	18 	19 8 am - 2 pm Apostle Build Workday Habitat for Humanity in the Roanoke Valley
20 10:30 am Worship	21 4 pm Centering Prayer (Zoom) 7 pm Finance Team (Blue Room)	22 9:30 am Staff Meeting	23  7:30 pm Choir Rehearsal	24	25  5 pm - 8 pm Parents' Night Out!	26 9:00 am Presbytery Meeting (Zoom)
27 10:30 am Worship - Gospel Service 7:00 pm Session meets (Blue Room/Zoom)	28  4 pm Centering Prayer (Zoom)	29 9:30 am Staff Meeting	30 7:30 pm Choir Rehearsal	31		