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## **JUNE 2022**

#### **STAFF**

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# The Church

of the Covenant 267 East Beau St. Washington, PA 15301 724.222.0190 churchoftheco@comcast.net www.churchofthecov.org Worship Services Sundays: 8:00, 9:00 & 11:00 am 10:00 am Spiritual development time for children and adults Church Office Hours Mon.-Fri. 9:00 a.m. - 3:00 p.m.



Dear People of God,

One of my core convictions as a disciple of Jesus Christ is that the gospel gives you power to live as authentic and real people. People who live lives surrendered to their own powerlessness and dependence upon God. This is the first step in living a gospel-centered life. The second step is an action step. It is a choice. This step does not just involve your mind; it involves your will.

It is the choice to turn our lives and our wills over to the care of God. Let go of my fears. Let go of my resentments. Let go of my image. Let go of what I did yesterday. Let go of what might happen tomorrow. Let go of my demand to have my own way. Let go of my life. Let God do for me what I cannot do for myself. Let go.

That does not come naturally to us. Pastor Rick Warren has a favorite story that highlights this very thing. A guy falls off a cliff and grabs a branch on the way down. He's 500 feet down with another 500 feet to the bottom, and he's terrified. He yells out, "Is anybody there?" The voice of God answers, "I'm God. I'm here. I will take care of you. Trust me. Let go of the branch. The man then yells, "Is there anybody else up there?"

Back in college I went on a ropes course with a group of student leaders. One of the exercises was to climb a ladder to a platform about 20 feet off the ground. Turn your back to the group below and let go. Fall into the group. Now, you are harnessed in, but wow! When it was time for me to climb the ladder, when it was time for me to step out on the platform, some things go on in my mind. My mind generates a thousand reasons why I should not let go. I say I believe the harness will work and the group will catch me. But when push comes to shove, in the moment of crisis, my heart starts pounding. Apparently, my heart doesn't believe. I don't want to let go. Letting go sounds like a stupid idea. I don't want to trust. But then I take the leap of faith. Suddenly, I'm flying through the air. I'm exhilarated. I'm scared. I'm excited. I'm uncertain. I am so alive!

This is your life with God.

"God, I don't need anything else from you. I'm making no more demands anymore. Whatever happens, I will follow Jesus. I surrender my dreams, my ambitions, the stuff I've been insisting on. My feelings. I'm letting go of it all. I'm putting it all in your hands."

How about every morning for the rest of your days on this earth, praying this: "Father, into your hands I commend my spirit. I trust you to catch me. I abandon myself to your care today."

This is the best life available to a human being. It's the ultimate offer ever given to a human being. To seek every moment of every day to get real and let go. And every moment of every day, you'll have your chance.

Grace and Peace,

Billy



The Messenger

#### **JUNE 2022**



**JUNE 2022** 

**The Messenger** 

The following five books were purchased by Barb and Te Knight for the library.

Funny Farm by Laurie Zaleski was given in memory of Ja Goddard. This novel is a moving memoir of the author's turbulent life with 600 rescue animals. After achieving succ a businesswoman, Zaleski buys a 15-acre farm deep in the Pinelands of southern New Jersey to fulfill her mother's (An dream of running an animal rescue. Although Annie dies be the animals can be relocated to the farm, Laurie resolves to on Annie's mission to establish the Funny Farm Animal Rewhich has become one of the largest animal sanctuaries in the

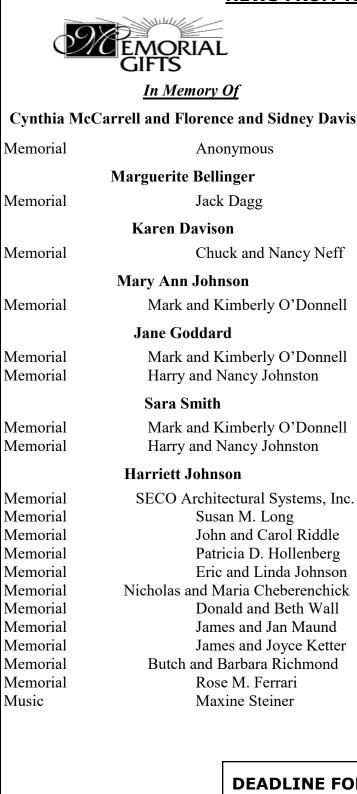
This Time Next Year We'll Be Laughing by Jacqueline Wa was given in memory of Harriet Johnson. This memoir re the joys and hardships of Winspear's family history and chronicles her childhood in the post-war English countrysid story tackles her paternal grandfather's shell shock, her mot evacuation from London during the Blitz, her father's diffic assignment to an explosives team during WWII, her parents living with Romany gypsies and Winspear's own childhood picking hops and fruit on farms in rural Kent. Her writing captures her ties to the land and dreams of being a writer. (Jacqueline Winspear is the author of the Maisie Dobbs ser *found in the church library.)* 

A Sunlit Weapon by Jacqueline Winspear was given in mer Harriett Johnson. This work of fiction takes place during WWII. Maisie Dobbs, the main character, is an investigator soon becomes involved in solving the mystery of a missing American soldier who is stationed in England. His friend, an American soldier, is found alive, bound and gagged in a bar has to follow many clues that lead her to interview many of local residents as well as soldiers. Evidence begins to appea may involve the safety of First Lady Eleanor Roosevelt. (T are other books in the Maisie Dobbs series available in the church library.)

Simon Peter by Adam Hamilton was given in memory of S Smith. While Simon Peter's shortcomings are clearly on dis the Gospels, so also is his courage to follow Jesus even if it him his life. While Christians might see themselves in Peter flaws, they might also see themselves in Peter's courage and faithfulness, and ultimately might see in him what they migh aspire to be when empowered and led by the Spirit.

A Separate Peace by John Knowles was donated by Barb as Tom Knight in honor of their grandson, Drew Knight. Set boys' boarding school in New England during WWII, this n follows the friendship of the serious, intellectual Gene and athletic, charismatic Phineas. What happens between the two friends one summer, like the war itself, banishes the innocence of

# **NEWS FROM THE FAMILY OF FAITH**



Music

# **BAPTISMS**

Baptized on May 1, 2022, Sophie Ann Zito, 23-month-old daughter of Eric M. and Leslie Ann Zito, and Abraham Wallace Phillips McCarrell, 10-month-old son of Andrew W. McCarrell and Aubrey Rae Phillips. The baptisms were officiated by Dr. Younger.

# MANY THANKS!

I so appreciated the beautiful lily and the candy I received from the Deacons for Easter. What a blessing! Thank you, Mary Ann Magnone

# THANK YOU

I would like to thank everyone who sent Chick a card, visited, prayed for him, asked about him and sent their good wishes. We have been overwhelmed with the outpouring of love we have received from the congregation. I should not be surprised, because we truly are a "family" of faith. Hopefully, you will be able to see him in person soon. May God bless all of you! Donna Carlisle

# **EASTER LILY NOTE**

Sally Corwin dedicated an Easter lily in memory of Harriett Johnson. Her name was inadvertently left off the Easter insert.

# **CONGREGATIONAL MEETING**

Next Sunday, June 5th, there will be a Congregational Meeting after the 11:00 service to approve the sale of the church's rental properties.

# **DEADLINE FOR THE JULY/AUGUST** SUMMER MESSENGER IS JUNE 15th.

# THE CARNAHAN LIBRARY

Dedicated on 11/1/09 to the memory of Thomas Dorrington Carnahan II, Thomas Dorrington Carnahan III, George Kirk Carnahan and to the glory of God.

#### The following books were donated to the library. The Library Committee thanks the donors. All have been cataloged and are ready to be checked out. The library is in Room 308, the first room on the right as you enter the third floor hallway from the elevator. The card catalog will help you to locate a book by author, title or subject.

. . . . . . . . .

om ne	those boys and their world. A Separate Peace is an American classic and a bestseller for decades, striking in its depiction of a coming-of-age story and the struggle to understand human nature.		
ine	The following gently used books were donated anonymously.		
ess as			
nnie's) fore carry scue, he US. inspear	<i>The Lost Key</i> by Catherine Coulter and J.T. Ellison. An international manhunt sets the scene in this FBI novel featuring Special Agent Nicholas Drummond. Drummond and partner Mike Caine are in an eleventh-hour race to stop a madman from finding a cache of lost World War I goldand a weapon unlike anything the world has ever seen. "A thriller packed with nonstop action, real-life name-dropping and enough cutting-edge science to make you wonder how much of it could be true." <i>Kirkus Reviews</i>		
le. Her her's ult	<b>Demolition Angel</b> by Robert Crais. The main character of this novel is Carol Starkey, whose career as a top-rated bomb technician for the LAPD ended when a bomb exploded that she and her partner were detonating. She was critically injured, and		
ies	her partner was killed. Three years later, she's doing time as a Detective-2 in the Criminal Conspiracy Section. When a murder occurs that involves a bomb, her partner and she 'catch' the case. It turns out that the bombs are designed to kill bomb technicians. ( <i>The library has other books by this author.</i> )		
mory of r who nother	<i>The Complete Guide to the Bible</i> by Stephen M. Miller. Interesting to read and easy to consult, this guide is a reliable, jargon-free handbook for average people who want to better understand the entire Bible. Captivating writing along with beautifully designed and illustrated pages entice readers into the book and keep them lingering throughout its 512 pages.		
rn. She the ur that <b>There</b>	<i>The 13-Minute Murder</i> by James Patterson. This book has 3 separate stories in it: "Dead Man Running," "113 Minutes," and "The 13 Minute Murder." Each is written by James Patterson and one other author. Each one sounds interesting and has a totally different theme. ( <i>The library has other books by James Patterson.</i> )		
<i>ara</i> splay in costs c's d ht	<i>Stronger Than Steel: The Wayne Alderson Story</i> by R.C. Sproul. Recounts the life and work of a coal miner's son who became a corporate executive and an advocate of positive labor-management relations by developing Christian trust and responsiveness among workers and executives.		
nd at a tovel the	<i>Ships of Mercy: Bringing Hope and Healing to the World's</i> <i>Forgotten Poor</i> by Don Stephens. This book describes Africa Mercy, a state-of-the-art floating hospital filled with a cargo of mercy. It has a professional volunteer crew of 450 individuals from 40 nations that brings help to the very poor in Africa and around the world.		

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#### **JUNE 2022**

#### **The Messenger**

# DAILY SCRIPTURE READINGS FOR JUNE

Wednesday, June 1 Isaiah 4:2–6 Ephesians 4:1-16 Matthew 8:28-34 Thursday, June 2 Zechariah 4:1–14 Ephesians 4:17–32 Matthew 9:1–8 Friday, June 3 Jeremiah 31:27-34 Ephesians 5:1–32 Matthew 9:9–17 Saturday, June 4 Ezekiel 36:22-27 Ephesians 6:1-24 Matthew 9:18-26 Sunday, June 5 Deuteronomy 16:9–12 Acts 4:18–21, 23–33 John 4:19–26 Monday, June 6 Ecclesiastes 7:1-14 Galatians 4:12–20 Matthew 15:21–28 **Tuesday, June 7** Ecclesiastes 8:14-9:10 Galatians 4:21-31 Matthew 15:29–39 Wednesday, June 8 Ecclesiastes 9:11-18 Galatians 5:1–15 Matthew 16:1–12

Thursday, June 9 Ecclesiastes 11:1–8 Galatians 5:16-24 Matthew 16:13-20 Friday, June 10 Ecclesiastes 11:9–12:14 Galatians 5:25-6:10 Matthew 16:21–28 Saturday, June 11 Numbers 3:1–13 Galatians 6:11-18 Matthew 17:1–13 Sunday, June 12 Job 38:1-11; 42:1-5 Revelation 19:4–16 John 1:29–34 Monday, June 13 Numbers 9:15–23; 10:29 Numbers 16:1–19 -36 Romans 1:1–15 Matthew 17:14-21 Tuesday, June 14 Numbers 11:1–23 Romans 1:16–25 Matthew 17:22–27 Wednesday, June 15 Numbers 11:24-33 (34-35) Romans 1:28-2:11 Matthew 18:1–9

Thursday, June 16 Numbers 12:1–16 Romans 2:12–24 Matthew 18:10-20 Friday, June 17 Numbers 13:1–3, 21–30 Romans 2:25—3:8 Matthew 18:21–35 Saturday, June 18 Numbers 13:31—14:25 Romans 3:9–20 Matthew 19:1–12 Sunday, June 19 Numbers 14:26–45 Acts 15:1–12 Luke 12:49–56 Monday, June 20 Romans 3:21–31 Matthew 19:13-22 Tuesday, June 21 Numbers 16:20–35 Romans 4:1–12 Matthew 19:23–30 Wednesday, June 22 Numbers 16:36–50 Romans 4:13–25 Matthew 20:1–16 Thursday, June 23 Numbers 17:1–11 Romans 5:1–11 Matthew 20:17-28

Friday, June 24 Numbers 20:1-13 Romans 5:12–21 Matthew 20:29-34 Saturday, June 25 Numbers 20:14–29 Romans6:1–11 Matthew 21:1–11 Sunday, June 26 Numbers 21:4–9, 21–35 Acts 17: (12-21) 23-24 Luke 13:10–17 Monday, June 27 Numbers 22:1-21 Romans 6:12–23 Matthew 21:12–22 **Tuesday, June 28** Numbers 22:21–38 Romans 7:1–12 Matthew 21:23–32 Wednesday, June 29 Numbers 22:41—23:12 Romans 7:13–25 Matthew 21:33–46 Thursday, June 30 Numbers 23:11-26 Romans 8:1-11 Matthew 22:1-14



# JUNE PREACHING AND WORSHIP SCHEDULE

June 5, 2022 (Communion) (Pentecost Sunday) Sermon Title: THE REDIRECTED LIFE

Preaching: Pastor Billy

Scripture: Jonah 3

"Then the word of the LORD came to Jonah a second time: 'Go to the great city of Nineveh and proclaim to it the message I give you.' Jonah obeyed the word of the LORD and went to Nineveh." vv. 1-3a. God interrupts and redirects our lives for the purpose of being his saving, healing presence in the world.

#### June 12, 2022

Sermon Title: AN ARMY OF ONE

Preaching: Pastor Billy Scripture: Jonah 3

"When God saw what they did and how they turned from their evil ways, he relented and did not bring on them the destruction he had threatened." v. 10.

Just like this reluctant prophet, God is sending us out in a dark world to be salt and light. And who knows? If the greatest empires of this world can be rescued with a mere army of one, how about you?

June 19, 2022	(Father's Day)
Sermon Title:	<b>DEVELOPING SPIRITUAL MU</b>
Preaching:	Pastor Scott

Scripture: 1 Kings 19:11-13

"Then Moses and the Levitical priests said to all Israel, 'Keep silence and hear, O Israel: this day you have become the people of the Lord your God. You shall therefore obey the voice of the Lord your God, keeping His commandments and His statutes, which I command you today."" Deuteronomy 27:9-10.

Noise, noise, noise...our lives are so filled with noise. We fill our lives with noise so that we do not have to deal with difficult things, but that also drowns out our relationship with our Savior. Silence, though difficult, allows us the opportunity to hear the Lord speak.

#### June 26, 2022

Sermon Title:	SOUL CONSTRUCTION
Preaching:	Pastor Billy
Scripture:	Jonah 4

"But to Jonah this seemed very wrong, and he became angry." v. 1.

God invites you to enter into the story of Jonah and to ask, "How might the Lord be reshaping and reforming my own soul into the likeness of Christ?"

# BLESSINGS ON YOUR BIRTHDAY

Stephen Breen 6/1 Jenice Stout 6/1 6/2 Calvin Blunt 6/2 Gordon Core 6/3 Laura Phillips Elizabeth Crumrine 6/5 Pamela Kushner 6/5 6/5 Doug Lee Kristin Johnston 6/5 6/6 James Nassif 6/6 Robert Carl **Richard Vlainich** 6/6 Jo Ann(Joie)Tarnik 6/8 Craig Hall 6/9 Mary Lou Roscoe 6/9

Frank Panepinto 6/9 Darla Pepper-Miller 6/10 Lisa Fuentez 6/12 Jennifer Costanza 6/13 Peggy Hays Nelson 6/14 David Perry 6/15 Kathy Teagarden 6/15 Eric Beiswenger 6/15 Quentin McIlvaine 6/15 Michelle Day 6/16 Sharon Evans 6/16 Jennifer Beiswenger 6/16 Kristin Clingerman 6/17 Alyce Curry 6/17 Stephanie Sienkiel 6/18

# JUNE BIRTHDAYS

Kavla Dobbin 6/18 Laura Thompson 6/19 David Johnson 6/19 Patricia Bover 6/20 Nate McIlvaine 6/20 Joyce Camlin 6/21 Christopher Pachter 6/22 Jenna Panepinto 6/22 **Emily Day** 6/22 Sue Check 6/23 6/23 Maxine Steiner Benjamin Pachter 6/24 Michael Namie 6/24 Elsie Hall 6/25 6/25 Craig McDaniel

6/25 Harold Caesber 6/26 6/26 6/26 6/26 6/27 6/27 Wayne Hunnell Gerald (Jerry) Smith 6/27 Kathryn Snee 6/28 Wesley Frazee 6/28 Kathie DeFrancesco 6/28 Jack Wharton 6/29 Donna Slezak 6/29 John Day 6/29 Sam Day 6/29 Nicole Silbaugh 6/30



J.D. Fine Carol Riddle Sue Denmead Jason Grimm Alma Stolfer



#### **USCLE: SILENCE**

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**The Messenger** 

# **IMPACT YOUTH AND TEEN NEWS**

# **TEEN EXTREME NEEDS YOUR HELP!!!**

Many thanks to the wonderful people who have stepped up to provide lunches for our Teen Extreme Campers, and who signed up so quickly when they learned of the need!

A CHRISTIAN ADVENTURE CAMP We are still accepting Middle and High School Students for the following weeks:

THIS SUMMER TUESDAYS, WEDNESDAYS & THURSDAYS **9AM TO 5 PM** 

FOR TEENS

**REGISTER NOW** 

SERVICE PROJECTS, FIELD **TRIPS AND MORE!** 

For more information about Teen Extreme, or to sign up a camper, please contact Yvonne Gayle at yvonnegayle20@gmail.com.

# **YOUTH PROJECT ~ CHEER BUCKETS**

Impact Youth will be providing Cheer Buckets to kids in Washington Hospital for The Fourth of July and summer. They need your help in collecting items such as coloring books, crayons, drawing pads, markers, pencils, glow sticks, small stuffed animals, small toys, card games, small puzzles, etc. Please no food or candy. Items for older kids are also needed. Please have items to the church by JUNE 29th. Contact yvonnegayle20@gmail.com for more info.

# VACATION BIBLE SCHOOL ~ JULY 18 – 22, 2022!

join us.

Your VBS Leadership Team, Lois Core, Amy Dille, Tara Dyer, Yvonne Gayle, Dan Gottron, Heidi Gottron, Kara Jurovcik, and Bonnie Saffell churchofcov.vbs@gmail.com.

# **PASTOR SCOTT'S MUSINGS**

With the advent of June comes Pentecost. We celebrate the outpouring of the Holy Spirit upon the early church. The church saw explosive growth during those early years.

The receptivity of the church to the power of the Spirit allowed so many great and mighty works of God to be made manifest among His people and witness to the world. Some would have us believe that those mighty acts of God were reserved for and the domain of the early church.

It is easy to fall into the trap of believing the lie; God is done doing big things because the church has a foothold throughout the world. However, there is nowhere in Scripture that it says God was withdrawing His Spirit from His church or world. Scripture seems to point us in the opposite direction.

God's Spirit has been given to His people in order to develop them into the disciples they are meant to be. We know that we are justified at the moment of our salvation, but that is followed by our sanctification. This is the continuing process of making us holy, making us more Christ-like.

If we are being made in the image of Christ through the power of the Spirit, and these great things were done by Christ and His followers in the early church, and the Spirit is still poured out on the body of Christ in this day, then we should expect to see great things still happening. So what has happened?

I wonder if it is not that the Spirit is not active today, but that we are not welcoming His work through us because we are not as receptive to His work among us. I believe that the Holy Spirit can transform the world as much today as He did then, but we have to be receptive to His work in us. We cannot be receptive if we are not continually growing in discipleship, becoming Christ-like and fully surrendered.

As we celebrate Pentecost this year, I wonder, "What could God do through us at The Church of the Covenant if we were fully receptive to the work and power of the Holy Spirit?"

In Christ's service.

Pastor Scott

nswersVBS Iracking Down the One True God



June 7, 8 & 9, June 21, 22 & 23 June 28, 29 & 30



# **5** Volunteers Needed for Vacation Bible School

Thank you to everyone who has already signed up to volunteer! We are almost at our goal, but need 5 additional volunteers to

If you love working with children, please consider volunteering your time. There are so many exciting ways to be involved. View the opportunities and register: www.churchofthecov.org/post/vbs2022.

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#### **JUNE 2022**

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# 5 **JUNE 2022 MISSION COMMITTEE MOTHER/DAUGHTER LUNCHEON**

#### COVENANT CONNECTIONS IS ON HIATUS UNTIL RALLY DAY IN SEPTEMBER

Christian Education would like to thank all our teachers, leaders and helpers who made The Covenant Connections Hour, FX and all our programming a success. They have all dedicated their time, talents and energies in creative and remarkable ways. We could not have done it without them! These are our MVP's from the past nine months:

Nursery: Tenitsha Blunt- Nursery Supervisor Volunteers: Steve and Linda Mariner, Tara Dyer, Kathy Kephart, Gina Johnston and Gordon Core

Pre-K- Rebecca Aizupitis- Teacher Volunteers: Rachel Gladden, Steve and Linda Mariner, Kathy Kephart and Megan Sutton

**K-2-** Lois Core- Teacher Volunteers: Jess Ullom, Sue Robinson and Kathy Kephart

3<sup>rd</sup> -5<sup>th</sup> Grade- Brian and Kate Merry - Teachers

Impact Youth- Yvonne Gayle—Leader Volunteers: Yvonne Gayle, Tenitsha Blunt, Calvin Blunt and Dave Narigon

Adult Groups- Andy Kluczan and George Jones- Teachers

Parent Gathering- Heidi Gottron and Bonnie Saffell- Teachers

Sacrament Training- Cindy Garlisi- Teacher Volunteers: Sue Denmead, Theresa Berardinelli, Amy Dille and Kara Jurovcik

Covenant Characters- Lois Core, Yvonne Gayle, Jason Dillie, Dan Gottron and Eric Saffell

FX Leaders- Yvonne Gayle, Eric Saffell, Dan Gottron and Jason Dillie

#### **COVENANT CONNECTIONS BLESSINGS**

The prayers of children do not go unheard. God uses them to reveal Himself to them. Our students who participate in our Covenant Connections Hour have been creating a work of art with their prayers. This frame has been passed from room to room so that all kids can join their prayers together to form a beautiful frame of ribbons that represent their prayers.







On May 14, 2022, the Mission Committee held a Mother/Daughter luncheon in the Covenant Center. There were close to 100 ladies who attended the luncheon, which was catered by Alterio's. Men of the church volunteered their time to serve the meal and clean up afterwards. Entertainment for the afternoon was music and skits. A variety of baskets donated by church committees were auctioned off.



#### THANK YOU TO ALL WHO MADE THIS EVENT A SUCCESS

To the Mission Committee for organizing this event. To all those who donated baskets for the auction. To Alterio's Catering for catering the luncheon To all those who provided entertainment for today and all of you for coming and making this a great event. To all the men who donated their time to serve and clean-up.



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**The Messenger** 

# ADULT SPIRITUAL DEVELOPMENT OPPORTUNITIES

### Presenter: Dr. Jim Platt

Synopsis: The Bible tells me so ... "A Time to Laugh"! - History. Archaeology. Theology. Laws. When we think of the nature and content of Scripture, I would wager that one of the prior four words, or another akin to them would jump into the forefront of your mind much faster than "humor"... if it crosses your mind at all! We don't think of the Bible as a rip-roaring, side-splitting work, but contemplate that for a moment. Even under your own roof, there may be some who find something funny and others that would fail to see the humor in it! Just ask my wife! Compare the sorts of humor we find here in the U.S. with the kind of humor of the British. Some Americans might acquire a taste for it, but others likely never will. Why? Humor is culturally rooted! Humor is nuanced! In fact, humor demands some sense of the environment from which it springs. Ever tell what you thought was a 'knee-slapper' only to have to explain it to an individual to whom you were telling it? That is us; reading the Bible much as we might with British humor or humor from any other part of the world! Likewise, one needs to listen hard enough to begin gaining that acquired appreciation for why the ancients found something funny...and indeed they did! Too often we believers are seen as the judgmental, demanding rule-following, dour, and "keep a stiff upper lip" crowd! Should we also see ourselves as people that need to "lighten up" (never compromising God's standards) and laugh a little? Might there really be something to the age-old adage: "laughter is the best medicine"? Look at God's response to the ego-driven people and rulers that vainly and, frankly, idiotically think that they can hatch and carry out a plot against God and His anointed (Psalm 2): He who sits in the heavens laughs;

Indeed, as the writer of Ecclesiastes affirms: "For everything there is a season, and a time for every matter under heaven" and among those "matters" is that "time to laugh"! Join us as we look at Scripture through the long-neglected lens of—humor!

# **FELLOWSHIP OF CONCERN**

For prayer support or to join this ministry, call the church office. Please contact the Fellowship of Concern to give the names of those who are in need of praver for health or other reasons. The names will then be called or emailed to the church members who pray daily for others. Prayer request forms are available in each pew. Completed forms may be placed in the offering basket.



# **MISSION MATTERS**

We, on the Mission Committee, thank you, the congregation, for supporting God's mission throughout the world and in Washington, PA. We recently gave additional support to Blessings in a Backpack, led by Chuck Neff to give more food to local children. Our donation to the crisis in Ukraine will give food, medicine and hope.

In early May we sponsored two fundraisers. First, we sold flowers for gardens and Mother's Day. Then, we sold over 100 tickets to a mother/daughter banquet. With energy and creativity, Kathy Nassar and Pat Boyer organized the program. Kim Lemons, Steve Johnson, Katelyn Nassar, Deb Evans, Jeremy Zajdel and Chuck Ñeff gave countless hours to help. A superb group of men volunteered to serve and clean up. A big thank you goes to Ralph Farabee for setting up and taking down many tables. Our biggest profit was the joy of being together again. With the proceeds, we will be sponsoring YOU to join our mission trips.

# HANDS AND HEARTS DIABETES **PROGRAM, JUNE 9TH**

Hands and Hearts is hosting a program on Thursday, June 9<sup>th</sup> at 6:30 pm in the church dining room entitled "Diabetes and You" for people with new or chronic diabetes or pre-diabetes. The free program will last 1 hour and focus on healthy eating, medications, exercise and monitoring with a Q&A period. It is open to church members, family, friends, neighbors and the community. All ages are welcome. No preregistration is necessary. Healthy snacks will be available. Attendees will be entered into a drawing to win a Fit Bit Inspire 2 Fitness Tracker and Diabetes Cookbook. The speaker will be Dana Stainbrook, RN, MSN, CDCES, a Diabetes Educator with The Washington Health System. For questions about the program, contact Linda Grimm, RN at 724-263-7911.

# **PARISH NURSE CORNER**



Summer is here and that means golfing will be in full "swing"! Amateur golfers tend to sustain injuries to the wrist,

elbow and shoulder due to an awkward swing that overloads their upper extremities. To avoid injuries, perform exercises that strengthen your legs, core and upper body; perform warm-up and cool-down exercises; use proper technique and do not overdo it.

Common exercises include squeezing tennis balls and curling lightweight dumbbells, yoga and rowing exercises. If an injury occurs and does not get better after 2 days of rest and anti-inflammatory medication, contact your doctor. Treatment may include a brace, pain-relieving injections or physical therapy. So hit the links this summer and be safe on the greens! Any questions? Please contact me at 724-263-7911 or stop by Room 302 on Sunday mornings.

Good Health to all!-Linda Grimm, RN

# **HANDWARMERS FOR SOUTHMONT DO YOU KNIT, CROCHET, OR SEW?** HAVE MATERIAL LEFT OVER FROM MAKING MASKS?

The Activity Director at Southmont, Presbyterian Senior Care Washington Campus, reached out to Hands and Hearts. They are in need of muffs to keep the elderly residents' hands warm when sitting up in a chair, not only in colder weather but also in the summer air conditioning. The muffs can be knitted, crocheted or sewn. There are free patterns on-line and tutorials on YouTube. Please spread the word to anyone who would like to share their talent. Hands and Hearts can reimburse for yarn or material.

Any questions or to drop off, please contact Linda Grimm at 724-263-7911.

#### UPDATE

The first few handwarmer/muffs that were made have been delivered to Southmont. They are so appreciative on behalf of their residents!



SAVE THE DATE(S)!!! July - August 2022 Tuesday Speaker Series July 26 - August 23



the Lord holds them in derision.

# **GET READY FOR PINE SPRINGS CAMP!!!**

Attention Kids and Parents: Are you ready to spend one of the best weeks of your summer at Pine Springs Camp? There are camps for students of all ages that will help you explore the



great outdoors, spend time in the camp pool, make s'mores with new friends around a campfire, learn about God's great goodness, and play wild and crazy games. Want to know more?

Check out Pine Springsat www.pinesprings.org. See Yvonne, or contact her at vvonnegavle20@gmail.com, to learn how The Church of the Covenant can provide scholarship funds

for your week at camp.