

Weekly Newsletter of Covenant Presbyterian Church - February 9, 2022  
Laurie Johnson, Office Manager & Newsletter Editor



*Covenant is an accepting, welcoming community  
sharing the glory of God's love with all.*

## From our pastor

*But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Go away from me, Lord, for I am a sinful man!" Luke 5:8*

Having just witnessed a miracle of abundant generosity, instead of celebrating, Peter moves toward shame. He thinks his sin disqualifies him from being in Jesus' presence. That's what shame does to us. It's a story we tell ourselves about how our flaws make us unworthy of love and belonging. [Brené Brown's](#) social science research reveals how shame consistently correlates with destructive behaviors in our lives, while guilt can move us toward honesty and accountability. Guilt says, I did something bad. Shame says, I am bad. Guilt is a story we tell about what we've done, but shame is a story we tell about who we are. Shame says, "I am flawed and therefore unworthy," while guilt says, "I am flawed, but I am still worthy of love and belonging." The gulf between guilt and shame is as wide as the Grand Canyon. On one side is wellbeing, while the other is misery. Peter thinks his sin disqualifies him from connection with Jesus. His shame story tells him he is unworthy, and so does ours. But Jesus saves us from our shame stories, and transforms them into guilt stories, allowing our shortcomings to be a source of connection, rather than isolation. Jesus responds to Peter, "Do not be afraid; from now on you will be catching people." In defiance of Peter's shame, Jesus summons him to a life of meaning and connection, and God does the same for you as well. Peter's not wrong that he's a sinner. The rest of the story will simply confirm that's true. He is a sinner, and so am I, and so are you. But he's dead wrong that his sin makes him unworthy of love and belonging. When we learn to turn our shame stories to guilt stories, we are free to answer Jesus' call to live a life of love. The good news is that you are worthy, no matter what anyone has told you, and more importantly what you have told yourself.

One Struggle to Love,

Rev. Joel A. Esala

## COVENANT'S SUNDAY 10:00 a.m. INDOOR, IN-PERSON WORSHIP SERVICE

Sunday Worship Service at 10:00 a.m.

## COVENANT'S SUNDAY 10:00 a.m. VIRTUAL WORSHIP SERVICE

FACEBOOK for Sunday, 10:00 a.m.

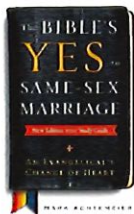




services: <https://www.facebook.com/covenantpcusa/>  
Look for the most current video, labeled "PREMIERE: Current Date".

YOUTUBE for Sunday, 10:00 a.m.  
services: <https://www.youtube.com/user/covenantpcusa>  
Look for the most current video, labeled "PREMIERE: Current Date"

For past services, special music, and other church video content, visit our main YouTube page: [Covenant Service Archive](#).



## CHRISTIAN EDUCATION FOR ALL AGES!

Adult Forum Class - I hope you'll join us for week 3 of our class on Mark Achtemeier's book, [\*The Bible's Yes to Same Sex Marriage\*](#). We will be discussing chapters 8-9 this week, and you can watch last week's class [here](#). I hope you'll join us this Sunday at 9am in the Lounge.

Children Christian Education - Children gather in the Multipurpose room (former administrative offices) at 9am before splitting into our classes. We sing, read, learn and dream together. Youth (6th-12th grades) meet in the chapel at 11am for snacks and discussion.

## Covenant is on FaithLife! Stay Connected

Welcome to Covenant Presbyterian's online community! Check back often to stay up to date on upcoming events, learn more about opportunities to serve, share prayer requests or praise reports, or to connect with your groups.

### Why Faithlife?

#### *Build Relationships, Deepen Word Study & Avoid the Noise*

Are you tired of scrolling through cat videos and political rants? Do you want to stay connected with your church family on a deeper level? That is why Covenant has started using Faithlife, and you can, too! This is an app and/or website that you can join for free. It allows you to follow everything church related, from daily verses and weekly sermons to prayer requests and praises from our church members, and SO MUCH MORE.

Get started **today** by visiting [faithlife.com](http://faithlife.com) or downloading the Faithlife app and joining the [Covenant Presbyterian Church](#) group.

For a detailed overview of ALL you can do with hyperlinks, click here: [Join Covenant on FaithLife](#)



## COVENANT TECH TEAM

Do you like technology? Do you enjoy photography or videography? Would you like to help make our worship run smoothly, and learn new things? Join the Covenant Tech Team! See Brian Biller after worship, or at 9:10 AM before worship any Sunday! He will get you started! You

can send him an email, too: [brianbiller@covenantpcusa.org](mailto:brianbiller@covenantpcusa.org)

## 2022 Per Capita is \$40.00



Each member of Covenant is also a member of the larger church, the Presbyterian Church USA. As such, it is part of our responsibility to support the work of the administrative bodies of the national church – the General Assembly, the Synod, and the Presbytery. We do this by making a per capita payment each year. We invite you to pay your share of the per capita so that this money does not need to come from this year's budget. Your contribution will free up funds for other vital church programs that meet the spiritual needs of our congregation. Per Capita envelopes are available on the Welcome Table.

*Your Stewardship & Budget Commission*

## **Apply now for Summer Camps AND the 2022-2023 School Year!**

### **Summer Preschool Camp (ages 3 – 5; 3 mornings a week)**

Preschool Camp is for children ages 3 – 5 years old who have not yet attended Kindergarten. Preschool Camp meets Monday, Wednesday, and Friday mornings from 9:30 – 12:30, or 9:30 – 1:30. Each session lasts 2 weeks. Parents may sign up for as many as 4 sessions for a total of 8 weeks.

Preschool Camp activities engage children in playful learning experiences with as much outdoor time as possible. Each week the class explores a new theme such as camping, outer space, dinosaurs, building, or messy science depending upon the interests of the group and teachers. Once a week the class also participates in a cooking or food preparation activity.

Enrollment is limited to 12 children per 2-week session. Sessions begin June 6<sup>th</sup> and end August 5<sup>th</sup>. No camp during VBS week (6/20 – 6/24).

### **Camp Covenant (ages 5 – 9; 2 days a week)**

Camp Covenant is for children entering grades 1 – 3 for the 2022 – 2023 school year. Campers attend 2 days a week (Tuesday and Thursday) from 8:30 am – 4:00 pm. Campers may sign up for individual weeks or for all 8 weeks.

On Tuesday campers take a deep dive into the topics with hands-on activities, discussions, short lessons and presentations, and arts and crafts. On Thursday campers continue exploration of the topics with a local field trip and a picnic lunch in the middle of the day.

Enrollment is limited to 12 children per week. Sessions begin June 7<sup>th</sup> and end August 4<sup>th</sup>. No camp during VBS week (6/20 – 6/24).

### **2022 – 2023 School Year Programs (ages 18 mos. – 11 years)**

Currently enrolled families and church members have priority enrollment until March 1<sup>st</sup>. Programs include CDO for toddlers, Preschool, Pre-K, and After School (K-5).

Questions? Contact Caroline at [childcenter@covenantpcusa.org](mailto:childcenter@covenantpcusa.org) for applications and more information

## **BLACK HISTORY MONTH**

Central Ohio communities are lifting up Black History Month with book studies, speakers, children's and youth activities. Please check out the resources listed below, which include library activities and an author talk by Ann Hagedorn (Beyond the River: The Untold Story of the Heroes of the Underground Railroad) sponsored by the UA Historical Society. [Central Ohio Black History Month activities \(dispatch.com\)](#) [UA Community Celebrates Black History Month – City of Upper Arlington \(upperarlingtonoh.gov\)](#)

## **Do You Know of a Student Seeking Higher Education??**

Nurture & Outreach needs your help! If you have a child or a grandchild who is going to College or currently



attending higher education classes, we would like to send them a "Box of Treats" from Covenant. Please send their name, shipping address, any dietary restriction, and their spring break dates in an email to [covenant@covenantpcusa.org](mailto:covenant@covenantpcusa.org) and in the subject line type Nurture & Outreach/Nancy Davidson by February 13.

## Monthly Service to Provide Lunch through the OPEN SHELTER

Do you want to do hands-on mission once a month or occasionally? We would love to welcome new people to the Open Shelter Lunch Making Team!

Covenant helps out people in need (including the homeless) served by the Open Shelter by providing 175 sack lunches on the second Friday of every month. Here are ways to join in:

- Anytime, you could drop off your take-out containers (reusable disposable food containers) to the marked box in our church kitchen by the windows. We take them to the Open Shelter to help people take home leftovers from donated restaurant meals. When these meals are donated, people are encouraged to take sack lunches with them to-go as well.
- You could shop for supplies (like individual potato chip bags from GFS, and more...) and deliver them to our church kitchen by 4pm on the Thursday before our delivery day.
- You could make 50 Peanut butter and jelly sandwiches in your home and deliver them to our church by 4pm on the Thursday before our delivery day.
- You could help assemble the lunches and pack them in boxes between 4-6pm in our church kitchen on the Thursday before our delivery day.
- You could transport the lunches and other supplies to the Open Shelter on Parsons Ave. by 9:15 on the second Friday of the month. This takes either two drivers or one driver with a minivan.

The costs for these supplies may be reimbursed by submitting your receipts to our Financial Administrator, Ingrid Brooker. By splitting up the work, we can get more people involved sharing the Love of Christ in our community. Join us!

Questions? We would love to answer them! Please contact Betsy Sebastian or Mona Connolly by sending an email to [covenant@covenantpcusa.org](mailto:covenant@covenantpcusa.org) and in the subject line type Open Shelter.

## VOLUNTEER OPPORTUNITY

The Board of Deacons would like to supply meals, as needed, to members during recovery from medical treatment or in an emergency, and we are looking for volunteers to help meet this need. Would you like to join a group of Covenant members willing to prepare and deliver a meal for a member in need? It is expected that no one would prepare more than one or two meals per year. If you would like to help please send an email to [covenant@covenantpcusa.org](mailto:covenant@covenantpcusa.org) and in the subject line type Volunteer. Thank you!

Steve St. Martin & John Harder

## ANNUAL WHITE SOCK DRIVE

▪ Covenant Presbyterian Women (CPW) is again supporting Crazy Faith Ministry for homeless persons in the Greater Columbus area. Rev. Dr. Susan Smith is the pastor of this ministry. All members and friends of the congregation are welcome to join in efforts to provide white socks for men and women, the number one requested item for homeless people. Donations will continue through January until Sunday, February 27<sup>th</sup>.

▪ New socks, preferably in sealed plastic bags, can be dropped off in the marked container in the hallway or in a drive-by on Saturday, February 19<sup>th</sup> from 10 AM to 1 PM on the north side of the church.

▪ Any questions can be directed to Ann Teske, chair of Involvement and Action Committee for CPW by sending an email to [covenant@covenantpcusa.org](mailto:covenant@covenantpcusa.org) and in the subject line type Sock Drive.



- We are appreciative of all donations where there is such need in our community. Thank you.



## SANCTUARY FLOWERS

Now that we are worshipping in person again, you may once more sign up for flowers to be placed in the sanctuary for Sunday worship to honor loved ones, a special occasion, or just to the glory of God. The dedication information will be listed in the Sunday bulletin. The arrangements will cost \$40.

To order flowers, please contact the church office by sending an email to [lauriejohnson@covenantpcusa.org](mailto:lauriejohnson@covenantpcusa.org) by Tuesday of each week that you wish to have flowers in the sanctuary. Let the office know which date you are requesting, your name, contact information and any dedication information. You may request future dates as well. Payment can be in cash or check.

## HABITAT FOR HUMANITY

Covenant is once again participating in the Habitat NW Partnership Adopt a House by helping to finance and build a house this year. Construction has begun on the house located at 1252 E. 15<sup>th</sup> Ave. in South Linden. Volunteers work on the house on Thursday mornings and Saturdays from 8:30 to 3:00. Lunch on Saturday is provided.

We are in need of men and women volunteers to help with the construction. You can just show up either day at 8:30am and you will be instructed on how to proceed. John Fisher is the House Lead. All equipment you will need is provided. Just wear appropriate clothing and hard soled shoes, or tennis shoes with a thick sole.

For more information please email [covenant@covenantpcusa.org](mailto:covenant@covenantpcusa.org) and in the subject line type Habitat for Humanity.

## CENTERING PRAYER

Covenant has reconvened a Centering Prayer practice on Thursdays at 8:30am in the Lounge. The first 15 minutes will be an informal gathering with the practice beginning at 8:45 for 20 minutes. Centering prayer is a method of meditation that places a strong emphasis on interior silence. We allow ourselves to be totally open to God, learning how to gently release attention away from our inner thoughts. For more information, please send an email to [covenant@covenantpcusa.org](mailto:covenant@covenantpcusa.org) and in the subject line type Centering Prayer or contact Pastor Joel.

## SPIRITUAL CINEMA

Wednesday, 2/23, we will gather in the Lounge, wearing masks, at 6:30 pm to watch *Nomadland* (2021: a woman in her 60s who, after losing everything in the Great Recession, embarks on a journey through the American West, living as a van-dwelling modern-day nomad. We will stay for a short time after the film to discuss its merits and message. Come join us.

## COVENANT PRESBYTERIAN WOMEN





The *CPW Annual Spaghetti Dinner*, originally scheduled for February 19<sup>th</sup>, will not be held this year because of concerns many have about the pandemic, groups and food preparation.

*Covenant Presbyterian Women's Circles* meet for fellowship and discussion of the Horizons Bible Study, "What My Grandmothers Taught Me: Learning from the Women in Matthew's Genealogy of Jesus.

- February 9<sup>th</sup> at 1:30 pm, Miriam Circle, Gerlinde Lott, moderator
- February 14<sup>th</sup> at 8:30 am, Deborah Circle, Lynn Elliott, moderator

Other circles:

- Every Thursday at 1:00 p.m. Mission Sewing, Diana Sanders
- February 11th at 9:30 a.m. in the Lounge, Prayer Shawl Circle, Louise Davidson and Nancy Davidson

For more information about CPW circles and activities, contact Sandy St. Martin, CPW moderator, [covenant@covenantpcusa.org](mailto:covenant@covenantpcusa.org) with CPW/Sandy St. Martin, the Circle leader's name or name of the person you wish to contact in the subject line.

## WOMEN'S THEOLOGY

Members of *Women's Theology* gather on the first and third Friday each month from 9:30 to 11 am. Next meetings are February 18<sup>th</sup> and March 4<sup>th</sup>. The group will conclude reading Joan Chittister's book, *The Time is Now*. The next book discussed will be Amy Jill Levine's *The Difficult Words of Jesus*. For information, send email to [covenant@covenantpcusa.org](mailto:covenant@covenantpcusa.org) and in the subject line type Women's Theology/Susan Imel. The circle usually meets on Zoom, so contact Susan for sign in details. New members are always welcome.

## SPIRITUAL DEVELOPMENT & ADULT LEARNING COMMISSION

**Wednesday Bible Study 1-2 pm: Wednesday Bible Study** - This Wednesday, February 9, from 1-2 pm, we will continue our study of the Letter to the Hebrews. Please join us. No preparation is required. Ask for a Zoom link from [lauriejohnson@covenantpcusa.org](mailto:lauriejohnson@covenantpcusa.org).

**Wednesday Evening Book Study 7:00-8:00 p.m.** - The CPC Book Group will continue their discussion of *This Land Is Our Land: An Immigrant's Manifesto* this Wednesday, February 9, at 7:00 p.m. We will focus on chapters 5-11. For the link please contact Tori Vazquez or the church.

On Sunday, February 13, the **Covenant Men's Spirituality Group** will meet after church - from 11:15 a.m. to noon - in Room 120 for a final look at Richard Rohr's 'Universal Christ' and to discuss options for our next book. For anyone who is curious about joining our group, this would be a great week to join us! Please reach out to David Connolly for further information.



# 13TH ANNUAL OHIO HUMAN TRAFFICKING AWARENESS SUMMIT

HOSTED BY:

**Senators**

**Teresa Fedor and Stephanie Kunze**



**Representatives**

**Tavia Galonski and Tracy Richardson**



Registration Is Now Open!

What: 13th Annual Human Trafficking Awareness Summit

When: Friday March 4th, 2022  
9AM - 5PM

Where: Zoom

Click [HERE](#) to Register

View Presentation Descriptions [HERE](#)

View List of Speaker Biographies [HERE](#)

View Summit Agenda [HERE](#)

We hope to see you there.

**State Senator Teresa Fedor**

1 Capitol Square, Columbus, OH 43215

614-466-5204

Senator Fedor's Staff

Chelsea Golterman, Senior Legislative Aide

Anastasia Martinez, Legislative Aide

Karalyn Wright, Legislative Fellow

Trelynn Wilson, Office Page







## MUSIC, MESSAGE, MEAL

Hoge Presbyterian Church offers the HM3 program every Saturday for its community in Franklinton including Music, Message, and a Meal. Area churches assist with the Meal, and Covenant creates and serves a hot, home-made meal every 3rd Saturday. Servers and guests are asked to wear masks when not eating.

Current attendance at HM3 leads us to bring enough for 50 meals. We need groups (or individuals) to step forward to serve.

- Groups have signed up to serve in the months of April, May, June, July, and August of 2022... THANK YOU!
- For this month, February 19, Cathy Levy will again gather volunteers to serve Beef Stew (via crock pot) and Salad. This beef stew recipe was a HUGE HIT in January. If you would like to make a batch of either dish that Cathy can either pick up from your home or from Covenant before heading to Hoge at 3:45, please let her know!
- Groups or individuals may still sign up for March 19, September 16, etc...
- Remember that if you don't want to serve, you can cook at your home to contribute, and if you don't want to cook, you can be a server at Hoge from 4pm to 7pm on a 3rd Saturday. Additionally, if your group is lacking servers (which is understandable with Omicron concerns), let Cathy know; she has contacts for volunteers who can cover this role. Sign up your group or as an individual to get involved.

Please sign up and/or learn more through this tool: <https://bitly.com/CovenantHM3SignUp> or by contacting Cathy Levy (send an email to [covenant@covenantpcusa.org](mailto:covenant@covenantpcusa.org) and in the subject line type HM3/Levy). Your expenses incurred in cooking may be reimbursed through our Financial Administrator, Ingrid Smith. By splitting up the work, it's easy, and many of us can help our neighbors with life-giving food offered with open hearts.

## PRAYER CHAIN



Contact Laurie Johnson ([lauriejohnson@covenantpcusa.org](mailto:lauriejohnson@covenantpcusa.org)) if you would like to join the members and friends of Covenant who pray for those requesting our prayers. The prayers will be relayed to you via email from Linda Van Aman. It is asked that you include the prayer request in your daily prayers for a week. To submit a prayer chain request, please send an email to [covenant@covenantpcusa.org](mailto:covenant@covenantpcusa.org) and in the subject line type Prayer Chain. Note that the person for whom prayers are requested must give permission.

## CHURCH FACILITIES POLICY

### Indoor policy due to Franklin County COVID-19

Covenant's Mask Policy will conform with CDC guidelines. Wearing a mask inside our facility is recommended for everyone. Session will continue to monitor COVID 19 spread in the state of Ohio and adapt our policy as needed.

## INFORMATION/MISCELLANEOUS

- As a gentle reminder, the church provides disposable face masks but if possible please bring your own face mask for inside the church facilities. Thank you!



[Click here to check out all Covenant events and news on our website.](#)

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### Our Mission

Covenant Presbyterian Church is an accepting, welcoming community sharing the glory of God's love with all.

### Our Vision

- Covenant will offer worship services that invite diverse expressions of faith and enable all who come to draw closer to God.
- Covenant will become a home through which all can practice their faith and humanity in service of others.

### Stay in touch!

[Click here to receive our weekly emails.](#)





