

Covenant Christian Church

(Disciples of Christ)

2911 S.W. Cary Parkway Cary, NC 27513

Phone: 919-481-4715 Fax: 919-481-4016

Email: covenantcc@bellsouth.net

Web: www.CovenantChristianChurch-Cary.org

Sundays

Worship: 9:00am & 11:00am

Sunday School: 10:00am

Childcare provided for Sunday Mornings & Wednesday Evenings

Wednesdays

Living the Questions Study: 6-7:25 pm

Taizé Worship: 7:30pm



Volume 23 No.3

February 27, 2009

Fasting & Feasting...the Paradox of Lent

Quite early in life, thanks mostly to the Roman Catholic influence of my mother's family and some of my childhood friends, I was introduced to the idea of needing to "give up" something for Lent. It wasn't enough just to eat fish on Fridays, I was expected to do without something that I really liked or absolutely loved until Easter. As years passed I wasn't always committed to this tradition; and at other times, I used Lent as an excuse for losing weight and would give up most everything but rabbit food! ☺

Early on in my ministry I was confronted with this whole idea all over again. So I used it as a teaching tool with my youth group...we researched Lent and its history and came to understand that as we prepared to move through Lent it would be more meaningful to "take on" some discipline or practice that would make us better people; to focus more on filling our lives with good things. During that same time I came across the following anonymous prayer and together with the youth, we made it our own. I share it with all of you in the hope that you might also make it your own prayer as we journey to Jerusalem and beyond...

Holy God, May I

FAST from judging others; and FEAST on the Christ within them.

FAST from emphasis on differences; FEAST on celebrating our diversity.

FAST from apparent darkness; FEAST on the reality of light.

FAST from thoughts of illness; FEAST on the healing power of God.

FAST from words that condemn; FEAST on words that praise.

FAST from discontent; FEAST on gratitude.

FAST from anger; FEAST on patience.

FAST from pessimism; FEAST on optimism.

FAST from worry; FEAST on trusting God more.

FAST from complaining; FEAST on appreciation.

FAST from negatives; FEAST on affirmatives.

FAST from unrelenting pressures; FEAST on unceasing prayer.

FAST from hostility; FEAST on nonresistance.

FAST from bitterness; FEAST on forgiveness.

FAST from self-concern; FEAST on compassion for others.

FAST from personal anxiety; FEAST on eternal Truth.

FAST from discouragement; FEAST on hope.

FAST from lethargy; FEAST on enthusiasm.

FAST from suspicion; FEAST on truth.

FAST from hatred and FEAST on love.

FAST from thoughts that weaken or destroy; FEAST on building up one another.

FAST from shadows of sorrow; FEAST on the sunlight of serenity.

FAST from idle gossip; FEAST on purposeful silence.

Let's FEAST on all the possibilities of a joy-filled life as we seek to know the fullness of God's love, grace and mercy... Blessings, Joanne

<< << >> >>



Daylight Savings Time begins Sunday, March 8, at 2am. Set your clocks ahead on Saturday night so you won't be late for Worship on Sunday!

And Now a WORD from Your Moderator...

A hearty welcome to Randy Holste, our new Associate Minister for Children and Youth; his wife, Laura and their 3 year old son, Tate, as they begin to *officially* worship and share in ministry with us on this Sunday, March 1! ***We will welcome Randy and his family at a reception during Coffee Time before Sunday School and immediately following the 11am worship. Come offer your own words of welcome to the Holste family.***

As a congregation we have truly stepped out in faith to call Randy to serve among us. I hear much enthusiasm and commitment to supporting his leadership and for growing our already strong program for our kids and their parents, and that *has* to be exciting and motivating for Randy... and for Reverend Joanne as she can concentrate more on growing our worship and adult programming experiences.

While we all recognize this will be a real financial challenge for us, if your "Grow with Covenant" giving cards and promises of participation in our 2009 fund raising projects are any indication, we are beginning to step up to the challenge. I look forward to working with you to meet the goals of our 2009 financial action plan and to sharing with you how you can help support each step of that plan, and thus, all the ministries of our church.

Watch for more details unfolding very soon! If you haven't returned your "Grow with Covenant" card, please do so within the next week so we can move forward *with gusto* into God's plan for the future of God's church here at Covenant.

Our first opportunities to support fund raisers are planned for:

Saturday, March 28 – Purchase tickets for A Pig Pickin' hosted by Debbie & Jerry Miller, Sr. Yum!
Saturday, April 25-Spring Daze, one of our annual fundraisers. Sign up to help setup/ cleanup/ or prepare and serve Polish Sausage Sandwiches/Marinated Chicken Sandwiches as we greet the community and introduce them to Covenant. (See further details elsewhere in this newsletter).

Finally, if you are planning to go to the **General Assembly of the Christian Church (Disciples of Christ)** in Indianapolis, July 29 through August 2, 2009, please let Karen Nolan or the church office know as soon as possible that you will be attending. *Thank you, Karen Nolan, Moderator*

<> <> <> <> <>



Big Hearts Lead to Big Muscles!

Thank You for Spreading the Love!

Covenant donated 191 lbs. of food for the Backpack Program and Kids to Kids packed 3,200 lbs. of pasta at the Food Bank on Valentine's Day. Way to go!

Don't Miss This!

Sunday, March 15, the Children's Choir is back together for their Spring performance at the 11 a.m. service. They are excited to share with you several songs, one written by our very own Kevin Eldridge. Come experience God's love through our children's gift of song.

Then Later on...

Our activity for March 15 will focus on sharing our gifts with the residents at Carolina House. We will have lunch at the church immediately following the 11 a.m. service and then we will make pictures and cards to give to the residents. At 1:30 p.m. we will go to Carolina House, we'll sing a few songs and visit with the residents, sharing our favorite hobbies. Parents may pick up their children at Carolina House around 2:00 p.m. We hope you'll join us! Please contact Jay or Jody Barish at 460-2820 for more information.

PS. The date, time & other details for our annual Easter Egg Hunt & Activities will be forthcoming soon!

‘Disciple ME — Disciple WE’

**NC Regional Academy
Saturday, March 28, 9am-4:30pm
Barton College Campus, Wilson, NC**

In even numbered years, North Carolina Disciples gather in April for the Regional Assembly. In odd numbered years, we gather for the NC Regional Academy, March 28--a one-day event of worship, morning & afternoon workshops, keynote address, lunch and fellowship. There are workshops designed for a variety of leadership experiences.

Kaye S. Edwards, Director of Family and Children’s Ministries for Disciples Home Missions (DHM), will keynote the 2009 Regional Academy with her address, “Children Are NOT the Future of the Church,” will be given at 9 a.m. in Howard Chapel. Acts 8:30-31 will serve as her background scripture.

10:15 Workshops include:

- Evangelism with Michael Cotton
- Spirituality/Prayer led by Mary Williams
- Generational Differences with Phil and Cathy Cralle Jones
- Disciple Making led by Sam Fulmer and Jane Alligood
- Bible Study with Rod Werline
- Spiritual Gifts led by Penny Ziemer
- Anti-Racism & Pro-reconciling Congregations with Sèkinah Hamlin

1:45p workshops include:

- Children’s Ministry led by Kaye Edwards
- How to Lead without Authority led by Regional Minister John Richardson
- Missions/World Service with Daisy Chambers
- Worship as Journey led by Mary Beth and Terry Harper
- Church Structures with David Mallory
- Young Adults in Ministry led by Rob Morris.

The program ends with Closing Worship in Howard Chapel at 4:00pm

Registration forms are available in the church office, online and in the church entryway. Contact the church office to arrange to carpool.

<> <> <> <> <>



**Come One! Come All!
Spring Planting and Cleanup for Covenant
Saturday, March 28th, at 8:30 a.m.**

Mark your calendars and come out to help spruce up our outside for Spring! All help will be greatly appreciated. Coffee, juice, fruit and pastries will be provided. Thank you in advance for giving our church a fresh look for Easter.

Jim Johnston, Property Chair

Come, Satisfy the Hungry Heart



Newest Members

Jennifer Anderson united with us February 1. Her address & phone number: 2221 Appledown Dr, Cary, 27513; 559-4092. Email: jenniferann555@msn.com

Nathan, Jessica Harwell & daughter Amelie united with us February 8. Their address is: 1005 Proper Ct, Apex, 27502; 793-5001. Email: jharwell@gmail.com

Please extend a warm Covenant welcome to all!

Our love and prayers are with: Brenda & Woodie Cleary and Todd & Grant Mostak, in the recent death of Brenda's father, Bill Lewis. A memorial service will be held in April in IN...and to Sean Lowers in the recent death of his grandfather...

Congratulations to: Tommy Evett for receiving the highest honor in Cub Scouts, Order of the Arrow

Recent: Dave Deardorff; Seth Baldwin; Catherine Sisson's brother, Alan Long; Berlyn & Brandon and their family, premature twins in critical condition...

Continuing Prayers for: Vicky Vanderford; Deb Nystrom; Mary Toney; Betty Johnston.

Parents of: Sharon Frost; Ann Hall, Mark Huncik. **Mothers of:** Linda Wakefield; Vicky Vanderford.

Fathers of: Patty Cole; Jeremy Hopkins; Megan Larsen; Debbie Miller; Bob Nolan; **Daughters of:** Ken & Glenda Hoffman; Sally Shelly. **Sons of:** Jim Johnston; Kathy Smith; Donna Jones. **Grandfathers of:** Trey O'Quinn; **Grandmothers of:** Greg Stelmack; Carolyn Allen. **Grandson of:** Mary Lou Jackson (all one year checkups were clear) **Sisters of:** Gerry Tokanel; Hazel Brothers. **Brother of:** Art Brothers.

Aunts of: Melanie Fagert; Larry Linguist. **Uncle of:** Jeremy Hopkins. **Niece of:** Elisa Huncik

Nephews of: Joe Busby; Melanie Bunn **Great-Nephew of:** Barishes; **Cousins of:** Mary Lou Jackson, Elaine Fry; **Sister-in-Law of:** Hazel Brothers.

Remembering Others: Teresa Pearce; Rose Smith; Liz Kenan; McKenna Derby; Hazel Schuller; Rosie Stockbridge; Elizabeth Pawelka. General & Regional Church Leaders; Disciples area new church starts.

Contact the church office: 481-4715 or covenantcc@bellsouth.net if you want any of the above names to remain on the current list after 2 weeks.

General Board Meeting....
March 22 after 11:00a service

Hello Education Ministry Team!

We will have a spring meeting on March 8th immediately following the 11 o'clock worship. This is an important meeting for us to work out the agenda for our children's celebration of Easter and a great opportunity for us to welcome Randy Holste to Covenant on behalf of the Education Ministry. A light lunch will be provided.

Hope to see you there...Phama Larsen-Johnston & Craig Paul, Co-Chrs. Education Ministry

Women's Ministries News



You are invited to a NETWORK LUNCH

Regional Academy meets on March 28th at Barton College in Wilson. This is a fun and enriching one-day workshop for DOC churches across our state. As part of this one-day event, Disciples Women are invited to participate in a Network Lunch. Want to learn more about *Just Women New Day 2010* and *Woman to Woman?* Plan now to experience the fun and fellowship that this day has to offer! We will plan to carpool for this event. You may contact Ann or Marilyn for further details.

Looking Ahead:

- Women's Bible Study-Tuesday, March 10th. All are welcome. Each session is independent of the other so just come when you can! We meet 730pm at the church.

- Mark your calendars now:

Our next Quarterly Breakfast will be on Saturday, April 4th. (Childcare available).

Volunteers are needed for food, set up, and clean up. Please let us know how you are willing to help. *Thank you in advance!*

- Continue to clip and save Campbell's soup labels for Christmount!

Listen closely....

Do you hear YOUR call to Women's Ministry?

Blessings to you and yours, Marilyn and Ann, Co-Leaders

<< << << << <<

Disciples Men are Gentlemen!

Our Covenant Disciples Men had another excellent program led by Dr. Demetrius Marlowe with 20 men and women attending. Thanks to Mike Joyce, Jack Reilly, and Ted Glasener for cooking and arranging food. Several days after the meeting Demetrius told me "you have quite an intelligent and interactive group there".

For our March 21 Breakfast we'll have a brief program and then will stay to support the Spring Clean-Up Day. **Bob Kennel, Secretary**

<< << << << <<

M'n'M Singers Back Again by Popular Demand! Sunday, March 29 at 11am Worship

Once again we will host the "M'n'M" Singers as they present the gospel message in song, as only they can do it! This group of differently-abled adults will sing their way into our hearts as they return for their 20th year with us here at Covenant; along with their dedicated leaders and families. If you have never heard them before or if this is your 20th time, you are in for a treat! March 29 promises to be another one of those "great gettin' up mornin's you don't want to miss!"

Upcoming Fund Raising Events



In response to our "Grow with Covenant" campaign, plans are underway for some upcoming fundraisers. These events are great ways to get to know one another better, invite your friends, and raise money for our ministries and mission.

A Pig Pickin'

*Saturday, March 28 at 6:00p
hosted by Jerry & Debbie Miller,
805 Roanoke Dr, Cary. 467-6613;*

Tickets are \$10 per plate for barbecue, slaw, boiled potatoes, green beans, hushpuppies, drink & dessert. Feel free to bring your children something else to eat if they don't like barbecue.

Take out plates are also available.

Get your tickets NOW at Church!

Or order tickets by contacting the church office:

481-4715; covenantcc@bellsouth.net

Invite your friends to join you & experience Covenant's gracious hospitality!

<<<<<<<<<<<<

Cary Spring Daze Saturday, April 25 at Bond Park 8a-5p

Spring Daze is one of our annual fundraisers that puts Covenant out there in the community. As one of the event vendors, we sell sausage biscuits; marinated chicken sandwiches; Polish sausage sandwiches and drinks. Glenn Thornton has graciously once again agreed to coordinate this important event for us...It takes a lot of folks to make this run smoothly. You can help by signing up:

- to setup on Friday night;
- to work for a few hours between 8am and 5pm;
- to help cleanup
- or to take down the booth at 5pm.
- donate canned Pepsi Products, including Aqua-Fina water

Signup to work or to donate drinks in the church entryway beginning April 5 or contact the church office : 481-4715; covenantcc@bellsouth.net

Outreach Ministry News

Each month Local Outreach Ministry is sharing information about one of the agencies we support. North Carolina Interfaith Power and Light (NCIP & L) is one of the agencies that the Outreach Committee partners with and supports. Strange name, isn't it? But, when you understand the mission of the organization the name makes perfect sense. This North Carolina group is part of a national organization (Interfaith Power and Light) with branches in 28 states. And, it is an interfaith group, working with diverse faith communities to help them protect God's creation through the conservation of.....power and light! Viola'.....North Carolina Interfaith Power and Light!!

NCIP & L focuses on helping congregations learn ways to protect the earth from the effects of global warming and to plan for a greener future. This work includes educating their members in a number of ways. They provide energy audits, assistance implementing recommendations that result from the audit, a speakers bureau, offering workshops, and a lending library. They even have an online store for energy efficient products that provides congregations with high quality, deeply discounted conservation options.

NCIP&L has conducted an energy audit for Covenant and provided us with the results and recommendations on ways to be more environmentally aware as well as saving energy. It was through their speakers bureau that we had Ms. Alice Lloyd speak to Covenant and conduct a workshop. They are a valuable resource as we continue the "greening" of Covenant.

Covenant's Outreach Ministry has always taken seriously our mission to those in need throughout Wake County NCIP & L is helping us expand our mission to include the environment as we put our faith into action, "Caring for God's Green Earth..."

God's Green Earth

Simple Ways to Save Energy from Green America

1. Unplug or turn off lights and equipment not in use. If it is lit, it is using power.
2. Do not heat or cool rooms you do not use.
3. Let the dishwasher breathe – use "air dry" or leave the door open overnight.
4. Shift load to off peak times if possible. Run the dishwasher during the night.
5. Fill empty spaces in the refrigerator with bottles of water (water retains cold better than air).
Clean coils every six months.
6. Wash clothes in cold water but if killing dust mites, wash in hot and rinse in cold.
7. Give the dryer a rest use a rack or clothes line. Avoid wrinkles by using the dryer for 5 minutes and then hang the clothes.

According to Ideal Green Bite:

Each year, Americans toss out enough paper and plastic cups, forks, spoons to circle the equator 300 times if laid end-to-end. Dishwashing takes less water than producing new disposables.

SO --- return to washable utensils wherever possible including:

Dishes; Napkins; Glasses; Mugs; Placemats; Tablecloths; Dishtowels;; Storage containers; Water bottles

WHERE --- Home; Restaurants; Bars; Wherever you eat or drink.

OR --- Use bioplastics marked biodegradable or compostable with # 7 such as compostable bowls, plates, platters made from corn, sugar, fallen leaves and recycled paper products. Check out VerTerra.com and biodegradable store.com for more information.

YOU may not be able to do all of this immediately but tackle one item at a time until it becomes habit.

Your Outreach Coordinators, Marian (ijimarian@nc.rr.com) & Ro (rthompsonct@aol.com)

Garden of Hope....Coming Back to Life!

Spring is just around the corner...

We met last Sunday to begin discussing plans for our garden. We are still asking for any ideas you may have about the garden, including planting suggestions, purpose of garden and ways to raise funds for this Outreach Project. Plans are in the works to donate funds in honor or memory of a loved one to help us purchase mulch and plants. It's a gift of new life that will help feed the poor.

Questions? Ideas? Want to help with the garden?
Contact Tim Stiles: [387-0737](tel:387-0737) or tim_stiles@unc.edu

Covenant's Help Wanted List

We are in great need of volunteers to help our church family provide important services for our members and guests. Please consider saying YES to any of the following needs by contacting the church office:

- 1. Nursery/Toddler Volunteers** to provide love and care for our youngest children, ONE or TWO SUNDAYS A YEAR, for ONE HOUR during the 11am worship. If on your assigned date, you are not needed, you may return to worship. Having quality childcare is so important to our own members as well as our guests.
- 2. Kitchen Guardians** needed ONE DAY/EVENING A MONTH to check on the condition of the church kitchen: light cleanup & organization of the cupboards as needed; check supply needs. 3 additional volunteers needed. Contact Sally Shelly: 466-0335
- 3. Help to prepare slides** & run slideshow for 9:00a Gathering Worship.
- 4. Help "take down" early service setup** to prepare for 11am worship.

<<< <<< <<< <<<<<<

Membership Info..

Looking for bud vases!

Covenant has been blessed with several new babies in the last few months. Since we have a rose bud at the Sunday services to honor a birth, we are out of bud vases. If you have any at home that you might like to give to church, it would be most helpful. Bring them to church or call Jeanne White at 919-342-3713.

Annual Easter Breakfast

Easter is coming up fast, on April 12. Covenant has a tradition of having a pot luck breakfast after the sunrise service. Plan on joining the community for this special service and breakfast. Contact Jeanne White at 342-3713, to let her know what type food item you plan to bring so we will be sure to have the variety we need.

White, Chairperson

Thanks, Jeanne

January Financial Information

General Fund	
Beginning Balance	\$ (7,240.73)
Receipts	\$ 13,452.67
Disbursements	\$ 15,318.33 -
	\$
Ending Balance	\$ (9,106.39)

Thanks to all who continue to generously support Covenant's ministries throughout the year.

<> <> <> <> <>

Prepare Now for a New Way to Make Your Tithes & Offerings in this year

We also want to encourage any members/guests to setup **automatic bill pay** with their bank so that a check is sent to us each week or month, whether you are able to be in worship or not. The information that you need when setting up an automatic payment is as follows:

Billor Name: Covenant Christian Church

Account number: GENERAL FUND

Billor Address: 2911 SW Cary Parkway

Billor City, State, Zip: Cary, NC 27513-8902

Billor phone number: 919-481-4715

The account number can be GENERAL FUND/NEW BUILDING FUND/or MEMORIAL FUND.

Questions? Contact Betsy Mebane, Treasurer: betsy_mebane@hotmail.com.

<> <> <> <> <>

Miss a Sunday? CDs are Now Available!

Many circumstances can prevent you from being here for worship. One way of staying in touch is through the CD ministry. If you would like a CD of any 11am service simply contact the church office: 481-4715; covenantcc@bellsouth.net to request it via snail mail or make arrangements to pick it up during regular office hours (Monday-Friday, 9am-1pm) or make special arrangements.

>< >< >< >< ><

Now Here's a Word from Mary Lou...

Updated Membership Lists are available via email... just call me and I will send you the attachment...or you can pick up a copy on the table outside the church office.

Attendance Counts! We need to know when you're here for worship; church school; meetings and events here at Covenant...Please remember to sign the attendance registry and pass it down your row even if the Worship Leader forgets to ask you to do so...The names of our guests are important to Invitation Ministry too!

AND...one more thing...All Staff, Officers, Leaders and Ministry Chairs: Please, please...have your April Newsletter articles to me by **March 19, 2009 so I can get it posted on line and mailed to those without email in a timely manner. It **does** take us all to make this work!**