

**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](mailto:covenantcc@bellsouth.net)  
Web: [www.CovenantChristianChurch-Cary.org](http://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 2 Study: 6-7:25 pm  
Taizé Worship: 7:30pm

Volume 23 No.1

January 12, 2009

## Imagine a Complaint Free World!

*"Complaining is not to be confused with informing someone of a mistake or deficiency so that it can be put right. And to refrain from complaining doesn't necessarily mean putting up with bad quality or behavior. There is no ego in telling the waiter your soup is cold and needs to be heated up—if you stick to the facts, which are always neutral. 'How dare you serve me cold soup...?' That's complaining." -Eckhart Tolle*

In July 2007, Dr. Sharon Watkins, our General Minister & President, introduced us to [www.acomplaintfreeworld.com](http://www.acomplaintfreeworld.com) and the wearing of purple wristbands as a tool to help all of us curb our tendencies to complain about everything; always seeing the half-empty glass or the worst in everything.

At the beginning of this new year, I thought it would be a great idea to try and see if we can complain less and celebrate more. And so I handed out the purple bracelets in worship last Sunday. If you weren't here, not to worry...there's a bracelet waiting just for you! ☺

Here's how it works: Scientists believe it takes 21 days to form a new habit and complaining is habitual for most of us. As Twain said, "we must coax our old behavior down the stairs." The purple bracelet is a powerful tool to remind us of how well we are creating a life with positive intention. Begin to wear the bracelet, on either wrist. When you catch yourself complaining, gossiping or criticizing (it's ok, everyone does) move the bracelet to the other arm and begin again.

If you hear someone else who is wearing a bracelet complain, you may point out their need to switch the bracelet to the other arm; BUT if you're going to do this, you must move your bracelet first! Stay with it. It may take many months but when you reach 21 days you will find that your entire life is happier, more loving and more enjoyable and this is surely to spill over into our shared life here at Covenant.

***Here's to a Complaint-Free World...Blessings and less complaining in this New Year, Joanne***

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## ***And Now a WORD from Your Moderator...***

Congregational Business:

I want to thank Vice Moderator Brad Baldwin for presiding in my absence at the December 14<sup>th</sup> Congregational Meeting. The congregation adopted a \$250,928 Operating Budget for 2009. This budget has a higher percentage of support from documented estimates of giving than any budget in the last three years. This is indeed good news in these difficult economic times.

We were not able to address the proposed changes in the Constitution and By-Laws at this meeting, so please stay tuned for a called Congregational Meeting within the next several months. If you did not receive an emailed or mailed copy of the proposed changes and a copy of the current documents, please call the church office and ask for copies to be sent to you. I urge you to study these proposed changes and be ready with your questions and to take action when this meeting is called.

The Associate Minister Search Committee continues their work and a report will be forthcoming in January. The General Board meeting is scheduled for January 18 immediately following the 11:00 a.m. worship service.

Many good wishes for the New Year to each and every member & guest of Covenant,

***Karen Nolan, Moderator***



**Reverend Dr. Sharon E. Watkins, General Minister & President  
of the Christian Church (Disciples of Christ)  
Selected to Give Sermon at the National Prayer Service**

The Presidential Inaugural Committee announced today that General Minister & President Dr. Sharon E. Watkins of the Christian Church (Disciples of Christ) has been selected to give the sermon at the National Prayer Service on Wednesday, January 21st. The National Prayer Service will be held at the National Cathedral at the conclusion of Inaugural activities and will celebrate America's diversity of faith. Reverend Dr. Sharon Watkins will be the first woman to deliver the sermon at this traditional Inaugural event. The National Prayer Service, a tradition dating back to George Washington, will include prayers, readings and hymns delivered by religious leaders spanning a diverse array of faiths.

She came to the attention of Mr. Obama at a meeting he held during the campaign last summer to introduce himself to a politically and theologically diverse group of ministers. At that closed-door meeting, some of the conservative ministers bluntly questioned Mr. Obama on certain issues. Ms. Watkins was asked to give the closing prayer. "Sharon was able to conclude in a way that tied everyone together," said the Rev. Joshua DuBois, director of religious affairs for the Presidential Inaugural Committee, who was at the meeting. "It left folks on a buoyant note, with a degree of hope and optimism that we could find some common ground."

"We really emphasize the responsibility as well as the freedom of individuals within the church to study Scripture to prayerfully pursue their own spiritual journey," Ms. Watkins said. "That means we end up being incredibly diverse politically, theologically and socially. "Coming out of that context, the kind of message I want to reflect on is the deeper unity we have as a human family," she said of the sermon she planned to deliver at the National Cathedral.

The sermon will be 10 to 15 minutes and will not be vetted by the Obama team, Ms. Watkins said. She added that she would preach in a way that was authentic to her Christian tradition but did not exclude people of other faiths. The service is traditionally attended by the president and vice president; members of the Supreme Court, Congress and the diplomatic corps; and a host of clergy members and dignitaries.

The National Cathedral is the seat of the Episcopal Diocese of Washington, but it often serves as the church of the nation. The Rev. Billy Graham delivered a prayer at the service the day after the second inauguration of President Bush.

"I am truly honored to speak at this historic occasion," said Reverend Watkins. "My prayer when I preach is always that God will use me to bring a Gospel message that is uplifting and appropriately challenging to those who hear it. I hope that my message will call us to believe in something bigger than ourselves and remind us to reach out to all of our neighbors to build communities of possibility."

Reverend Dr. Sharon E. Watkins has served as our General Minister and President of the Christian Church (Disciples of Christ) in the United States and Canada since 2005. She is the first woman to hold this position. As General Minister of the Christian Church (Disciples of Christ), she is the general pastor of the 700,000-member denomination. As General President, she is the chief executive officer for the denomination, responsible for overseeing the work of the church's various structures. She is serving a six-year term that extends through 2011.

*Above article includes items from Jan 11, 2009 The New York Times by Laurie Goodstein, Copyright © 2009, The New York Times Company; and Disciples News Service, Wanda Bryant Wills, Executive Director for Communication Ministries*

### *With Grateful Hearts...*

*Thanks to the Covenant members and guests who so generously provided our special Christmas gifts. It is a joy to share in ministry with you and we look forward to a wonderful 2009 as we move forward together into God's future.*

*With love and appreciation,*

*Rev. Joanne VerBurg, Carole Tyler, Lynn Lee, Kevin Eldridge,  
Robin Miller, Mary Lou Jackson  
Megan Larsen & Kelly Hurley*

***General Board Meeting, Sunday, January 18, immediately following 11am worship***

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### **Disciples Men's New Year**

During January and February the Disciple Men will have a breakfast on Saturday, January 17 plus a **Warmth for Wake** work Day (to be announced). Our February Breakfast meeting is Saturday, February 14 with Demetrius Marlowe returning for some more vigorous discussion following up his excellent program in December. Invite a Friend!

Questions? Contact Mike Joyce (395-8746; michael\_joyce@ncsu.edu) or Bob Kennel (5570847; Bkennel@aol.com).

**Bob Kennel, Secretary**

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### **Women's Ministry News**

#### **Blitz Build-A Habitat for Humanity Experience is Coming Soon to Greensboro! Grab a hammer and Let's build a house!**

It's specifically designed for Disciples Women and takes place January 18-23 of 2009. You can work all week or just a few hours on the day of your choice. Contact Marilyn Williams: 417-1021; marfrwms@yahoo.com or Ann Washington: 851-9383; annpw@hotmail.com if you are interested in learning more. This is an opportunity for great fellowship for an even greater cause! It's still not too late to register:

<http://www.discipleshomemissions.org/PDF/Women/2009BlitzBuild.pdf>

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Kids to Kids would like to thank No Idle Hands for their help in making our Project Linus Night such a success. We wish to give a special thanks to Ann Taska, Jeanne White, Elaine Fry, and Mary Lou Jackson. We were able to complete 20 polar fleece blankets to send to children in the hospital.

17 Kids to Kids & their parents volunteered to work at the Food Bank this past Saturday. Together with the other groups present, they processed 22,000 pounds of food! Thanks to Jody & Jay Barish for organizing this special project that helps us feed the hungry...

**Way to Go, Kids to Kids!**

# ***Come, Satisfy the Hungry Heart***



Sunday, December 7, we welcomed **Ginny & Sam Evett** into membership. They have 3 children: Melissa, a senior at UNC-Chapel; Christina, a sophomore at UNC-Greensboro; and Tom, a fifth grader. They live at 1010 Wellstone Circle; Apex, 27502; 362-8281. Their Elder is Darla Baldwin. Please extend a warm Covenant welcome to the Evett's.

**Our love & prayers are with:** Brad Baldwin and family in the recent death of his uncle, Randy Rasnake. Rev. Joyceline Thompson & family in the recent death of her brother-in-law.

**Recent:** Bob Nolan's father, Bill Nolan; Brenda Cleary's father, Bill Lewis; Marilyn Williams' son-in-law, Dyron Francis; all who are seeking employment; the Israeli-Palestinian conflict...

**Upcoming Surgeries:** Elaine Kennel & Sally Shelly on Tuesday, January 13

**Continuing Prayers for:** Rev. Kathy Smith; Vicky Vanderford; Dave Deardorff; Deb Nystrom; Susan Hunter; Mary Toney; Betty Johnston...

**Parents of:** Anna Long-Slade; Patty Cole; Ann Hall, Sharon Frost; **Mother of:** Vicky Vanderford. **Fathers of:** Megan Larsen; Debbie Miller; **Daughter of:** Sally Shelly; **Son of:** Jim Johnston. **Grandfathers of:** Trey O'Quinn; **Grandmothers of:** Greg Stelmack; Carolyn Allen. **Grandson of:** Mary Lou Jackson. **Sister of:** Hazel Brothers. **Brother of:** Art Brothers. **Aunts of:** Matt Layko; Jeff Miller; Melanie Fagert; Larry Linguist.. **Uncle of:** Jeremy Hopkins; **Nephews of:** Joe Busby; Melanie Bunn . **Great-Nephew of:** Barishes; **Cousins of:** Mary Lou Jackson, Elaine Fry .**Sister-in-Law of:** Hazel Brothers; Mary Lou Jackson.

**Remembering Others:** Carol Redis; Vann Cleveland; 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](mailto:covenantcc@bellsouth.net) if you want any of the above names to remain on the current list after 2 weeks

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| <p style="text-align: center;"><b>Important Dates to Remember</b><br/><b>January 13: Women's Ministry Bible Study, 7:30p</b><br/><b>January 17: Men's Ministry Breakfast, 8:15a</b><br/><b>January 18: General Board Meeting after 11:00a Worship</b></p> |
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## **Living the Questions 2 Study Everyone's Invited!**

Living the Questions 2 Study meets on Wednesday evenings at 6-7:30p (bring your own supper/childcare provided); and on Thursday mornings at 10a-11:30a. **(WE WON'T MEET ON THURSDAY, JANUARY 15)**. This is a great opportunity to explore your faith, no matter where you are on your journey; to seek answers to your faith questions in an accepting and respectful setting.

**Come and grow with us!**

# Outreach Ministry News

"Local Outreach" was busy in 2008, working with a variety of local area ministries. Here's how some of your Outreach Ministry money was used to share with folks in need:

- NC Interfaith Power & Light: \$100
- The Caring Place: 150
- Interfaith Food Shuttle 150
- Urban Ministries of Wake Co. 500
- Habitat for Humanity 150
- Christian Community in Action 200

## Other Outreach Donations:

- Our Garden of Hope Produce to Interfaith Food Shuttle
- Summer Food Drive for Children to Christian Community in Action
- Thanksgiving Food Drive for 8 Food Baskets to Christian Community in Action
- Christmas Food Drive for 12 Food Baskets plus \$300 for 12 Food Lion Grocery Cards
- CROP Walk: \$635.00
- Participation at a Habitat meeting for future Cary area projects

Also each month there will be information about one of the ministries we are in partnership with as they serve the needy in our community. You will learn more about what services they provide and also how you can be more involved in their activities. The goal of local outreach is to "reach out" to help others. But there is more involved. We want to help change lives in the community, but also to change lives within the church community as we experience the act of service. We want to do more than send checks to change others lives; we want to provide opportunities to become involved in the change.

We also launched the new project of "*Caring for God's Green Earth*". Financial support and hands-on support was done in your name as the congregation of Covenant Christian Church. As we enter the New Year, the Outreach committee will bring you monthly updates on how to make your life more "green" and provide suggestions on ways for you to make real your commitment to "Care for God's Green Earth".

It's a matter of getting into the habit of NOT using plastic bags anymore. Many of us are doing better about taking bags into the grocery store, but let's not forget our trips to other stores that use plastic bags. So, Covenant is here to help with Covenant nylon and canvas bags for sale in the hallway near the office: Nylon bags, \$3.50 each/3 for \$10; Canvas bags \$3 each/ 2 for \$5. They're great as gifts for birthdays and other special occasions...think about a Green Bag Easter Basket! ☺

After our latest Green Team Meeting, we have begun to plan for implementing the suggestions from our Energy Audit; first by making some simple adjustments to how we heat and cool the building and the use of CFL bulbs wherever possible. As Kermit the Frog reminds us all, "It isn't easy being green..." but it is well worth it. Being green saves a whole lot of the green stuff in our pockets; and helps our world look greener and greener...The Green Team will meet again in February (date to be determined).

The New Year will bring you the chance for transforming your own lives as you "green" your lifestyle and the opportunity to help improve the lives of others. If you're interested in sharing ideas about the Greening of Covenant or ways in which each of us as individuals can go Green, please share them with us. Better yet, be a part of Covenant's Green Team!

*Blessings in the New Year, Your Outreach Coordinators,*  
*Marian Hartman, [jimarian@nc.rr.com](mailto:jimarian@nc.rr.com); and Ro Thompson, [RTHOMPSONCT@aol.com](mailto:RTHOMPSONCT@aol.com),*

## Wake Interfaith Disaster Team...

Is having a one day class on Psychological First Aid, Thursday, January 29, 9a – 4p at Christ the King Lutheran Church in Cary. This class is intended for lay volunteers who will work with children, adolescents, adults, and families in the aftermath of a disaster. Covenant was very well represented at the last class that was held in 2007. We encourage you to consider being a part of this program. Enrollment is limited to the first 50 registrants. Registration fee is \$15. For more information you may contact the Church Office (481-4715 or Bob Kennel, [557-0847/Bkennel@aol.com](mailto:557-0847/Bkennel@aol.com).

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## November 2008 Financial Information

| <b>General Fund</b>   |                       |
|-----------------------|-----------------------|
| Beginning Balance     | \$ (11,503.91)        |
| Receipts              | \$ 18,728.67          |
| Disbursements         | \$ 16,349.26 -        |
|                       | \$                    |
| <b>Ending Balance</b> | <b>\$ ( 9,124.50)</b> |

Thanks to all who continue to generously support Covenant's ministries throughout 2008.  
A year-end report for 2008 will be forthcoming in the next newsletter.

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## Prepare Now for a New Way to Make Your Tithes & Offerings in the New 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:

Bill Name: Covenant Christian Church

Bill Address: 2911 SW Cary Parkway

Bill phone number: 919-481-4715

Account number: GENERAL FUND

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

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

Questions? Contact Betsy Mebane, Treasurer: [betsy\\_mebane@hotmail.com](mailto:betsy_mebane@hotmail.com).

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## 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](mailto: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.

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## 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 February Newsletter articles to me by **January 14, 2009** so I can get it posted on line and mailed to those without email in a timely manner. It takes us all to make this work!**

