



Covenant Christian Church
(Disciples of Christ)

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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 "giving up" something for Lent. It wasn't enough just to eat fish on Fridays, I was expected to also do without something that I 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! ☺

Early on in my ministry I was confronted with this whole idea all over again. I used it as a teaching tool with my youth groups...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 we made it our own. I invite you to make it yours as we make our way to Jerusalem and beyond...

Don't say you haven't been warned: This ain't gonna be easy...

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...AMEN.

Blessings, Rev. Joanne

From the Moderator:

Jesus said, "Your...grateful life, not your words, will bear witness to what I have done." (Matthew 8:4, The Message)

This verse made its way into my awareness in January. I always enjoy reading Eugene Peterson's paraphrasing of scripture, and this verse was especially meaningful as we reviewed Covenant's 2012 financial reports. Because of the generosity of each of us—recognizing God as the giver of all we have and sharing of our abundance—we ended the year with a surplus of almost \$10,000. By vote of the General Board, this surplus will be used to repay monies borrowed from the Sanctuary Fund in previous years.

As people of faith, we know that giving of our financial resources is an important part of how we bear witness to what God has done in our lives, but it's not the whole story.

In the coming weeks, the Nominating Committee will be extending invitations to become leaders of this faith community as officers, elders, deacons, and other roles in the 2013-2014 program year. Please join me in thanking *Melanie Bunn, Jeremy Hopkins, Paul Kessel, Judy Swanser, Derek Rutledge, and Terry White*, for their willingness to serve on this important committee.

As you think about how you bear witness to what God has done in your life, I hope you'll consider accepting the call to one of these leadership positions, as together we carry out our shared mission and ministry...

Darla Baldwin, Moderator

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*Join Our Youth as we
FIGHT HUNGER!*

Covenant's teens are transforming Super Bowl weekend (FEB. 3rd), with youth from around the country, into the nation's largest youth-led weekend of giving through the



This event encourages people of all ages to care for their neighbors in need. Armed with large soup pots, young people in all 50 states and Canada, will be collecting **MONETARY DONATIONS & CANS OF SOUP** to be shared with those who are hungry.

Every penny Covenant raises will be given to Urban Ministries of Wake County. They'll be a soup pot for **"The 49ers"; one for The Ravens; and one "I Don't Care."** The cans of soup will be given to the Dorcas Ministries in Cary. Souper Bowl of Caring is endorsed by NFL owners and has seen over \$50 million given to neighbors in need. Join us as we work hard to fight hunger in the Cary and surrounding areas! Come with some spare change for your favorite soup pot and cans of soup so that we can together help to end hunger!

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Diversity Lunch Bunch
Meets Sunday, February 3
After 11a Worship
Gather 'round the piano and look for Nancy Jones
And choose a favorite spot to eat lunch together.

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Covenant Time at NC Food Bank
Saturday, February 9 from 2-4pm

Invite a Friend and join us for February's Covenant Time at the Food Bank of Central and Eastern North Carolina, located at 3808 Tarheel Drive, Raleigh, NC 27609 (off Wake Forest Rd. North of the Beltline). Covenant Time is designed to be an Intergenerational time for fellowship and service; to foster relationships between members and guests of all ages while focusing on an activity to benefit the community as well.

We are encouraging the young AND the young-at-heart to participate—all members and guests who are interested in service and outreach in our community. We have a reservation for 15 volunteers to participate in Kids Day Saturday, February 9 from 2-4pm. (Kids Day means that the Food Bank focuses on activities that are safe for children but are not limited to child participants.)

The only specific requirement for dress is that **ALL volunteers must wear closed-toed shoes**, but the warehouse is likely to be cool-so dress weather-appropriate. There is a consent form that must be filled out by each volunteer; available from Beth Kearney. Please plan to arrive at the Food Bank at about 1:45pm on Feb. 9 so we can organize our work teams!

Please contact Beth Kearney: 919-545-0052 or bethanne805@hotmail.com) with any questions and to let Beth know if you plan to attend. *Rev. Misty Mowrey & Beth Kearney, Educ. Ministry Co-chairs*

Come, Satisfy the Hungry Heart

The Memorial Service for Wallace (Wally) Teto will be held Tuesday, February 5, 11a here at Covenant; followed by a reception.

Welcome to our newest members:

Eric Poccia: Eric & his family live at: 403 October Glory Lane, Apex, 27539-9035; 919-608-9807. His Elder is Karen Nippert.

Donna Jones: 309 Wax Myrtle Ct, Cary, 27513; 919-271-0260. Her Elder is Bob Kennel.

Eric Skinner: 1710 Crossroads Vista Way, Apt. # 105, Raleigh, 27606; 919-816-6756. His Elder is Karen Nippert.

Jeff Carroll: 165 Lois Lane, Clayton NC 27520; 919-553-6615. His Elder is Bob Kennel.

Share Your Own Words of Welcome with Eric P, Eric S, Donna & Jeff!

Recent: Kevin Eldridge at home...

Continuing Prayers: Deb Nystrom; Paul Kessel; Art Brothers; Robin & Jeff Miller; Mary Toney; Vicky Vanderford.

Family: Kathy Smith; Donna Jones; **Mothers:** Darla Baldwin; Patricia Cadle; Chris Kidd; Vicky Vanderford;
Fathers: Sharon Frost; Vicki Wilkinson; Debbie Miller; Chad Moses. **Daughters:** Misty Mowrey; Hoffman's; Maryanna Myers; Cathy Teague; **Sons:** Marian Crowe; Misty Mowrey. **Brother:** Joe Busby; **Sisters:** Eric Poccia; Carol Carson; Patricia Cadle. **In-Laws:** Renié Palmer; **Grandmothers:** Darla Baldwin; Amy Rutledge; Vicki Wilkinson;
Grandfathers: David Williams; Jasmine & James Cowan. **Grandchildren:** Bettyann Christopher; Cathy Teague; Hoffman's; Donna Jones; **Aunts:** Kim Rivers; Amy Rutledge; Terry White; Greg Stelmack; Patricia Mills; Cathy Downs; Marilyn Williams; **Uncles:** Angie Ballard; Marilyn Williams; **Niece:** Misty Mowrey; Jeremy Hopkins.
Great Nieces: Nancy Jones; Betsy Mebane; **Nephews:** Nancy Jones; Stelmack's; Misty Mowrey. **Cousins:** Jerry Hall; Mary Lou Jackson.

Remembering Others: Hope Lammi; Emilia Echegaray; Angie Bricker & Kristin Adams; "KK" Krawczyk & her service dog, "JJ"; Barry Crawford; Sandy Richards; Mitch Rice; Marty Scrivens; Mike Varvaro; Shawn Kocopi; Susan Shadle; Judy Balotte; Kyra Bouchard; Sharon & Dave Garrett; Hudson Mimitch; General & Regional Church Leaders; DoC new churches...

Our Gifts & Expenses

JANUARY

General Fund Contributions Needed Per Month	\$ 16,909
General Fund Contributions	\$ 11,911

YEAR TO DATE ACTUAL:

General Fund Contributions through December 31	\$208,182
Fundraisers and Other Income through December 31	<u>22,148</u>
Total Income through December 31	\$ 230,330
Total Expenses through December 31	<u>\$ 220,375</u>
Balance as of December 31	\$ 9,955

Detailed financial reports are available

OUTREACH OFFERINGS FOR 2012

Christmas Special Offering	\$ 660
Disciples Mission Fund (10% of offering receipts)	18,040
Christmount	25
Local Outreach	2,079
Easter	899
Pentecost	417
Thanksgiving	245
Week of Compassion	3,450
Reconciliation	557
CROP Walk	675
Blessing Boxes	890
Region Capital Campaign	<u>50</u>
	\$ 28,647

**Disciples 101 Class to Meet
February 10, 17 + 24 at 10a in the Sanctuary**

Periodically Covenant offers a short-term class, **Disciples 101**, led by Rev. VerBurg, to better acquaint you with Covenant Christian Church (Disciples of Christ) and with our denomination, The Christian Church (Disciples of Christ) in the US & Canada. It's designed for all guests and also serves as a refresher course for recent as well as long-standing members. Plan now to attend...

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**What Does Fat Tuesday Have to Do With Me
And Should I Feel Insulted? ☺**

Here's a little background to why the church family is invited to eat pancakes on February 11:

Some Christians in many countries call it Shrove (confession)Tuesday; or Carnival (Goodbye to Meat) and others Mardi Gras or Fat Tuesday...and all share the same ancient history and tradition. It's the day before Ash Wednesday, marking the beginning of the 40 days & nights of Lent(not counting Sundays, the day we celebrate Christ's Resurrection); all leading us to the wonder and joy of Easter morning.

In ancient days, faithful Christians were forbidden by the church to consume meat, butter, eggs or milk-no mention of a ban on chocolate though ☺. However, if a family had a store of these foods they all would go bad by the time the fast ended on Easter Sunday. What to do? Solution: use up the milk, butter and eggs no later than the day before Ash Wednesday. And so, with the addition of a little flour, the solution quickly presented itself in pancakes...Lots of 'em! That's why many Christians celebrate the day before the serious work of Lent begins by getting together for good times and eating pancakes and other rich foods.

Because we were unable to secure reservations on the actual FAT TUESDAY and not to be outdone by our disappointment, we stepped out as trend-setters and decided to reserve the same dining areas, just doing it the day before! Hence we're gathering on Fat Tuesday EVE!

You, your friends & family are invited to eat, drink and be merry as we celebrate

Fat Tuesday EVE

Monday, February 11 at Cary's IHOP, 1301 Kildaire Farm Rd.

Come eat with us anytime between 5:30-7:30p

Sign Up in Worship February 3 & 10 or contact the church office: 919-481-4715

And two days later...the holy season of Lent begins with Ash Wednesday Worship, February 13, at 7:30p (childcare provided). The Taizé-style worship will be filled with sacred readings & songs, closing by receiving the ashen sign of the cross on our foreheads; reminding us of our common humble beginnings and our common end. During the weeks that follow, Jesus bids us follow; promising to be with us giving us strength and courage to grow in faith and daring us to take a closer look at how we choose to live our lives; wrestling with what we are willing to die for; but even more important, what we are willing to live for...

Let us begin this journey together...Blessings, Rev. Joanne



Covenant's SCRIP Update

With Valentine's Day only a few weeks away, consider if you can use SCRIP to help with your Valentine's purchases. Popular destinations for cards and candy like CVS, Walgreen's, Walmart, Target, and Hallmark all participate in our SCRIP program. If you are looking for more than a card or some candy, many gift retailers and restaurants also participate in the SCRIP program. If placing an order, please keep in mind that you would need to place your order by Feb 3 in order to be here in time for Valentine's Day.

In addition, if you are thinking about participating in the pancake supper on **Fat Tuesday Eve, remember that IHOP participates in the SCRIP program.** If you want more information on these or any other topics check with the SCRIP volunteers after either service, located in the library. You may also contact Robin Miller, Covenant's SCRIP Coordinator, at doghowse@msn.com or 919-852-3986. *Robin & Jeff Miller, SCRIP Coordinators*

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Disciples Men Studying and Working!

The Disciple Men are finishing our study of the "History of the New Testament" during February and March. The meeting times are going to be more weekly and biweekly so be on the lookout for "Attention Disciple Men" alerts when we set dates in homes and at the church.

We are also collecting in homes "good quality" yard sale items for our BIG YARD sale in April. Please keep us in mind as you look at "stuff" that you would like to get rid of that someone else might treasure.

Ted Glasener, President, Bob Kennel, Secretary

*Covenant Christian Church's
Valentine's Fundraiser*

<i>Item</i>	<i>Description</i>	<i>Price</i>
<i>Truffles</i>		
Oreo Truffle Gems	Creamy rich Oreo flavored centers encased in a chocolate red gemstone.	\$8 for ½ dozen
Raspberry Chambord Truffles	A bittersweet dark chocolate ganache infused with Chambord black raspberry liqueur encased in chocolate.	\$8 for ½ dozen
<i>Cupcakes</i>		
Chocolate Surprise Cupcakes	Rich chocolate cupcakes with cream cheese and chocolate chip center. Topped with creamy white frosting, a Reese's Peanut Butter Cup and sprinkles.	\$10 for ½ dozen
Champagne and Strawberry Cupcakes	Light and airy champagne cupcakes filled with a fresh champagne-kissed strawberry purée. Topped with champagne butter cream frosting and candied strawberries.	\$10 for ½ dozen
Red Velvet Cupcakes with Roses	A Southern Classic – rich red velvet cupcakes. Topped with cream cheese frosting and edible fondant rose.	\$10 for ½ dozen
<i>Chocolate Covered Oreo Cookies</i>		
"Love" Oreos	A complete set of 6 chocolate covered Oreos spelling out LOVE with hearts, as shown.	\$8 per set <i>(6 pieces)</i>
"Love Springs" Oreos	6 chocolate covered Oreos with a Springtime heart flower theme.	\$8 for ½ dozen
"Mini Hearts" Oreos	6 mini Oreos covered in chocolate shaped hearts in red and pink.	\$5 for ½ dozen

Please PRE-ORDER your selections by February 8!

Payment is due when you receive your goodies Sunday, February 10 (9a-12:30p)

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Women's Ministry News...

Women's Ministry Potluck Breakfast

Please mark your calendars for Saturday morning **February 16 at 9:00a** as we gather together for another potluck breakfast. Our own Rev. Patricia Cadle will address our Mind/Body/Spirit connection while incorporating the ancient Christian practice of walking a labyrinth. Come join us during this holy time of Lent to grow closer within our community – but more importantly to grow our relationships with God.

Please let the church office know if you will need child care to be able to attend. And, as always, feel free to bring a friend – and a breakfast dish to share.

Also, my year's tenure is about to wrap up for chairing CCC's Women's Ministry. It has been a privilege, and I have gotten better acquainted with so many terrific women in our congregation. Please consider chairing this worthwhile ministry; co-chairing with another is also a possibility. See me after church on Sunday or contact me at home, if you are interested. Thank you for your consideration... *Warmly, Nancy J Jones, Chair, Women's Ministries*

Women's Bible Study

Our February study will be held on **February 27 at 6:00p**. We are studying the books of 1 and 2 Peter, 1-3 John and Jude. Invite a friend to join you...all are welcome.

**Calling All Adults, Children & Youth!
We're Having a Church-wide Family Game Night!**



Saturday, February 16 5:00-8:00p (ChildCare for infants & toddlers)

Monopoly, anyone? Do you have a **Clue** how to play? Or will you just sit around and feel **Sorry** for yourself? It could **Boggle** your mind or be a real **Twister**. It's up to you how you play your **UNO** hand! ☺ Just bring your favorite game and join us for an evening full of fun, food (Pizza for \$1 a slice) & fellowship!

Invite your friends & neighbors! We hope to see you there!

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**Youth News
February & March Calendar!**

JYF (3rd-5th Graders)

- Feb 3rd** – Souper Bowl Of Caring! Help us raise \$\$\$ for Urban Ministries of Wake County! (Immediately Following the 9 AM & 11 AM Worship)
- February 9th** – “Covenant Time” – Food Bank of CENC – Raleigh (2-4pm). Meet @ FoodBank!
- February 24th**- “Movie Night” @ Church – “Brave” (Bring \$4 for Pizza & a friend)! (4-6pm)
- March 3rd**- “Covenant Time” – Bread/Cracker Baking (12pm -2pm)
- March 17th** – Program @ Church (4 - 5:30pm)
- March 30th** – Easter Extravaganza & Egg Hunt (10am – 11:30am)

CHI RHO (Middle Schoolers)

- Feb. 2nd** – Mission Opportunity - FoodBank of CENC??? (1-4pm)
- Feb 3rd** – Souper Bowl Of Caring! Help us raise \$\$\$ for Urban Ministries of Wake County! (Immediately Following the 9 AM & 11 AM Worship)
- February 17th** – Bowling Night – Buffaloe Lanes, Cary, NC. Bring \$10 & a friend. RSVP! (6-8pm).
- February 22-23rd**- Youth Advisory Board Lock-In!!! – It’s SUMMER TIME!! (7pm – 10am)
- March 1st – 3rd**- Chi Rho Retreat @ Camp Caroline! Registration forms are due by Feb. 21st.
- March 10th** – Bullying & Self Defense – Officer Michael Macario! (Time: TBD)
- March 23rd** – Camp Caroline Work Day! (7am – 7pm)
- March 30th** – Easter Extravaganza & Egg Hunt (10am – 11:30am) – YOUTH HELP NEEDED!

CYF (High Schoolers)

- Feb 3rd** – Souper Bowl Of Caring! Help us raise \$\$\$ for Urban Ministries of Wake County! (Immediately Following the 9 AM & 11 AM Worship)
- February 10th** - Bowling Night – Buffaloe Lanes, Cary, NC. Bring \$10 & a friend. RSVP!! (6 - 8pm).
- February 24th** – Program @ Church – Anti-Theism & the Church! (Bring \$4 & a Friend) (6 - 7:30pm)
- March 10th** – Game Night @ the church! Bring your gaming console/game (Time: TBD)– We’ll Have Pizza!!!
- March 23rd** - - Camp Caroline Work Day!(7am – 7pm)
- March 30th** – Easter Extravaganza & Egg Hunt (10am – 11:30am) – YOUTH HELP NEEDED!

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Sunday School Teachers Needed!



Are you trying to find a way to “fit in”? Are you seeing all the cool things happening with children's ministry and saying “I wish I could be a part of that?” Here’s your chance! WE NEED FAITH PARTNERS (AKA - Sunday School Teachers) to help with our Pre-School & grades 1 & 2 classes!

As a teacher you will be right in the middle of all the action! Your commitment is minimal - one or two shadowing sessions and a scheduled rotation for Sunday mornings! Also, with our AMAZING curriculum minimal prep-work per session required (roughly 30 minutes to an hour per week)! If you are interested in becoming a SS teacher, or want more information: Contact Randy: 919-481-4715 or randy-ccc@bellsouth.net

**"Amazing Grays" Luncheon
Thursday, February 21, 11:30a
TASU – Asian Bistro Sushi & Bar
2007 Walnut St, Cary, 27518**

(In Crossroads Shopping area, across from Office Depot

www.Shikisushionline.com to check out menu

RSVP Church Office by February 18

Outreach Ministry News Updates...

Thanks to you, Covenant continues to provide services to the community through your Outreach Ministry. We can be proud of all that we shared out of our abundance in 2012 & look forward to an even better 2013.

Ten Thousand Villages

Thanks to all of you who made purchases at the Ten Thousand Villages store in Cameron Village in December. We know you had a great time shopping, and your spending earned Covenant \$300 that was added to the general fund.

Hunger continues to exist in our community and the Urban Ministries food pantry appreciated our donations of:

- Canned fruits and vegetables
- Canned soups and canned beans
- Breakfast cereals; grits, powdered or boxed milk
- Dried beans, Mac & cheese, peanut butter & jelly
- Pasta, dry and canned past a meals, rice
- Juice, juice boxes

Beginning this month, our food donations will be distributed to Dorcas Ministries so that we can focus our effort on the local Cary community. Please continue to bring the same type of food items as noted above each week.

Dorcas Ministries' Adopt-A-Shelf

Families with infants and toddlers will continue to need our donations of disposable diapers during 2013. All children's sizes are appreciated, the greatest need however; is infant size 4.

SERRV

We still have caffeinated and decaf coffee & chocolate candy bars for sale on the table outside the church office. Please know that if there is a need in the community that you would like for Covenant to consider, do not hesitate to let any member of the Outreach Ministry know – Shirley Kennedy; Becky Stiles or myself.

May God continue to bless you during 2013 so that you can continue to be a blessing to others...

Renie Palmer, Outreach Ministry Chair