

THE COVENANTER

July 26, 2020

Member NE GEORGIA Presbytery, Synod
of the South Atlantic, General
Assembly of the Presbyterian Church
(USA)

Join us for Worship. Please click here to view Covenants Worship Service, Sunday, July 26th :

<https://www.youtube.com/channel/UCCkRp1t3MnecoYXnds4X03A>

Prayer Concerns: Our Nation, for protesters, police, elected officials and church leaders; John, Mary Sue, & Elizabeth Brewer with health issues; for those who are affected by the COVID-19 illness, as well as their caregivers, our healthcare professionals, government leaders and those who are working around the clock to minimize the impact of this virus; Ginger Davis-Beck undergoing cancer treatments; Anne Page at Avery Place #145; Pauline Marshall at Highland Hills #112 .

DAILY BIBLE READINGS— July 26—Aug. 02

Monday	Psalm 17
Tuesday	Psalm 18
Wednesday	Psalm 19
Thursday	Psalm 20
Friday	Genesis 32: 22-31
Saturday	Romans 9: 1-5
Sunday	Matthew 14: 13-21



For those who requested pledge envelopes they have arrived. You can pickup your box of envelopes at the church office Tuesday, or Thursday 10am – 12noon. Or if you prefer we can mail the envelopes to you.

Please contact Karen at
kwetherington@covpresathens.org or 706-548-2756 to request a mailout. Thanks !

COVENANT
PRESBYTERIAN CHURCH

1065 Gaines School Road
Athens, Georgia 30605
706-548-2756 or 706-613-2344
www.covpresathens.org
covenantp@covpresathens.org





During the Covid-19 crisis we are scheduling online opportunities to grow in discipleship. Church school classes for all ages, midweek studies, and youth group programs from Montreat are available online, and the links to these opportunities which require ZOOM invitations may be viewed weekly on our church website: covpresathens.org. Please make it a habit to check the website often for links to our weekly newsletter and other communications, online giving, and our Sunday morning virtual worship services!

The Presbyterian Peace Fellowship has a series of virtual events and learning opportunities for adults and high schoolers this summer. Every Friday, 1:15 p.m., peace activists from around the world gather for casual conversation, updates and connection. A virtual book club will begin in August and the book that will be read and discussed is , *How to Be An Antiracist* by Ibram X Kendi. Please consider joining these discussion groups which promise to be lively and engaging! <https://www.presbypeacefellowship.org/events/virtual-book-club-how-to-be-an-antiracist-by-ibram-x-kendi/>

A Note from Rindy...

During Sunday's Children Time, I will be talking about yeast and the Kingdom of God, and I will be baking Bread-in-a-Bag. For those of you who would like to try it at home with children (or not!), here is the *Edible Science* recipe, with commentary:

BREAD IN A BAG!

Ingredients

3 cups flour, divided (I used bread flour, and after one baking disaster, I consulted Hilda Clark who advised me to avoid fine white flour like White Lily!)

3 tablespoons granulated sugar

1.25 oz. packet of rapid rise yeast
(I used "regular" active dry yeast and it turned out fine.)

1 1/2 teaspoons salt

1 cup of warm water (110-115 degrees)

3 tablespoons olive oil

Supplies

1 gallon size Zip loc bag, 1 medium size bowl

1 8"x4" bread pan, spray cooking oil to grease bread pan

clean hand towel



**BREAD
IN A BAG**

IT'S EASY & IT WORKS!



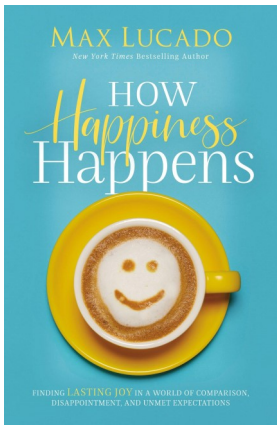
See Page 3 for directions

Steps

1. Before you start, open up your Zip loc bag and place it in a medium size bowl. This will help little hands with the assembly process!
2. Scoop 1 cup of flour into the Zip loc bag along with 3 tablespoons of sugar, the 1.25 oz. packet of rapid rise yeast, and 1 cup of warm water.
3. Let the air out of the bag and seal the bag closed. Mix (It's more like massaging!) the outside of the bag with your hands. Let the mixture sit for 10-15 minutes so that the yeast can "proof".
4. Place the bag back in the bowl, open it, and add 1 more cup of flour, 1 1/2 teaspoons of salt, and 3 tablespoons of olive oil. Seal the bag and mix it with your hands again.
5. Place the bag back in the bowl, open it and add 1 more cup of flour. Seal it and mix it with your hands. This time the dough will be somewhat firm!
6. Remove the dough from the bag and place it on a floured surface. **Hint:** I found it easier to cut the bag down the side and scrape out the dough. Knead the dough for 10 minutes. (It's a great arm work-out.)
7. Spray your mixing bowl and place your dough in it. Cover with a towel and let it rise in a warm place for 30 minutes. When it has doubled in size, punch it down, take it out of the bowl and shape the dough into a loaf and place it in a greased bread pan. Cover it with a towel and let it rise in a warm place for about another 30 minutes or so.
8. Bake the bread in a 375 degrees oven for 25 minutes. You'll know it's done when you "thump" the top of the browned loaf and it sounds hollow.

Note: I know it's blazing hot outside, but to create a warm space for dough rising, I heat my oven to 200 degrees and then turn it off. The dough in the covered bowl and bread pan rise well when placed in the warmed oven.

Science notes: *How does yeast work in bread making? Well, yeast is actually a living, single-cell fungus. Doesn't sound too tasty, does it? Although there are several kinds of yeast available, this recipe calls for an active dry yeast available in the grocery store. This type of yeast is also dormant until you "wake it up". Yeast needs to be combined with warm water and a food source - sugar - to wake it up and do its thing. The sugar feeds the yeast and creates the fermentation process. If you notice bubbles forming, that's carbon dioxide gas given off by the yeast as it's eating the sugar. These carbon dioxide bubbles are also what causes the dough to rise as air pockets are trapped in the glutinous strands of the dough. When you bake the bread, the yeast dies off so your young bakers will be relieved that they are eating a side of fungus with their bread. Don't know what this has to do with the Kingdom of God, but it's interesting science!*



The Journey Class will begin a new ZOOM Sunday School class using Max Lucado's book, "How Happiness Happens: Finding Lasting Joy in a World of Comparison, Disappointment, and Unmet Expectations". The class begins this **Sunday, July 12, 9:45 a.m.**, and copies of the book may be purchased from Amazon or your local independent bookstore.

These are tough times. Amid global isolation, economic downturn, and social unrest, could you use a dose of happy right about now? Learn the secret to lasting joy that will endure through any season of life. In How Happiness Happens, Max Lucado shares the unexpected path to a lasting happiness, one that produces reliable joy amidst any life circumstance. Based on the teachings of Jesus and backed by modern research, this book presents a surprising but practical way of living that will change you from the inside out.

In this book, Max will help you discover:

Happiness is not selfish

People are a joy

There is strength in choice

Happiness happens when you give it away

What are you waiting for? Open the unexpected door to joy and walk in. There's no better day than today to start your happiest life yet.

Various class members plan to share responsibility for leading discussion by signing up and taking turns. Steve Rathbun will continue as technical host. Check the church website next week for ZOOM instructions!

Members of the Covenant congregation are invited to submit nominations for the session. Nominations must be received by July 15, and should be sent to any of the three members of the nominating committee: Helen Epps - 706-769-8938 or eppshelen@gmail.com

Patti Huberty - 706-549-5038 or pattih720@gmail.com

Bill Barstow - 706-546-7495 or 706-614-9078 or

Family Promise Volunteers,

A **Big Shout Out** and thank you to all of you who volunteered last week to help with Covenant's rotation at Athens Church of Christ. You made it possible to cover all the slots and provide wonderful meals to the families. We couldn't have done it without you!! The sign up genius link is included if you would consider helping in the coming weeks. Covenant has finished its rotation but other churches in the upcoming weeks could use some help (and some of them pitched in during our week). If you are able to sign up remember during the day it is only required that one person be on the shift and overnight hosting requires 2 individuals. Also be sure to type in Covenant Presbyterian in the comment section so the host church can be in touch with you if need be. Thank you for sharing your time and love with these families, *Susan and Randy*



Click on this link to access signup [Hospitality to neighbors](#)

Mike Swanson died peacefully this week in presence of his beloved wife, Paige Cummings, after a protracted struggle with an aggressive cancer. The two of them made plans for a celebration of his life once it is safe to gather in large groups. It was Mike's wish to have his family and friends honor his memory with gifts to the Athens Nurses Clinic, an extraordinary medical ministry to our neediest neighbors in Athens. Paige Cummings serves as its executive director, and over the years, Mike spent hundreds of hours supporting Paige in her efforts to address the medical needs of our vulnerable, medically fragile friends needing healing. When the Clinic's largest donor was unable to continue its financial support of this critical ministry due to the coronavirus, it distressed Mike greatly. He felt that the community safety net for our most vulnerable neighbors was torn, and from his hospital bed, he was brainstorming with Paige for other sources of funding. For those who would like to honor Mike's commitment to our vulnerable neighbors, donations may be made in his memory to the **Athens Nurses Clinic, 240 North Avenue, Athens, GA 30601**, or to Covenant Presbyterian Church (earmarked Athens Nurses Clinic), 1065 Gaines School Road, Athens, GA



While we shelter in place, Jesus will continue visiting us in the most unusual of places! On no particular schedule, a plastic figurine of Jesus, *Flat Jesus*, may show up on your doorstep or in your mailbox, and you are invited to create a scene anywhere you choose, include your family, pets, anything you'd like, and *Flat Jesus*, take a photo using your cellphone or some device, and send it to the church office Karen Wetherington will post it on the church's FaceBook page, and we'll have fun guessing where, and maybe who (if you disguise yourselves!) *Flat Jesus* may be visiting. *Travels with Flat Jesus* will be a wonderfully creative, quirky, fun way to stay connected during this season of quarantine. Once *Flat Jesus* visits you, you may "send him packing" to the home of another Covenant friend.

HOW TO GIVE. There is a new online giving option through the Presbyterian Foundation at this link <http://covpresathens.org/wp/contributions/> . Or you can click on this link www.covpresathens.org and click on online giving. And as always you can mail your check to the church office. Thank you for your faithful giving!

FINANCIAL REPORT
FISCAL YEAR TO DATE - Week #03
Anticipated Pledges \$25,961.55
Actual Pledges \$17,942.00
Thank you for your faithful giving!

Needed: A bed for a neighbor in transition Please contact Mark Harper at 706-207-5042 or mharper@covpresathens.org. Thank you!



Little Food Pantry – We continue to seek out new and faithful ways to respond to the needs of the food insecure and homeless friends in our community. UGA students built a Little Food Pantry on our church campus. It is located outside the doors of our fellowship hall. Little Food Pantries are scattered throughout Athens, and their purpose is to respond to the emergency food needs of hungry folks. We encourage you to help us keep our Little Food Pantry stocked with pop-top single serve canned goods that do not require cooking, peanut butter and jelly, packaged crackers, healthy snack items. Small individual personal hygiene items (ie: soap, deodorant, toothbrush and toothpaste, and shampoos) in a ziplock bag with a granola bar of some kind is also needed. Please remember everything must be sealed to prevent ant infestations...

The Covenant coffee closet still has lots of coffee, tea, and hot chocolate ! Although the regular office hours and services are suspended, the church is open on Tuesdays and Thursdays for the Food Pantry from 1 - 4 PM. *Please call the church office at 706-548-2756 and place your order and when you would like to pick it up. A food pantry volunteer will hand your order as you drive through the parking lot.* In this time of uncertainty, let's not forget the hard working farmers and their families who depend on the Equal Exchange folks to buy their coffee at a Fair Price !!! Any questions please contact Sandy Whitney at sandrawhitney08@gmail.com.





1 Mary Berry	23 Gloria Pylant
3 Ruth Hocking	Jeremey Mote
4 Kay Millar	24 Barbara Burnett
6 Paige Campbell	25 Bob Placek
Hank Tweedell	26 Tina Shelnutt
14 Jim Verbrugge	28 Claude Burnett
15 Katie Bemisderfer	Chuck Rosenberger
Annemarie Braswell	29 Kirk Cureton
16 Susan Shealy	31 Carol Huber
Carolyn Steuer	
Kathi Van Wicklen	
19 Karen Foutz	
Thomas Sperr	
22 Rich Reaves	
Vera Simpson	
Georgiana Sumner	





Covenant's Emergency Food Pantry

Members, and friends of Covenant have been giving generously of their time and talents to the Emergency Food Pantry. As you can imagine, the need is great.

Covenant's Emergency Food Pantry will be starting up again on Tuesday, June 16th after taking a week off to reassess our safety procedures. New procedures will be in place in order to keep our volunteers and neighbors safe. All current Food Pantry volunteers have received specific information about these new procedures. Please see below information if you are interested in volunteering with the Emergency Food Pantry.

Jesus said, "You give them something to eat."

HOW CAN YOU HELP?

STAY SAFE—If there is any reason at all that you should NOT physically volunteer—consider the following:

Make a financial donation to the Food Pantry by sending a check to Covenant and write "food pantry" in the subject line. *(You could send it in at the same time you send in your pledge).*

We can use grocery bags (paper or plastic), and small boxes to pack the food. If you call the church, someone could even come out to your car and get it.

If you are able to physically be present as a volunteer:

Click the link below for an easy sign up or call or email Betsy Pless 540-1719
bppless@gmail.com

You can just sign up for 1 day, or for multiple days. You can also share the 3-hour time slot with 2 friends!

HOW TO SIGN UP: Please sign up for Covenant Food Pantry!

Here's how it works in 3 easy steps:

1. **Click this link** to go to our invitation page on SignUp.com: <https://signup.com/login/entry/611848298042>

2. **Enter your email address:** (You will NOT need to register an account on SignUp.com)

3. **Sign up!** Choose your spots - SignUp.com will send you an automated confirmation and reminders. Easy!

Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please contact me and I can sign you up manually.

