

# COVENANT NEWS

VOL. XXX II

No. 6

Weeks of March 15 & 22, 2020

A Publication of

Covenant Baptist Church

3131 Erskine Drive, Gastonia, NC 28054

## OPPORTUNITIES – Week of March 15, 2020

### Sunday, March 15

9:30 am Coffee Fellowship  
9:45 am Sunday School  
11:00 am Worship Service  
6:00 pm Youth Activities

### Monday, March 16

6:30 pm Deacon's Meeting  
7:30 pm Handbells

### Tuesday, March 17

8:20 – 11:45 am CBS Leadership Team  
6:00 – 7:30 pm Girl Scouts meet in Education Building

### Wednesday, March 18

5:30 – 6:00 pm Children's Missions  
5:45 pm Fellowship Meal  
6:20 – 7:15 pm Youth Hang  
6:25 – 7:00 pm Children's Music  
6:30 pm Prayer & Bible Study  
7:15 pm Sanctuary Choir

### Saturday, March 21

11:30 am Women's Ministry – The Anchor Inspires

## OPPORTUNITIES – Week of March 22 2020

### Sunday, March 22

9:30 am Coffee Fellowship  
9:45 am Sunday School  
11:00 am Worship Service  
6:00 pm Youth Activities

### Monday, March 23

7:00 pm Handbells

### Tuesday, March 24

8:20 – 12:30 Pm CBS Leadership Team Meeting  
9:00 am Speeders – Grits N Greens

### Wednesday, March 25

5:30 – 6:00 pm Children's Missions  
5:45 pm Fellowship Meal  
6:20 – 7:15 pm Youth Hang  
6:25 – 7:00 pm Children's Music  
6:30 pm Prayer & Bible Study  
7:15 pm Sanctuary Choir



Rev. Chris Hensley, Pastor  
Rev. Nick Clanton, Minister of Youth  
Lynn Barker, Director of Preschool & Children  
Gene Bumgardner, Director of Music  
Becky Bumgardner, Pianist  
Jerry Fulham, Organist  
Debra Sayles, Church Secretary  
[debra@covenantbaptist.net](mailto:debra@covenantbaptist.net)  
704-865-2538 [www.covenantbaptist.net](http://www.covenantbaptist.net)

Office Hours:

Monday - Thursday - 8:00am - 5:15pm

Friday - 8:00am - 1:00pm

## OUR PRAYER CONCERNS

*"Look to the LORD and His strength; seek His face always."*  
– 1 Chronicles 16:11 NIV

Linda Bess  
Wanda McCraw  
Art Morgan

(Gardner Park First-Grade Student (Leukemia) & Teacher)

## UPCOMING NEWSLETTER MARCH 29 & APRIL 5

## LUNCH & EGG HUNT SATURDAY, APRIL 11th 12 NOON

Please join us for lunch, egg hunt, games and fun! Following lunch, the children will find eggs and receive a treat bag filled with goodies. We will have games and other activities. Invite your friends and neighbors.

**NEEDED:** Prizes and candy to fill the treat bags. Please bring items to the church office by Thursday, April 9th.



## MARCH

### DEACON

Doris Kellar

### BUILDING LOCK-UP

Steve McCraw

### USHERS

Covenant Youth

**Mar 15**

### NURSERY

Robin Jacobs  
Leeann Jacobs

### EXTENDED SESSION

Ashley Jacobs  
Dianne Duncan

**Mar 22**

Cathy Brooks  
Sue Capps

Glenda Norris  
Doris Ray

## NOMINATING COMMITTEE BALLOTS

Nominating Committee ballots are to be returned to the church by 11:00am, Sunday, March 15.  
Ballot box provided in the narthex.



**Fifth Sunday Breakfast**  
March 29th @ 9:15 a.m.



Sausage Biscuits - Cheese Grits - Fruit Bowl - Cereal  
Doughnuts - Coffee, Milk, O.J.

All furnished by church but will accept doughnut donations!  
Adults will stay together for Sunday School which will be led by Jan Kuhn as she will do a presentation about her and Don's missionary work in Senagal, Africa.

## REMINDERS

- **Flower Calendar** - If you would like to place flowers for worship, choose your date, sign the hallway calendar, call or email Sue Puckett or Jennifer Tarkington, and also call or email Debra with the date and wording to be included in the bulletin.

## WEDNESDAY FELLOWSHIP MEAL

5:45 pm Adults — \$4.00

Grades 1-5 — \$1.50 Preschool-Kindergarten — Free

**Please call before noon on Tuesday of each week to cancel, or to reserve your meal. This enables us to have enough food without over-spending.**

### March 18

Lasagna, Garlic Bread & Salad  
Pizza or Ravioli for the Children

### March 25

Pork Tenderloin, Sweet Potatoes  
& Green Beans  
Chicken Nuggets for the Children



As we look ahead to the month of March, I wanted to share the scripture passages for the remaining Sundays of the month. If you cannot be with us for whatever reason, you will have the chance to at least read over the passages that we will reflect on and study together each Sunday morning. Take a moment and read the passages and consider what God is saying to you based on the two readings, what God may have been saying to the original audience, and why they are still relevant for us today.

Your brother in Christ,  
Pastor Chris



**March 15** – Exodus 17:1-7 & Romans 5:1-11

**March 22** – 1 Samuel 16:1-13 & John 9:1-41

**March 29** – Psalm 130 & Romans 8:6-11



Together for The Gospel  
Greater Gaston Baptist Association

## MISSION ACTION COUNCIL PROJECT FOR MARCH

*Donations to support Community Ministries*

Shampoo

Dishwashing Liquid  
Toothpaste – Regular Size



*Donation Box located in Narthex*

## UPDATED REQUESTS FOR THE LITTLE FREE PANTRY

*Food items to stock the Little Free Pantry are running low. Please donate the following items.*

***Donation Container Located in the Fellowship Hall is currently empty!***



SMALL CANS OF BEENEE WEENEES (pop top lids)

CANNED VEGETABLES

SMALL JARS OF PEANUT BUTTER (creamy)

SNACK CRACKERS (individually wrapped)

CANS OF CHEF BOYARDEE ITEMS --- SMALL AND LARGE SIZES (pop top lids)

CANNED CHICKEN & TUNA (pop top lids)





*Music*  
is the voice of the soul



Registration  
Required by  
Friday, March 20

Sign-up Sheet  
in Narthex

**WOMEN'S MINISTRY LUNCHEON**  
**SATURDAY, MARCH 21 – 11:30 am**  
*Covenant Fellowship Hall*  
*(Lunch furnished by the Women's Ministry)*



**The Anchor Inspires...Female Hymn Writers**  
**Presentation by Becky Bumgardner**

**VOLUNTEERS NEEDED**



We need volunteers to provide a snack supper for the youth on Sunday evenings at 6 PM. Your options include bringing something to the church, inviting them into your home or making a monetary donation. Sign-up sheets are available beside the church office and in the educational building.



Several pictures from our church's history have been found and we are needing someone to organize and put them in a photo album. If you would like to help with this project, please see Ms. Lynn.



**Girl Scouts®**

Covenant Church Family,

As you know, we host Girl Scout Troop 13224 for their meetings. They are very appreciative of our willingness to open our facilities for their use. The girls are preparing for their Camporee and are in need of some supplies. A box will be available in the narthex to collect the necessary items. We ask that you prayerfully consider donating to the troop.

The list of supplies for the Girl Scout Troop includes:

- Printed duct tape
- Old keys
- String
- Matches
- Roasting sticks
- 5 cardboard paper towel tubes
- 5 plastic magnifying glasses
- 6 small canvases
- 6 paintbrushes
- 13 mess kits (bowl/plate and utensils combination)
- 19 pieces of rope for tying knots

Thank you for supporting the young people of our community in this way.

In Christ,  
Pastor Chris

PRESENTED BY THE GASTONIA PARISH NURSE MINISTRY

# NAVIGATING THE PATH TO EMOTIONAL WELLNESS

May 13, 2020 • First Presbyterian Church • Gastonia, North Carolina

Community members and professionals are invited to join us for an informative seminar on mental health and emotional wellness.

A general certificate of Continuing Education will be provided.

## SPEAKERS AND SESSIONS

*Our speakers have been chosen due to their expertise in the field of mental health, and for their varied background as counselors.*



JAY OSTROWSKI,  
MA, LPC/S, NCC, ACS,  
BC-TMH

### BEHAVIORAL HEALTH 101

This presentation will provide an overview of the various professional roles within the field of behavioral health, and subspecialties that exist. What's the difference between a psychiatrist, psychologist, licensed professional counselor, therapist, social worker, mental health nurse practitioner? Who should you make an appointment with, or refer to, and when?



RUSS KEENEY,  
MA, LPC

### SECONDARY TRAUMA: PTSD

Secondary Trauma occurs when people are traumatized after being exposed to individuals who have experienced trauma themselves. Secondary Trauma commonly affects first responders, nurses and physicians, mental health workers, and children of traumatized parents.



REV. EDDIE  
INGRAM,  
MDIV, MSW, LCSW

### UNDERSTANDING THE LIFE IMPACT OF GRIEF

Throughout life, we experience many instances of grief which can be caused by situations, relationships, or even substance abuse. Learn how grief impacts our feelings, thoughts, behaviors and experiences.



TRISH MURRAY,  
LCMHC, LCMHCS

### SELF-CARE: LEARNING TO PRACTICE CALM IN A CHAOTIC WORLD

This presentation will identify what self-care is vs what is not. Participants will learn different self-care strategies. They will what gets in the way of implementing and/or practicing self care and how to resolve those.



DR. STEPHEN  
LEMONS,  
BCC, ACPE-CE

### A SPIRITUAL AND COMPASSIONATE RESPONSE TO SUICIDE

This presentation will discuss the warning signs of suicide, the connection between suicide and religion, how to handle interventions and prevention efforts, as well as the best practices when offering care to survivors.



KIM LEPPER,  
MSW, LCSW, CSAT,  
CCTP, CCATP

### A CONVERSATION ABOUT SEXUAL ADDICTIONS

This presentation will discuss "Sex Addiction" as diagnosed for the first time in 1983 by Dr. Patrick Carnes. Sex Addiction has many complexities, but at its core, is believed to be a process addiction, a negative coping skill; like gaming, gambling, or even food.

## SCHEDULE

*Participants may choose which sessions to attend based on their interest, and are not required to attend the entire seminar.*

8:00 - 8:50 a.m.	Registration • Breakfast • Networking
8:50 - 9:00 a.m.	Welcome
9:00 - 9:45 a.m.	Jay Ostrowski - "Behavioral Health 101"
10:00 - 10:45 a.m.	Eddie Ingram - "Understanding the Life Impact of Grief"
11:00 - 12:00 a.m.	Russ Keeney - "Secondary Trauma: PTSD"
12:00 - 1:00 p.m.	Lunch
1:00 - 1:45p.m.	Trish Murray - "Self-care: learning to practice calm in a chaotic world"
2:00 - 2:45 p.m.	Steve Lemons - "A Spiritual and Compassionate Response to Suicide"
3:00 - 3:45 p.m.	Kim Leppert - "A Conversation about Sexual Addictions"
3:45 - 4:00 p.m.	Closing Remarks

We hope that you will join us for this free educational seminar!

Registration is open to all, and community members are encouraged to attend.

Breakfast and lunch are included with registration.

TO REGISTER, PLEASE VISIT  
[WWW.FPCGASTONIA.ORG/  
EMOTIONALWELLNESS](http://WWW.FPCGASTONIA.ORG/EMOTIONALWELLNESS)



Behavioral Health Innovation

