



The Covenant Key

Covenant Presbyterian Church • 1025 - 28th Street, West Des Moines, Iowa 50266

January 2012

Phone: 515.225.2254

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A Look at the New Year in Christian Education



Christian Education

As we begin 2012, the new year, there will be many opportunities to learn about Jesus, and to tell others what we have learned and invite them to join us on Sunday morning and Wednesday evening.

Each Sunday at 9:15, both children and adults may join the education classes.

One option is called "Contemporary Issues." This group looks at a variety of resources to share the word of Christ in today's world. Adults may also join the Bible Study class. This class studies the Bible and looks at different books, sharing the history and the word of Christ.

Children may join the grade level classes, and the youth meet in the youth room to share lessons and opportunities to experience the word of Christ in their lives today. If you have not attended Sunday school, we hope you will come and experience the fun lessons and activities we have prepared for you. If you are attending, we hope you will invite family and friends to join us at Covenant!

There are also many opportunities to take a break from our hectic lives and stop at Covenant Connections on Wednesday evenings. Dinner is prepared for you between 5:30 and 6:15 in Fellowship Hall. You are invited to join us anytime and to bring friends along. You do not need to let us know, just come! At 6:15, the children sing with Julianne and at 6:30, they head to activities with their age group. Nursery is available.

At 6:15, adults may join an activity as well. The programming in January will be consideration of Social Justice Issues facing our communities today.

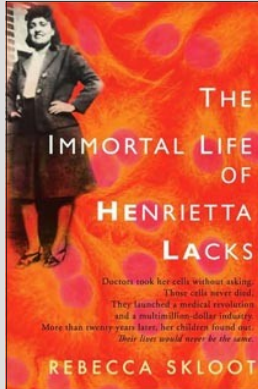
So, we hope you will find an opportunity to hear the word of God and see the word of God in action and then share the word of God with your family, friends and neighbors. We hope you will join us on Sundays and Wednesdays as we take the opportunity to join others and share the word of Christ and to see Covenant in action! During the past months, more than 60 children and adults have attended, Covenant Connections on Wednesday night from 5:30-7:30 p.m.

2012 will be a wonderful year at Covenant and we hope you will find just what you need in the education opportunities offered here.

*Submitted by Deb Kellogg and Barb Byas,
Education Elders*



January Book Club



The Book Club is discussing *The Immortal Life of Henrietta Lacks* by Rebecca Skloot this month.

The meeting will be Thursday, January 5th at 7:00 p.m. at church.

The Covenant Key

is published by
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Next KEY Deadline:
January 18, 2012

Fellowship News

November and December were full of opportunities for our Covenant family to get together to get acquainted and to support each other. Many hours were spent by people behind the scenes to make these activities happen.

The first group of people I wish to thank are all of the people who came to the first Covenant Thanksgiving pot luck. They all went a second mile in bringing food and sharing.

Then there is the group of ladies who baked all the delicious, pretty cookies you enjoyed at the receptions following the children's program and the adult Christmas Cantata.

Thank you, ladies, for taking time to bake.

Thank you, as well, to the Fellowship Committee members who helped in the kitchen on December 11th and December 18th.

- Betty Ratekin
Fellowship Chair



Covenant Blood Drive **Monday, February 20, 2012** **2:30 p.m. – 6:30 p.m.** **Fellowship Hall**

The next blood drive is scheduled for Monday, February 20, 2012, in the Fellowship Hall from 2:30 p.m. – 6:30 p.m.

There will be sign up sheets and bulletin inserts coming soon for you to select a time for you to donate your precious blood.

Remember, there is NO SUBSTITUTE for human blood. We need you to donate on February 20, 2012.

- Warren Pitcher – Blood Drive coordinator

P.S. Bring a friend!

Spiritual Uplifting by the Covenant Shepherds

It's time for that old and time-honored pastime of making New Year's resolutions. We all do it (even though many of us deny it.)

What is your resolution going to be? To lose weight, read more books, stop smoking, stop talking about others? We all try to find that one thing that will make us a little bit better in the coming year . . . don't we?

Why not try a proven self-help method for improving your life? Renew your personal relationship with Jesus. It takes only a few minutes each morning and a few minutes each evening. You read a little (from the Bible) and you pray a little (when you're alone) and as the relationship grows, so does your confidence and the time you enjoy reading and praying.

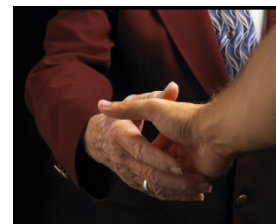
No other step you take in this New Year will mean more or service you better than a closer walk with God and talking to your new best friend, Jesus. Try it, I guarantee the results.

~ John Eft, Covenant Shepherd



January Ushers & Greeters

1/1	Diane Johnson, Russ Froyd, Teri Springer, Tanis Mueller
1/8	Cindy Ellston, Mark Hilliard, Deb Hayes, Clarice Sapp
1/15	Bob & Joan Anthony, Kent & Marilee Myers
1/22	Marie & Weldon Michael, Bill & Sally Patton
1/29	Warren Pitcher, Lori Brown, John & Kathie Eft



Please contact one of the others from the list to switch if you are unable to serve that week. Notify the church office at 225-2254 of the changes by the Wednesday before for the bulletin.

Contemporary Issues Class Update

During December, the Contemporary Issues class had the opportunity to "Journey" with Adam Hamilton on the page and on video as he travels from Nazareth to Bethlehem in a unique new look on the birth of Jesus Christ. "The Journey," was a way to prepare for Christmas and reflect on the journey Mary and Joseph made so many years ago. In this program, Adam Hamilton travels with us from Nazareth to Bethlehem in this fascinating look at the birth of Jesus Christ. Using historical information, archaeological findings, and personal reflections, Hamilton illuminates this most amazing moment in history. We follow the footsteps of Mary, Joseph, the shepherds, and others, gaining insight into our own journeys with Christ. At the end of each selection, a reflective story was shared. At the end of the book, this reflection was on the Shepherds response:

The shepherds had heard from heavenly messengers that a new king had been born in Bethlehem. They would find him in a parking garage (that's what a stable was), lying in a bed of straw where the animals ate. How would the shepherds respond? Would they stay in their fields' or would they leave their flocks, risk losing their jobs, and hike over the hillsides to Bethlehem in search of the newborn King? We know the shepherds, "went with haste" to see the one whose birth would be a source of "good news and great joy for all people."

The shepherds arrived and saw the newborn king lying in a manger. They became God's messengers—God's angels—telling others about the child. This is important. It demonstrates a rhythm in the Christian life: Others tell us about Jesus, we see with our own eyes and believe, and we tell others what we've seen. Then we return to our daily lives with joy, changed forever.

Taken from, The Journey by Adam Hamilton, page 130-131.

~Submitted by Deb Kellogg and Barb Byas, Education Elders.

*If you would like to read, **THE JOURNEY** by Adam Hamilton, you can ask Deb, Barb or Renae Woodworth for a copy. They are also available to check-out in our library, located in the North hallway. The Contemporary Issues class will continue their work with this book on January 8 and 15th at 9:15 in the North classroom*

Reflections on the Holy Ordinary

“New”



We've had a lot of “new” in household lately, but it has required quite a bit of work and sacrifice to get it. We have new bathroom fixtures in that room which has dominated our lives since June and we also have new walls, new floors and new lights to go along with those fixtures. It all is starting to look really good, which belies the effort of getting it to look that way. New is never arrived at without sacrifice and a whole lot of effort!

By now we are being bombarded with advertisements about that new body we should easily acquire following the holidays, or that new automobile to take us on great adventures, or that new vacation destination to pull us away from the depths of an Iowa winter. It is all portrayed as easily attainable with only a quick click away - or a fast debit to our checking account.

But newness sometimes means making small, deliberate, and hard steps forward and keeping track of where we have been while looking at where we might go. It requires work, patience, and yes, acknowledging a few missteps; pursuing “new” means being honest with that pursuit.

May the newness of this coming year include the satisfaction of hard work, the wisdom of discovering good plans and the ability to appreciate sacrifice as only one step forward in where you wish to go.

In Christian love,
Pastor Jan Scott



P.S. “Whose Gift Are You?”

True to form and still giving after 19 years, Al's gift to the Scott household this year was practical, not too expensive and given in acknowledgement of the family's need. For 2011, and after seeing the tedious time taken to complete the task, Al gave to the Scott household a Lee Valley, spring loaded hinged, stainless-steel cherry pitter.

If you are not familiar with this Scott family tradition, as explained in the 2009 Christmas Eve Sermon, please contact the church office for a copy of that sermon.

Meet Our New Members

Bryan and Suzanne Rahfeldt live at 2137 NW 148th St. in Clive. They are the busy parents of triplets - two daughters, Lillian (Lilly) and Liberty (Libby), and one son, Zachary (Zach), 5 months. **Bryan** is from Ames (he lived in California for a while & moved back to Iowa in 2008), and he works as an insurance agent for Nationwide Insurance. His interests include kickboxing and sports in general. Bryan's phone number is 867-7335 and his email address is bryanrahfeldt@yahoo.com.



Suzanne (Suzie) grew up West Des Moines and is a teacher in the Des Moines Public Schools. She enjoys photography, kickboxing, scrapbooking and children. Suzie's phone number is 554-8101 and her email address is suzieranfeldt@aol.com.

Bryan & Suzie chose Covenant because Suzie grew up in our church, they were married here and her parents, Steve & Carol Brase, are members. They've also appreciated Covenant's help with their new babies.



Peri Van Tassel moved a lot while growing up, but she attended high school in Sioux Falls, SD, and her family is still there. She moved from Coffeyville, KS in January 2007 and lives at 912 16th St. in West Des Moines. Her phone number is 422-8938 and her email address is perilou@mchsi.com.

Peri is the Uniserv Director for the Iowa State Education Association. When not working she enjoys reading, doing crossword puzzles and enjoying her cats. In previous churches she has held the positions of deacon, elder, clerk of session and chairperson of a PNC.

Peri was attracted to Covenant because it's close to her home and is a stable church with friendly members.

Jeff Jerome (photo not yet available) lives at 620 Kaylin Dr. in Waukee, phone #480-5301 and email address jeff903@msn.com. His hometown is West Des Moines, and he is the owner of Superior Pest Control. Jeff has two children, Casey and Josh. When he gets a break from work, Jeff enjoys hunting. He was drawn to Covenant because of family.

~ Thank you to Susie Thompson for the photos and Marilee Myers for compiling the info



John and Mindy Brinker moved from Goodyear, AZ in October 2011 and now live at 917 - 17th Street in West Des Moines. Their telephone number is 457-2938 and their email address is jebrinker@yahoo.com. John & Mindy's children are Zoe (11, grade 5), Grace (8, grade 3), Colton (4) and Ella (1).

John's hometown is Jefferson, IA and he's an attorney. His outside interests include classic cars and New Testament history. He also enjoys hiking and gardening. John was a deacon at Christ Presbyterian in Goodyear. He has found Covenant members and Pastor Jan to be welcoming, and he's looking forward to getting to know us better.

Mindy is from Worthington, MN and she's also an attorney. She enjoys reading, sports, crafts and spending time with family & friends. Mindy has been a Sunday school teacher and church nursery coordinator. She feels the Covenant congregation is welcoming too, and is looking forward to getting to know the members, becoming involved and giving back.



Wes and Laura Schieber moved from Chicago in July 2010 to 7108 Washington Ave., Windsor Heights. They have two children, Mason (2) and Paige (8 months). They feel a sense of community at Covenant and like the contemporary & traditional mix of our services.

Wes grew up in Omaha and enjoys outdoor activities including hiking, yard work, skiing and biking. Sports and home improvement projects are other interests. Wes works in Healthcare Administration at Des Moines University. His phone is #314-541-2988 and his email is wschieber@gmail.com.

Laura is from St. Louis and enjoys skiing, reading, camping and hiking. She works in transportation/rail logistics at Cargill. Her phone is #314-221-2702 and her email is laura.schieber@gmail.com.

A Christmas Blessing: Diapers for Haiti Project Hallelujah!



Covenant's **first 120 diapers** for Haiti orphanages have been delivered and are in use! Diapers were delivered by the pastor and mission volunteer from Ashworth Road Baptist Church in WDM who visited Haiti this month to plan for the congregation's June 2012 week-long Haiti mission trip. In June, 20 members plan to carry needed supplies including more diapers in their check-on baggage.

A big thanks to Covenant ladies and youth who have contributed sewing and cutting time to complete our first 120 diapers. Thank you to

Marilyn Cummings, Jackie Donovan, Glenna Evans, Mary Faust, Marilynn Johnson, Mary Marshall, Roberta Martindale, Betty Ratekin and Teri Springer and to numerous youth who have been part of our diaper project to date. Our Bible School youth worked on diapers in August as well as grandchildren and youth of sewers. This summer, Marilyn & Phil Cummings' grandchildren - **Jace, Bain and Mali**, organized a Koolaid stand to raise funds for buying velcro and elastic for the project. What a creative way to get involved!

All levels of help are needed as we re-activate our sewing bees and home sewing projects in January. A number of sewers have remained busy at home working on our next batch of diapers. If you have interest in helping in any way, whether cutting, or simple sewing, or measuring, etc. - please contact Marilynn Johnson at 278-2585. We plan to try to schedule both daytime and evening sewing bees during the week and possibly weekends.

Remember, we have the opportunity help fill 20 suitcases with diapers for the June mission trip delivery!

Numerous other area church groups are participating in diaper projects for orphanages including a recent delivery to Nicaragua and a delivery of 450 diapers from WDM United Methodist Church to a project distribution center in Portland, OR.

Submitted by: Marilynn Johnson
278-2585
marbob10505@aol.com



REPORT: Assembly of DMARC Delegates ~ October 2011

The program was presented on the DMARC "Snap Shot Project". This project is going to run several years and will produce nine (9) posters on the impact of areas of concern to DMARC.

The first Snap Shot poster is on 'The Brutal Facts', to connect out-of-control health care costs in Polk County.

The study included 30 bullet points; I could only manage a few of these points:

- There are 27,225 years of potential loss of life before the age of 75
- 46% of Polk County grandparents are responsible for their grandchildren
- 41% of students are eligible for school food programs
- There are 430,660 eaters in Polk County; 26,555 eaters live within 1 mile of a grocery store
- There are .68 grocery stores available per eater (geographical area)
- There are 17 liquor stores available per eater (geographical area)
- 50% of babies born in Polk County are on the WIC Program
- 1 in 7 Polk County preschoolers is obese
- \$95 Million in productivity is lost in Polk County to obesity
- \$187 Million of health care costs are related to obesity
- The population of Des Moines X 120 = the hungry in the United States (est. 36,000,000)
- DMARC Food Pantry users generally are at 185% of poverty level, 25-30% are above 185%
- 300% of poverty level is necessary to sustain a families' on going needs
- DMARC clients were being affected by long term health issues (diabetes, obesity, high blood pressure, etc.) at a rate 3X that of the Polk County average. DMARC instituted a change to healthier foods 2 years ago, controlling sugar, fat, & salt in the Core foods in their food boxes.
- One dollar donated to DMARC goes 2 to 6 times further in purchasing the foods it needs for the clients that use DMARC services.
- Iowa has 30 million acres in food production, 24 million acres in just two crops

Having worked with DMARC for over 10 years as a delegate and volunteer, I can say the work done by DMARC is truly valuable. We all tend to feel we are contributing more when we donate a food item to DMARC, but cash donations help with greater flexibility to the needs of DMARC. At the present time the food pantry receives items from 1/3 food donations & 2/3 cash donations.

DMARC is looking for potential Board Nominees that would come from any of these listed categories:

- (1) Over 40 years of age
- (2) To add diversity
- (3) Either homeless or former homeless individuals
- (4) Either at or formerly at the poverty level

Please see me with any suggestions or recommendations.

Thank you, again, for the opportunity to represent Covenant Presbyterian Church as your Delegate to DMARC.

~ Submitted by John Eft



Faithfully Serving Since 1952

Stated Session Meeting ~ December 11, 2011

Clerk's Report: Motion carried to approve minutes from Stated Session meeting on November 13, 2011. Communion was served to 124 on 12/4/11. Session minute review was done in November and ours were approved without exception. Bob Beavers passed away on 11/10/11 and Pastor Jan Scott did the funeral on 11/15/11. Motion carried to approve the baptism of Josephine Merritt Johnson, daughter of Reed and Mollie on Sunday, January 8th. Marie Michael was commissioned to attend the Presbytery meeting on 1/21/12.

Business Before the Session

Motion carried to approve consent agenda.

Motion carried to approve the treasurer's report as presented by Paul Hayes.

Motion carried to spend up to \$6,000.00 to fund the purchase of six - 42" televisions, one - 55" television, seven DVD players and wall mounts for the purpose of education and to instruct education committee to request money from the Kimm/Severson Endowment fund and if not approved from the capital fund.

Motion passed that the Christmas Eve collection be designated to the Shepherd Fund to use at their discretion.

Motion carried to recommend to the congregation that they approve the changes of the bylaws at the January 29th meeting and they will take effect on April 1, 2012. Shortly after the first of the year a draft will be available of the proposed bylaws for members to see.

Pastor Jan Scott will be gone January 16-22, 2012 to travel to Dubuque to work on the Lenten Series as part of her continuing education.

Motion to adjourn carried and we closed in prayer 7:50 pm.

Barb Storjohann, Clerk of Session

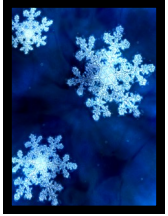
Annual Congregational Meeting Sunday, January 29, 2012

The Annual Congregational Meeting has been set by the Session for Sunday, January 29th immediately following the morning worship service. Be sure to include some time to stay for this important meeting.

A draft of proposed changes to the Congregational Bylaws will be available for members to review early in January.

For a vertical version of the online Covenant Calendar, go to:

<http://www.wdmcovenant.org/covenantcalendar.html>



January 2012 Covenant Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 2nd Sunday after Christmas 10:30 am Worship 1:30 pm Heaberlins in Fellowship Hall	2 Office closed	3 4:30 pm CPW Board Mtg	4 10:00 am Coffee 6:30 Bell Choir 7:30 Chancel Choir	5 10:00 am Al-Anon 4:30 pm Fellowship Mtg. 7:00 pm Book Club	6 7:00 pm AA Mtg	7
8 Baptism of the Lord 9:00 am Nursery 9:15 am Sunday School 10:30 am Worship w/ Communion & Baptism 11:30 am Shepherds 11:30 am Socios de Cristo 6:30 pm Session Mtg. 7:00 pm AA	9 6:45 am Men's Breakfast 9:15 am Staff Meeting 7:00 pm PEO (Alice Bell) 7:00 pm G12 Mtg	10 10:00 am Morning Circle 4:00 pm Iowa Youth Chorus	11 10:00 am Head Start Socialization 10:00 am Coffee 5:30 Meal 6:15 Youth Choir 6:30 Bell Choir 6:30 CE Classes 7:30 Chancel Choir	12 10:00 am Al-Anon	13 7:00 pm AA Mtg	14 9:00 am PEO (EH) Fellowship Hall
15 Food Pantry Sunday 9:00 am Nursery 9:15 am Sunday School 10:30 am Worship w/ Children's Program 7:00 pm AA	16 9:15 am Staff Meeting 7:00 pm G12 Mtg	17 4:00 pm Iowa Youth Chorus 7:00 pm Evening Circle	18 KEY DEADLINE 10:00 am Coffee 11:00 am Show/Ministry 5:30 Meal 6:15 Youth Choir 6:30 Bell Choir 6:30 CE Classes 7:30 Chancel Choir	19 10:00 am Al-Anon	20 7:00 pm AA Mtg	21
22 9:00 am Nursery 9:15 am Sunday School 10:30 am Worship 7:00 pm AA	23 9:15 am Staff Meeting 7:00 pm G12 Mtg	24 4:00 pm Iowa Youth Chorus	25 10:00 am Coffee	26	27	28
29 9:00 am Nursery 9:15 am Sunday School 10:30 am Worship 11:30 am Annual Mtg 7:00 pm AA	30 7:00 G12 Meeting	31 4:00 pm Iowa Youth Chorus	31 10:00 am Coffee 5:30 Meal 6:15 Youth Choir 6:30 Bell Choir 6:30 CE Classes 7:30 Chancel Choir	31 10:00 am Al-Anon	Personal Product Collection: Bar Soap	Coins for Concern: DMARC Food Pantry

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We're on the Web!
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Mission & Action

January Personal Product Collection - Bar Soap

In January we are collecting bar soap for the DMARC personal product collection. Items may be placed on the lower shelves of the Food Pantry cart in the Narthex.

Your donations will be given to CROSS Ministries or WDM Human Services (an official DMARC Personal Product Pantry.) We will be collecting disposable razors in February so stock up when items are on sale. Thank you for your donations!



January Coins for Concern

Coins for Concern in January will go to: the **DMARC Food Pantries** who strive to meet short-term needs in our area. People needing assistance can go to one of the twelve pantry sites to receive a 5-day supply of food for themselves and their families once a month and for no cost. If they deplete their food supply before their next month's eligibility, they can receive rice and beans to feed their families in the interim. So very many families are in need of the basics of life at this time, and they are so very grateful for what they receive.

The DMARC Food Pantry Sunday is January 15, 2012. Please be generous with your support. In addition to donations of food, monetary donations are also appreciated. Your dollars enable DMARC to purchase food at a deep discount.