



The Covenant Key

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

October 2011

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Spotlight on Mission & Action: It Takes a Whole Village

"A volunteer village" worked together to prepare and serve a special fundraising Pupusa Dinner for Covenant Connections' Wednesday night meal on September 21, 2011. Approximately 120 people were served and donations for our October delegation trip to San Isidro totaled \$676.42! Thanks to all who brought guests, gave generously and supported our cooking and serving crew with patience and good will.



Many thanks to our El Salvadoran cooks, Helen Martinez and her mother, Araceli, and her helpers, who donated their cooking expertise and grill, time and all the food supplies for cooking the pupusas and accompanying rice and beans right at Covenant. They were the inspiration and generosity that guided our special project. Many thanks, also, to our Covenant



volunteers who assisted the cooks, set-up, decorated, served and cleaned up: Lisa & Mark Albers, Mary Kay Barker, Alice Bell, Jackie Donovan, Marilee Myers, John and Kathy Eft, Bob and Marilynn Johnson, Marie Michael, Warren Pitcher and Teri Springer. They all displayed great flexibility, creativity and trust!

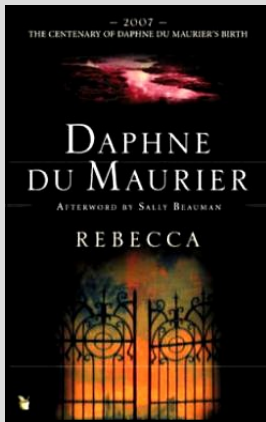
Thanks to Deb Kellogg who invited and organized children from two Mexican families to share El Salvadoran dances with us. Thanks to Bruce Anderson for sharing his El Salvadoran music CD's and for taking photos. And thanks to the volunteers who prepared a great assortment of fruit: Mary Kay Barker, Jackie Donovan, Kathy Eft, Marilynn Johnson, Deb Kellogg, Marie Michael, Marilee Myers, and Claudia Pitcher. Thanks to Barb Byas for greeting dinner guests, collecting donations and compiling a count of attendees.

Thanks to Covenant staff, to elders Bob and Marlene Huettl, and to CPW for helping us incorporate our fund-raising dinner project into the regular Wednesday Covenant Connection programming.



Yes, it took a whole Covenant "village" to create financial support and energy for our upcoming October 15- 22 trip to visit 48 families in our partner village of San Isidro, El Salvador!

With gratitude,
Socios de Cristo Committee



October Book Club

Book Club is reading *Rebecca* by Daphne du Maurier this month. The meeting will be Thursday, October 6 at 7pm at church.

Upcoming Months:

November:
Until Tuesday
by Luis Carlos Montalvan

The Covenant Key

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Next KEY Deadline:
October 19

Fellowship News

All Church Potluck



Sunday, October 16
following worship

Wear Your School Colors!

Please plan to bring your favorite:
Main Dish
Salad
or
Dessert

Please sign up on the activities bulletin board. Any questions? Contact Betty Ratekin, 225-3439

Sunday Coffee

Please welcome Fred and Bonnie Couch to the team which prepares the coffee for Sunday mornings. Each Saturday afternoon, volunteers set up the coffee pots so there will be brewed coffee ready to greet you Sunday morning at church. Alice Bell, Fred and Bonnie Couch and Dan and Betty Ratekin have been taking a month at a time to prepare the coffee. If interested in joining this team, please contact Betty Ratekin.



Ladies Who Lunch

October 31, 2011
11:30 am

Cool Basil

8801 University
Clive, IA

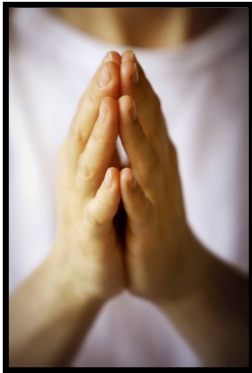


**The Central Iowa Chapter Of
The American Guild of Organists
Presents**

Chelsea Chen
Organist

Sunday, October 16, 4:00 pm
The Cathedral Church of St. Paul
815 High Street, Des Moines

Spiritual Uplifting by the Covenant Shepherds



As I started back to my teaching assignments this year, I was told that our department would be installing a new computer system immediately, and that the program trainer was scheduled to work with us during our semester preparation time...from 7:30 am to 5:30 pm for the next five days. As if I didn't already have enough to do!!! This compounded my already hectic schedule and completely upset my personal goals for the next few weeks. On one of the many days I thought my brain was going to explode, I referred to the **Daily Word** (Vol. 147, No. 9), one of the daily devotional periodicals offered to the Covenant membership. Several of the passages were helpful in calming my heart, including the following entry, which might be useful to us all as we start a new school year, church year, work situation, or changes at home:

"Something New"

When I feel challenged by a situation, I look upon it as an opportunity to move beyond old ways of thinking. I dare to try something new. Before I move ahead, I prepare myself in prayer. Prayer is the foundation for right action. Rather than taking hasty action. I pray my way to a divine solution. In the stillness, I share my concerns with God. Then I release them. I spend some time in silence where I am open to receive guidance and direction on the next steps to take. Now I am ready to move forward with clarity, confidence and courage. With God's help, I welcome the opportunity to experience life I a new way.

"See, the former things have come to pass, and new things I now declare." -Isaiah 42:9

Take a deep breath, look at the world with new eyes, and in all things, and take your worries to God.

-Submitted by Lori Brown, Shepherd

October Ushers & Greeters

10/2	Mark Hilliard, Denis Wagner, Brian Barker, Tom Brown
10/9	Deb Hayes, Russ Froyd, Vera Wanamaker, Teri Springer
10/16	Steve & Carol Brase, Kent & Marilee Myers
10/23	John & Kathie Eft, Alice Bell, Cindy Ellston
10/30	Bill & Sally Patton, Lori Brown, Norma McLaughlin



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.

Successful Blood Drive—August 15, 2011

On Monday afternoon, August 15, 2011, twenty-seven (27) donors came to Fellowship Hall to donate blood. The Life Serve Blood Center was running short of certain blood types during late July and early August and some Covenant donors had donated prior to August 15 in response to phone calls that they had received from the Blood Center requesting their specific blood type.

Two of the twenty-seven donors were “first time” donors at Covenant’s semi-annual blood drive. Two donors were “walk-ins” and four donors gave “double red cells” which qualify as two units of blood. Unfortunately, four donors were deferred and could not donate, usually because of a “low iron count”. All in all, after deferrals and walk-ins along with nineteen donors of one unit of blood along with four donating double red cells, Covenant’s total for the day was twenty-seven (27) units of blood.

Those who appeared at Fellowship Hall to donate were: Larry Lowe, Bruce & Beverly Anderson, Beth Miller, Marilynn & Bob Johnson, Dave Hamilton, Jason Storjohann, Mark Hilliard, Jan Scott, Kasey Tickel, Norma Brown, Paul Hayes, Lee Cox, Lori Brown, Roz Scanes (non member who lives in the area), John Henss, Karen & Andy Anderson, Tamara & John Sprole, Wayne & Judi Nikolish, Ryan Myers, Chris & Gretchen Forristall and Warren Pitcher.

Gary Van Verth came in early on Monday to help set up before the Blood Center staff arrived. Beth Miller helped with unloading the Blood Center truck, setting up and working in the Canteen area. Beth Carlson helped with providing names of potential Covenant donors and mailing of reminder post cards. Warren helped set up tables and chairs in Fellowship Hall and also helped unload the Blood Center truck. After donating, he relieved Beth Miller and “manned” the Canteen for the rest of the day.

The Blood Center staff always appreciate the reception that they get at Covenant Presbyterian Church. Our donors show up as scheduled, the Fellowship Hall is ready for them and is a great facility for a blood drive, there is plenty of close parking and we come close to obtaining the goal of thirty (30) units of blood. I do not know how other remote blood drive locations operate, but I can tell that the Blood Center staff may prefer some locations over others and are always happy to come to Covenant.

Our next Blood Drive at Covenant is scheduled for Monday, February 20, 2012. See you then!!!

Warren (O+) Pitcher



Mark Your Calendars: COG Shopping Spree

Perhaps it seems early to be marking your calendars for a Christmas Shopping program, but we will have the chaperone sign up on the activities bulletin board in October. Church Opportunity Group (nine area churches) sponsor this annual Christmas shopping trip for 115 children identified through WDM Human Services. Church donations fund the shopping and provide chaperones for the event. Mark your calendars for Saturday, December 10 from 9-12.

Contact Karen Anderson or Deb Hayes with questions.

Reflections on the Holy Ordinary



“YES, I Can Do That!”

I am probably the first and foremost guilty one in thinking I cannot do what I can do. Too often we restrict ourselves not from a lack of talent, but a doubt in our own skills! Now, knowing one's limitation is also important, but for most of us not even reaching our potential is a greater error than overextending ourselves.

When I first contemplated ordained ministry and moving from ruling elder to elder of word and sacrament, I thought I would just limit my training to what I knew I could handle---a Master's in Religious Studies. But I was encouraged to reach further, to develop talents still emerging and to work harder at a better fulfillment of how I could serve in the Lord's church. Then I saw how ministers would preach week in and week out, year after year and thought I could never reach that level of discipline and study. I thought I should serve some place in the Lord's church which wouldn't tax me to that extent. Once again, I was encouraged to reach for things which I may at first find uncomfortable but which could eventually be useful for the Lord's church. In my wildest imagination of how I THOUGHT I was to serve, I never would have imagined that parish ministry would be where I would settle—and find such challenge and fulfillment. Looking back now, I am grateful for the nudges by others who planted in my head the belief, “Yes, I can do that!”

You each bring special talents and gifts, some of which still need to be shared with your community of faith . You each have a part to play in the function of your church in this community and world. Even small changes or efforts can go a long way in making a difference in traveling along on your discipleship journey.

The challenge to think beyond what you believe you cannot do to what you can do will be presented to you in the upcoming stewardship campaign which will explore not only the financial ways in which you support your church, but the participatory ways you support your church. Never thought you could serve as a lay leader? Think again. Don't know one end of a hammer from the other end on a Habitat project? Think again. Never had the skill to work with the youth? Think again. Don't like to cook and why start now with an Eddie Davis Center casserole? Think again.

With a stewardship theme of **“Yes, I Can Do That!”** you will be challenged to reconsider not what you believe you cannot do, but what you can. And maybe like me, you will be surprised and blessed to learn what is possible in serving in our Lord's church.

In Christian love,

Pastor Jan

CPW Table Top Luncheon, August 27, 2011

Covenant Presbyterian Church CPW welcomed a full house to the **2011 Table Top Luncheon** on August 27, 2011. Fifteen tables were decorated and about 135 women attended this annual luncheon. The 2011 theme was "weddings." Dresses from members of the congregation or family members were displayed at the front of the sanctuary. The dresses were worn in weddings from the early 1900's to the present. The guests were also served wedding cake for their dessert. The Sweet Adelines performed with the dresses in their background and sang songs about love and marriage. Live piano music was provided before and during the luncheon.

When asked why she enjoys this event, co-coordinator Terri Springer commented, "I feel that this is an event for the women of the church to use their creativity and also make some money for the charities we support. It also brings the women of the church and friends together for fellowship for a couple of hours on a Saturday afternoon."

Many thanks to committee chairs, Terri Springer and Latsamy Hilliard, all who worked on the committee, donated salads, and a special thanks to the 16 men who served the luncheon.



Habitat for Humanity Work Day, September 17, 2011

Our fall Habitat for Humanity project turned out to be heavy work - framing a house at 1416 - 22nd St. A big thank you to the following volunteers from Covenant who showed up to help: Ben Anderson, John & Kathie Eft, Russ Froyd, Jeff Jerome, Bob & Marilynn Johnson, Wayne & Judi Nikolish, Teri Springer and Kent Myers.



Meals From The Heartland



The Meals from the Heartland held their annual Hunger Fight at the Hy-Vee Hall in Des Moines from August 31 - September 3, 2011. During the four days that they were in operation at the huge Hy-Vee Hall, their goal was to assemble four (4) million food packages, approximately one million bags each day! Each package would provide a balanced meal for 6 people and cost \$0.20 for ingredients and packaging.

Teams of 8-10 people worked for 2 hour shifts from 9:00 a.m. to 8:00 p.m. during the four days of the Annual Hunger Fight. Covenant sent a team of nine (9) individuals to work on Thursday, the second day of the four day event. Those on the "Team Covenant" assembly line were: Weldon Michael, Beth Miller, Judi Ni-

kolish, and Nancy Brown – ingredient input specialists; Roberta Martindale – plastic ingredient bag/funnel specialist; Jack Brown and Warren Pitcher – scale operators (each bag must weigh 390-393 grams – no more, no less); Teri and Brianna Springer – plastic ingredient bag heat sealers and boxing specialists. Each case held 36 bags.

We all had a short orientation and were required to wear hair nets, plastic gloves and aprons before we were assigned a table/work station. Floor supervisors were available to help answer any questions and to replenish the supply of ingredients and plastic bags that were rapidly disappearing when "Team Covenant" got their act together, working feverishly while listening to music provided by live bands at one side of Hy-Vee Hall. The assorted lively music provided by the bands did make the time go faster and some of the team got "happy feet" and danced while doing their assigned responsibilities. The music even made the cement floor softer!

Jack and Warren either added rice or removed rice on any bags that were not within the 3 gram weight limit. Our ingredient specialists were coached if the bags on the scales were running too heavy or too light. Near the second hour of our shift, they got so accurate on their ingredient portions that the bags went over the scales without the need for any weight adjustment!!

We had a chance to eat a sample of the food that we had been packaging at the end of our shift. It had a rice base and the flavor was similar to a granola bar. We all had a good time and felt that the 600+ bags of food that we assembled were going to a wonderful cause. Meals from the Heartland is based in Des Moines and has only been in operation for approximately 4 years and has already assembled and distributed 20 million food packages. Covenant may be able to send several teams next year at the 2012 Annual Hunger Fight.

- submitted by Warren Pitcher

STATED SESSION MEETING

September 11, 2011

The stated meeting of the Session of Covenant Presbyterian Church was held on Sunday, September 11, 2011 at 6:30 p.m. in the north classroom.

Paul Hayes opened with meditation and led us in prayer.

Clerk's Report: Motion carried to approve minutes from Stated Session meeting on August 14 with a correction made to show that the July financial report was approved at the August meeting also. Communion was served to 74 on 9/4/11. Motion carried to approve baptisms on October 2nd of Lillian, Liberty and Zachary Rahfeldt, children of Suzanne and Bryan Rahfeldt. Barb Storjohann sent a letter to Jim Cownie on behalf of Covenant and the Session to thank him for the use of Stonehaven Barn on July 17th.

Dave Hamilton reported on the 8/20/11 Presbytery meeting in Newton. A revised Book of Order was approved and ratified by all Presbyteries. Doug Kelly, Board of Pensions brought to the Presbytery's attention that there will be a 32.25% increase in pension payment for 2012; all going to healthcare costs. Motion carried to dismiss First United Presbyterian Church of Montezuma, with regret to the Evangelical Presbyterian Church. The deed of the church buildings and contents will be transferred from the Presbytery of Des Moines to the First UPC church of Montezuma at a cost of \$1.00 providing \$123,000.00 is paid by 12/31/11. This total covers a \$65,000 gift to the Presbytery offered by the Montezuma congregation and past due yearly per capital payments from 2004 to 2013 be paid in the amount of \$58,000.00.

Motion carried to approve consent agenda.

Business Before the Session

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

Pastor Jan Scott asked Dave Hamilton to go over the implications of New Form of Government (FOG) and he will report back to the Session. Each Session and congregation has the right to adopt any or all of the orders currently in place in the Book of Order. However, with the new Form of Government each church must ultimately establish its own order as a Reformed church.

The process for requesting Memorial monies was addressed. Motion carried to immediately refund \$7,600.27 back to the Memorial Fund from the Capital Fund along with a letter of apology to the Memorial Fund Committee.

Holy Conversations: "We serve as Christ's disciples by lifting one another through loving and caring relationships for the glory of God." Motion carried to adopt this as Covenant's Discipleship Statement along with a design graphic for defining Covenant.

Motion to adjourn carried and we closed in prayer at 8:50 pm.

Next Stated Session Meeting: October 9, 2011

Barb Storjohann, Clerk of Session

2011 Delegation to El Salvador: Adults on a Mission!

The delegation from Covenant to El Salvador is preparing for their trip on October 15 thru October 23. Passports and vaccinations are ready. Delegation members this year are : Lisa Albers, Terri Springer, Weldon Michael & Marie Michael.

We plan to spend several days soaking in the culture of El Salvador, including some Mayan ruins and more recent civil war sites. Three days will be spent in our partner community of San Isidro. We plan to visit each family at their home and take pictures to bring back to our partner Covenant families. We will deliver a small package to each home in San Isidro, which includes our card and note from partner families. We also will spend several afternoons in discussions with their community leaders on more specific projects that Covenant can help with to better their standard of living. One afternoon will be spent in their school with a mini version of our 'Kids on a Mission' summer bible school. We will take the friendship bracelets that our kids made in Bible School to deliver to their children. We're also going to take lots of thread to make bracelets with the San Isidro children to bring back to our kids. And of course lots of songs that we learned too. Each of us is very excited for our adventure. We understand the mission to bring hope to a people who are struggling to live from day to day with hunger and low standards of living. We also will gain much appreciation for everything that we have. We are 'Adults on a Mission' - the learning is a lifetime process!



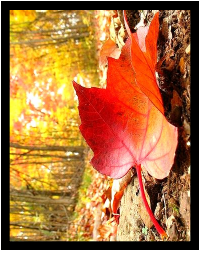
We hope for many prayers for a meaningful, productive trip. There are several items that we would like to take in an extra suitcase for their community: crayons, markers, pencils for the school. Aspirin, ibuprofen, antibiotic cream for families. There will be a box in the narthex of the church for any donations of these items. And then we hope to fill the suitcase to bring back items for our international gift market at Christmas to sell at Covenant.

Many thanks,

The 2011 Covenant delegation:
Lisa Albers
Marie Michael
Weldon Michael
Terri Springer

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

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



October 2011 Covenant Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Reformation Sunday 9:00 am Nursery 9:15 am Sunday School 10:30 am Worship 11:30 am Socios de Cristo 7:00 pm AA	31 9:15 am Staff Meeting 11:30 am Ladies Who Lunch Cool Basil 7:00 G12 Meeting		Coins for Concern Rural Partnership	Personal Product Collection: Your Choice		1 3:00 pm Jeneary/Russell Wedding
2 World Communion Sunday 9:00 am Nursery 10:30 am Worship w/ Communion 11:30 am Shepherds Mtg 7:00 pm AA	3 6:45 am Men's Breakfast 9:15 am Staff Meeting 7:00 pm PEO (Alice Bell) 7:00 pm G12 Mtg	4 4:00 pm Iowa Youth Chorus	5 10:00 am Coffee 5:30 Meal - Ham Dinner 6:15 Youth Choir/Nursery 6:30 CE Classes / Handbells 7:30 Chancel Choir	6 10:00 am Al-Anon	7 12:15 pm Head Start Parents Mtg - Choir Room 7:00 pm AA Mtg	8
9 9:00 am Nursery 9:15 am Sunday School 10:30 am Worship w/ Youth Choir 6:30 pm Session Mtg. 7:00 pm AA	10 7:00 pm G12 Mtg	11 10:00 am Morning Circle 4:00 pm Iowa Youth Chorus	12 10:00 am Coffee 5:30 Meal - Lasagna 6:15 Youth Choir/Nursery 6:30 CE Classes / Handbells 7:30 Chancel Choir	13 10:00 am Al-Anon 12:00 pm Presbytery Lunch & Learn 6:30 Tech Committee Mtg	14	15 Delegation to El Salvador (through 10/23)
16 Food Pantry Sunday 9:00 am Nursery 9:15 am Sunday School 10:30 am Worship 11:30 am All Church Potluck 7:00 pm AA	17 9:15 am Staff Meeting 7:00 pm G12 Mtg	18 4:00 pm Iowa Youth Chorus 7:00 pm Evening Circle	19 KEY Deadline 10:00 am Coffee 11:00 am Shawl Ministry Noon - 5pm Hal Harris West Classrooms 5:30 Meal - Chili Dogs 6:15 Youth Choir/Nursery 6:30 CE Classes / Handbells 7:30 Chancel Choir	20 6:00 - 10:00 am Head Start West Classrooms 10:00 am Al-Anon	21	22
23 9:00 am Nursery 9:15 am Sunday School 10:30 am Worship 7:00 pm AA	24 9:15 am Staff Meeting 7:00 G12 Meeting	25 4:00 pm Iowa Youth Chorus 5:00 pm Eddie Davis Meal	26 10:00 am Coffee 5:30 Meal - Sloppy Joes 6:15 Youth Choir/Nursery 6:30 CE Classes / Handbells 7:30 Chancel Choir	27 10:00 am Al-Anon	28	29 1:00 - 4:00 pm Tamara Sprole Knitting Group - Fellowship Hall

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We're on the Web!
www.wdmcovenant.org



Mission & Action

October Personal Product Collection: Your Choice

The Personal Products Collection for October is your choice. Pick up whatever you find on sale or have extra, unopened, and non-used at home. Laundry detergent, feminine hygiene products, toothpaste, toothbrushes, toilet paper, diapers, shampoo, razors or any other products are always needed. Place your donations on the lower shelves of the Food Pantry cart in the Narthex. Your donations will be given to CROSS Ministries or WDM Human Services for their personal products pantries.

We will be collecting shampoos in November. Your September donations of laundry detergent were much appreciated!
- Karen Anderson

Eddie Davis Meal

Please sign up on the activities bulletin board to help with the next Eddie Davis Meal, Tuesday, Oct. 24th.

October's Coins for Concern

October's Coins for Concern will go to **The Rural Partnership** as determined by the Mission & Action Committee. More information on the Rural Partnership Offering may be obtained by going to: <http://www.presbyteryofdesmoines.org/RPOHistory.pdf>

Walk A Mile In Their Shoes

On September 3rd, six members from Covenant participated in the Hope Ministries 'Walk a Mile in Their Shoes'. Thanks to the participants, Nancy and Jack Brown, Clarice Sapp (you might have recognized these folks on the 6 o'clock news that night) and Marilyn Johnson, Weldon & Marie Michael.

This year's walk was bigger and better than ever with over 1,000 participants and over \$60,000 in donations raised for the work of Hope Ministries for the homeless in the Des Moines area.