

THE PROMISE



The Monthly Newsletter of
Covenant Lutheran Church—ELCA
November 2011



Reflections

along the way

Reflexiones

What is the definition of a Saint?

This month at worship we begin with All Saints Sunday (November 5/6), a day set aside to celebrate the baptized people of God, living and dead, who are the body of Christ. As November heralds the dying of the landscape in our area, the readings and liturgy call us to remember all who have died in Christ and whose baptism is complete. It is our tradition to toll the bell, light a candle to be placed in the cross sandbox and pray when each name is announced. A family member will step forward to remember their beloved saint on this All Saints Sunday. "So what is the definition of a saint, Pastor Mark?" This was the beautiful question posed to me by one of our confirmation students. I immediately thought of Luther who defined a saint as "a forgiven sinner." She wondered because their family received a letter from the congregation announcing that her grandmother was being remembered on All Saints Sunday. Here is an incredible story that defines a saint:

In the early part of this century, Henry Joel Cadbury came to teach New Testament at Harvard Divinity School. Cadbury was one of the great New Testament scholars of our century and was at work on what became the Revised Standard Version of the Bible when World War I broke out. A pacifist, Cadbury would not fight in the war, but instead volunteered to work with the Quakers caring for the wounded and dying on the battlefields of Europe. In the midst of the war, one of Cadbury's students came across his professor bandaging a wounded soldier. "Dr. Cadbury," the student exclaimed, "Why aren't you back at Harvard translating the New Testament?" "I am translating the New Testament," Cadbury replied. He was translating the New Testament not from Greek into English but from the printed page into human life. I think that may be the best definition of saint. A saint is one who translates the New Testament into a life of love and service. (P. 126 The Minister's Annual Manual, Logos Productions, Inc. 2011)

Cadbury reminded me of Francis of Assisi who said, "Preach the Gospel at all times and when necessary use words." Defining a saint as one who translates the New Testament into a life of love and service is a stunning statement that is reflective of our mission as people of Covenant who **are seeking, seeding, serving and spreading God's love!**

I am inviting all the saints of Covenant to join us in celebrating All Saints Sunday,

Pastor Mark



Seeking, Seeding,

Spreading God's Love!

Serving and



The worship team has set aside an evening on November 1 from 5:30-8:30 pm to retreat together at Covenant. Several confirmation groups prepared hearty soups and dessert so that they would have good nourishment as they enter into

a time of discernment and reflection. The goal of the evening will be to look at quality, timing, precision and energy. All of our weekly worship services, liturgies and music programs will be reviewed. In addition we will try to look at multiple ways we can enhance worship using all five of our senses. Asking the question what can we see, taste, touch, hear and smell during the Advent, Christmas, Epiphany, Lenten, Easter and Pentecost seasons? We are planning for 12-20 people at this retreat. If you are interested in participating or offering an idea, talk with the worship chair Michelle Osterhaus or Pastor Mark. We would like to **thank** the confirmation ministry for their partnership in this retreat. Most of all we invite you to **pray** for our worship and music team as they prayerfully plan together in God's grace.

just visiting with pastor george...Faith Into Action

On Saturday, November 5, seven of us of Covenant will leave for Nashville, Tennessee. We go not to take in the Grand Ole Opry or the Country Music Hall of Fame and Museum or the Nashville Zoo or any other attractions. We go to help rebuild homes devastated by floods in May, 2010; Lutheran Disaster Response of Tennessee will coordinate our work. In an email I asked, "What are the primary tasks that need to be tackled?" Kathy, their staff person, responded, "*Whew - it changes every week, but roughly: putting in cabinets, bathtubs, finishing drywalling/painting, siding off and/or on, closets/shelves, steps, decks, doors installed, some framing walls, many punch out jobs in many places.*" We will find out after we arrive just how we will put our faith into action the week of November 7-11.

During the past year 15 members of Covenant have put their faith into action by serving on our Covenant Care Team, giving about an hour each week to make personal, friendly visits to other members or friends of Covenant who live alone or would benefit from compassionate companionship. Perhaps some of you have the interest and gifts to become part of this important ministry, or perhaps you just want to learn more before deciding; if so, come to the training for new Covenant Care Team members which will take place on Thursday, November 3, at 6:30 pm.

How will your faith be put into action today? This week? This month? At times we make plans, like we have for our upcoming service/mission trip or for Covenant Care Team. Most times our faith goes into action in the daily routines of our lives, in the daily encounters with others in our family, our neighborhood, our work place, our school, our social activity. That seems to have been the pattern with Jesus. I can't recall him saying, "Today I'm going to do some healings" or "Today will be a good day to calm a storm" or "I will feed lots of hungry people today." His life seemed to be a ministry of interruptions, meeting people along his journey through life who needed help; then he put his faith into action in response to their needs. He gave himself for the good of others who needed help, needed a friend, needed someone to let them know how prized and precious they were simply because God had created them. He wanted no one neglected or forgotten or forsaken or abandoned.

Do you know Jesus put his faith into action for you? You are the prized one. You are the precious one. You are created in God's image. Jesus sees you as one to love, to love to the end; yes, Jesus

dies to love you. As we read in the gospel of John, "*This is how much God loved the world: He gave his Son, his one and only Son. And this is why: so that no one need be destroyed; by believing in him, anyone can have a whole and lasting life. God didn't go to all the trouble of sending his Son merely to point an accusing finger, telling the world how bad it was. He came to help, to put the world right again.*" (John 3:16-17 from The Message, a Bible translation by Eugene Peterson)

Jesus has put us right with God again. As a result, we follow him. Then, like Jesus, we put our faith into action, touching lives, sharing love, bringing hope, because Jesus loves others just as he loves you.

CARE TEAM TRAINING

November 3, 6:30 pm

Have you been feeling called to serve God by serving His people through our congregation's Care Team Ministry? If so, please consider attending a training session Thursday, November 3rd at Covenant in the 6th Grade classroom at 6:30 pm.

Our Care Team Ministry offers a "sustaining presence" to help others cope with non-medical needs in order for them to improve the quality of their lives and maintain their independence as long as possible. We currently have 18 members who make regular visits to Care Receivers. We welcome all (singles, couples, families) to serve who have the following gifts—compassion, a caring heart, listening skills and two hours each month. If you would like more information, please contact Pastor George (576-4916) or Linda Muller (576-6374). If you would like to sign up for the training, please contact the church office (873-7494) or Linda Muller (576-6374).

CIRCLE NEWS

Lydda Circle will meet Monday, November 14, 1:00 pm at the home of Lois Craig.

Lamb of God will meet on Wednesday, November 16, 1:00 pm at Culver's.

Joy Circle will meet on Tuesday, November 15, 1:30 pm at the home of Alice Johnson.

Mark Doll, Minister of Faith Development

One of the five principles of faith formation and development, as I have learned it, is this:

Faith is caught more than it is taught.

It seems like a pretty simple statement, and it is one I have used in many messages, the notion that, as adults, we are always a living example for our children, in everything that we do, and if we want our kids to grow up to be faithful, it's up to us to show them the way. It's not about teaching them to be faithful, it's about showing them what it means. It's about worship habits, Sunday school, it's about prayer and devotions, it's about rituals and traditions, it's about caring conversations, it's about serving others. (Oops, now I just snuck in the Four Keys of Faith Development as well).

Why do I mention this now? Well, first of all, it bears repeating. If you want your children to have a strong faith as they grow up, it all depends on you (sorry, but that's just the way it is). But secondly, as adults, there are people who nurture our faith as well. And they may not even know it.

Over the seven plus years I have worked at Covenant, one of my faith formation mentors was Irmgard Nissler, who recently passed away at the age of 98. I'm sure she was unaware of the influence she had on me. But every Sunday morning, regardless of the weather, Irmgard would walk down Van Buren Street from her home and would come into Covenant for worship. Every Tuesday morning, she would walk from her home and come into Covenant to be part of our Quilters. There would be Sunday mornings where I would look outside, seeing the rain and feeling the wind, knowing that worship attendance would likely be down, as many people would make the choice to not come out in the inclement weather. But Irmgard would be here, in the rain, in the snow, even when things were icy, and it might have been a wise decision to stay home.

I really didn't even know her. And yet, the powerful witness of her faith is a witness that will always stay with me. Always. There is no question that her faith has influenced mine. By being a living example of faithfulness, Irmgard, without doing any intentional teaching, helped me catch faith.

We all have the opportunity to do likewise. Or not. But don't ever make the mistake of thinking that you can't or won't make a difference in another person's life. Because you know what? Someone's watching you. For better or worse.

Family Movie Night – November 4th

AFRICAN CATS

The first choice for Movie Night this month was "Zookeeper," but in addition to some challenging language, we also read these reviews:

"Personally thought it was the worst movie this year. I did not find any reason to laugh during this movie. Completely stupid! Very disappointed."

"Can I get my 104 mins. and money back???"

"I did not care for this movie at all. It is something that has been done before. The best part of the movie was the end with the bloopers. I was highly disappointed."

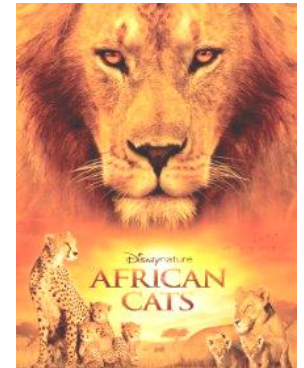
So, instead, we're going with a documentary with a story, **African Cats**. A bit about the movie:

An epic true story set against the backdrop of one of the wildest places on Earth, "African Cats" captures the real-life love, humor and determination of the majestic kings of the savanna. The story features Mara, an endearing lion cub who strives to grow up with her mother's strength, spirit and wisdom; Sita, a fearless cheetah and single mother of five mischievous newborns; and Fang, a proud leader of the pride who must defend his family from a once banished lion.

Please join us in the Covenant Cinema on Friday, November 4th. The warm-up begins at 6:30, the movie starts promptly at 7:00, and the evening wraps up by 9:00. Popcorn and lemonade are provided, and it's all FREE!

Thank you! To all of those who helped with the Adopt-a-Highway on October 8th. It was one of the nicest days we have ever had for adopt-a-highway, and it went quickly and efficiently, thanks to the help of: Aiyanna Miller, Amy Kahl, Chris Doll, Christian Doll, Christy Unzicker, Dan Oakland, Erik Hansen, Erik Herman, Kendra Halverson, Mark Doll, Noah Doll, Payton Kahl, Peter Herman, Shelby Veum, Steve Hansen and Tanner Kahl.

Also, thank you to Sue and Bud Richards for hosting the Fall Family Fun Day on October 30!



Notes from your Parish Nurse



Healthy Hearts for the Holidays: Women and Heart Disease

“Guard your heart above all else, for it determines the course of your life.” Proverbs 4:23 NLT

There is a misconception that cancer is the greatest health risk for women, especially breast cancer. In reality, heart disease kills more women than all forms of cancer combined. Part of the problem is that heart disease is displayed differently in women than in men so it becomes difficult to recognize the symptoms.

The classic symptoms for heart attack are severe chest pain, a squeezing sensation in the chest lasting 5-10 minutes, pain radiating down the left arm or profuse sweating. Up to 50% of women who suffer heart attacks have symptoms that are considered atypical. These include shortness of breath, indigestion, pain in the jaw, shoulder or back, sudden nausea or vomiting, unexplained fatigue, fainting or even dizziness. Anytime a female experiences these symptoms, she should seek medical attention by calling 911. Even the slightest hesitation could lead to severe consequences if she is having a cardiac episode.

For women, the most important thing to do is prevention (and talk to her clinician). She should discuss her health history and determine potential risks for heart disease. The next step would be to create a plan to change. Impact those risks implementing healthy lifestyle choices. A few of these choices:



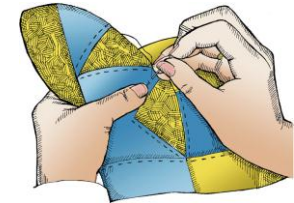
by

- **Don't smoke.** If you do, consider a program to quit and avoid second hand smoke.
- **Eat a healthy diet.** Choose vegetables, fruit, whole grains, high fiber foods and lean sources of protein such as fish.
- **Manage chronic conditions.** If you have high cholesterol or high blood pressure, follow your doctor's treatment recommendations. If you have diabetes, keep your blood sugar under control.

- **Include physical activity in your daily routine.** Choose sports or other activities you enjoy, from brisk walking to group programs.
- **Maintain a healthy weight.** Extra pounds increase your risk.
- **Limit alcohol.** If you choose to drink alcohol, do so only in moderation.
- **Manage stress.** If you feel constantly on edge, your lifestyle habits may suffer.

With the holidays rapidly approaching I'd like to get a jump on the New Years' resolutions and begin incorporating some healthy lifestyle awareness. I will be offering my first (of hopefully many) women's health talks. On **Wednesday, November 30th at 7 pm** here at Covenant, we will offer **“Women and Heart Disease”**. Please mark your calendars and make your reservation in the church office with either Chris or Carol. Grab a friend or two and attend. It will be a fun evening of learning and sharing.

In His Grace,
~Sue Richards RN



QUILT MINISTRY

Thank you to all those who donated time and/or materials for the quilting ministry! Approximately 150 quilts were sent to Lutheran World Relief on October 8th for use in developing countries. Seven quilts were given to the two refugee families who settled in Madison.

Anyone who wants to help is welcome! Requirements are Tuesday mornings for six months. If you have yarn, fabric and/or sheets, please drop them off in the church office.

Our quilters include Wilma Baumbach, Audrey Boushon, Marilyn Burrington, Carolyn Carroll, Helga Cope, Lois Craig, Marylis Hansen, Alaine Johnson, Mary Johnson, Karen Lapidakis, Marsha McBroom, Linda Muller, Irmgaard Nissler, Judy Roy, Laura Spencer and Irene Sveum.



God's Work. Our Hands.

God is Great! What a wonderful fall we have had here in Wisconsin. The weather has been remarkable, farmers are experiencing bumper crops, and even the Brewers continue to win! These are all obvious things to be excited about and yet there are other things, quietly going on in the 'background' to get very excited about. The wishes of the congregation were heard back in February. The FIA committee identified the reoccurring desire for a Parish Nurse. This will be a reality in the very near future. Covenant member and RN, Sue Richards has been hard at work establishing the role of PN with Covenant's members in mind. There are exciting talks planned, ie November will bring "Healthy Hearts for the Holidays" and weekly tips for you in the bulletin. Sue has accepted her Parish Nurse commission from Viterbo University and continues to train with the Dane County Parish Nurses and Wisconsin Women Health Foundation. These training opportunities are all attended with her Covenant family in mind. In order to carry out her role, she has identified the last component needed in order to move forward. This is the establishment of a "Health Cabinet".

The Health Cabinet is the group of members who will be a primary major support for the parish nurse. They will help her become visible and accepted in the church and the community. This group is made up of 6-10 individuals from the congregation who are both health professionals and non-health professionals. They can be from current committees, [social justice, care team ministry] or totally new to the church and express a desire and interest in health and wellness. The Parish Nurse will be a member of this initial group to determine direction and assist with concepts and role clarification. The Cabinet membership could be from a 1-3 year commitment with meetings as frequently as monthly or as few as quarterly, depending on the needs/desires of the members. When the Parish Nurse role is well established (about a year) the health cabinet and the parish nurse will be supportive of each other, consulting on projects such as health fairs or educational programs. If this new and exciting ministry stirs you, please consider jumping in and offering your talents. This

ministry is about health and wellness, your health, Covenant's health and our community wellness. Please help us on the path to health and wellness. If you are interested in being a part of the Health Cabinet, please contact the church office.

Have you noticed anything different this Fall?

This is the first fall that we have not had some stewardship program during the months of September and October. This is because we began a new focus called "Faith in Action" (a three year process) last spring. In fact we had two stewardship programs within the last year. When we contracted with **Vision 2 Serve** one year ago, we moved away from fall to spring. We will once again enjoy the fruits of *Faith in Action* sometime in March. At this time of the year we will update our goals and adjust our vision as we enter our second year.

We would like to remind each of you of your faithful giving week to week at worship to support God's work through our hands at Covenant in all of our ministry needs. Every second Sunday we take a second offering for Faith in Action which is applied to one or more of our nine goals; which is intended to be above and beyond our tithes and regular giving that support our day to day operations at Covenant. Most importantly we want to **thank you** for your generosity and partnership in ministry together.

Your Stewardship and Leadership Development Teams

God's Work our Hands

FOOD PANTRY NEEDS

Coffee • Complete meals in a box or can • Condiments (ketchup, mustard, pickles, salt) • Flour • Salad Dressings • Snacks • Sugar • Tacos • Tea • Cake Mix • Cookies, Cookie Mix • Baking Goods • Vegetable Oil • Deodorants for Men and Women
Dish Soap • Hand Soap & Body Wash • Laundry Soap (powdered) • Paper Towels • Shampoo • Tissue • Toothbrushes/Toothpaste • Paper & Plastic bags

**CONGREGATIONAL MEETING
DECEMBER 4, 2011**



Social Justice

Mosquito Net Ministry

On October 20, Solveig Carlson presented a check from Covenant for mosquito nets to Rev. Tim Iverson, CEO, and Magdaline Agard, president of the Board of Directors, for Global Health Ministries. Thanks to Sunday School children and to those who gave to Faith In Action to make possible this gift totaling \$914.86.



The warehouse of Global Health Ministries has many boxes of hospice kits and newborn kits prepared for delivery to hospitals and clinics in Africa and Asia. As soon as funds are available, shipping containers will be packed and sent on there way to help provide better health to people around the world.



HOST-A-FAMILY

It's hard to believe that the Holiday season is just around the corner. Last year, Covenant sponsored eight families 38 individuals. This year we hope to sponsor 42 individuals. Soon you will notice individual Christmas trees on the walls, each tree representing a sponsored family and each ornament representing a family member. If you would like to sponsor someone, please sign your name, the family number, age/sex of the person you are sponsoring and provide contact information on the "Host-A-Family" sign up sheet on the clipboard near the trees.



or

Guidelines for Giving:

1. We ask that you limit your spending to no more than \$35.00 per person.
2. Feel free to personalize the gift packages. Families have enjoyed the artwork, home-baked goods, etc.
3. You may present your gifts in a number of ways:
 - Put gifts in decorative bags that can be easily opened by the parent(s), indicate which family member the gift is for on the bag by taping the ornament to the bag.
 - OR**
 - Don't wrap but send wrapping paper/tape and indicate which gift is for which family member.
 - OR**
 - Wrap presents and use tags to clearly indicate which family member each gift is for. Include a note to the parent(s) letting them know what the younger member(s) received.
 - OR**
 - Don't wrap and don't send paper. Do include a list saying which gift is for which family member or put a tag on each gift clearly indicating who the gift is for.
4. **Please have all packages to Covenant Lutheran Church by Wednesday, November 30th.**

THANK YOU! This year, one of our confirmation students, Max McHone, is helping out with the Host-A-Family program. If you have questions, please contact Susie Swenson (873-5635), or Chris Doll (873-7494).

Education News!

First Friday Bible Study: *Journeys Through Revelation: Apocalyptic Hope for Today:* In a new ecumenical Bible study, *Journeys Through Revelation: Apocalyptic Hope for Today*, Professor of New Testament Barbara Rossing counters frightening popular interpretations of apocalyptic symbols and images in Revelation by showing that it is truly a Christ-centered book of hope. We will start at 7:00 on Friday, Nov. 4 in the adult education room, off Fellowship Hall. All are welcome, and feel free to "drop in" anytime! For questions, please contact Beth Hilgendorf, 279-1656.

Sunday Mornings

Join us for "The Lost Christianities", a course which explores the beginnings of the Christian faith. We'll meet at 9:15, off Fellowship Hall in the lower lever, on November 6 and 13.

Movie Night for Adults

On Saturday, November 5, we'll share a meal and show the feature film "Amazing Grace." This movie is about William Wilberforce and his efforts to convince Great Britain to condemn the slave trade. Join us after worship in Fellowship Hall for a potluck supper, followed by the movie. Childcare will be provided. Bring a dish to pass (beverages will be provided). Contact Chris Melland for more information (877-4128).

Family Worship Service #3!

Our third Family Worship Service of this fall will be on November 20th at 9:10 a.m. If you haven't come to one of these services yet, you're missing out! Join us for music, prayer, Holy Communion, scripture, message, and more – all in a setting that will make you want to dance! And that's a good thing!

Confirmation Extravaganza!

On Wednesday, November 16th, Covenant's confirmation students and guides will be journeying to Madison for the synod's third annual Confirmation Extravaganza. They will spend time together in worship and meeting people in many different professions – people who live their faith through their work – sometimes in way you would never expect. It's a great evening of sharing and rejoicing! **NOTE: All Confirmation students should be at Covenant by 5:15 pm on Wednesday, November 16.**

Youth Participation!

Sunday, November 13th, at the 10:30 worship service, we will be treated to music by Covenant's youngest Sunday school students, our 3-year-old, 4-year-old, and kindergarten classes. Every Sunday morning they begin their class time with some music and prayers together, and they are going to share their talents with the Covenant congregation. Don't miss this!

A Great New Learning Opportunity

A Group Learning Task Team was developed to explore opportunities for the congregation to grow in knowledge and learn more about the world God created for us.

Modern communications have enabled us to realize the interdependence cultures have with each other. Thus, the more we learn about each other the more we can learn to live in the harmonious relationships God wishes for us. When we pray for his help he provides the knowledge and guidance but we must provide the energy and initiative to produce any change.

Building on that premise, the Task Team has been exploring areas providing opportunities to expand our knowledge of His world. To work toward that goal, we have been studying materials provided by the Ecumenical and Inter Religious Relations of the Evangelical Lutheran Church of America (ELCA) to establish opportunities for engagement and discussion around issues of Christian-Muslim relations.

The result is we have integrated the ELCA material with material provided by the Teaching Company into a series of audio/visual lectures and guest speakers on Islam.

It is our plan that the series will be offered over a period of six weekly meetings held Wednesday mornings from 9:30-11:00 am. The meetings will be held January 11, 18 and 25 and February, 1, 8 and 15.

Look in the church bulletin each week for a question to stimulate your thinking on an aspect of the subject we will be studying in the series.

We are interested in your comments and suggestions. The Task Team members are Penny Vodak, Linda Muller, Homer Howard, Pastor George & Solveig Carlson.

Men's Breakfast

Men's Breakfast is back for another year, beginning on November 12th. After a very good beginning last year we have decided to continue having breakfast with a simple study or reflection for the month. Our first study will be the *If You Want to Walk on Water You've Got to Get Out of the Boat!*, by John Ortberg. We will meet on the **2nd Saturday of each month from 7:30-9:00 am**. Bring your appetite and willingness to support one another. This is open to all men of the congregation (post confirmation).

Financial Peace University

Tired of living paycheck to paycheck? Does it seem like you can never get ahead? Financial Peace University is a 13 week DVD class where Dave Ramsey teaches how to make wise financial decisions based on scripture; followed by small group discussion. The program is designed to help you become debt free, build wealth and learn to save for the future (including explanations on insurance, retirement plans, leasing, etc.) The classes begin on Wednesday November 2nd at 6:15pm and last two hours. The fee for the class is \$98.00 per family. To sign up please call 873-7494 or email AnnMarie Oakland at annmarie14@tds.net. Free preview Wednesday November 2nd at 6:15pm in the Cinema.

VOLUNTEERS NEED TO FILL VACANCIES

Please consider yourself for one of these openings listed below. If you have questions about the positions please contact: Julie Pankow-Helland at julie@cms-4you.com, Randy Weber at r-hweber08@sbcglobal.net, and Richard Shilts at shiltsfamily@sbcglobal.net

- Congregation Council (4)
- Endowment Foundation (3)
- Skaalen Home Delegate (2)
- Lutherdale Delegate (1)
- Leadership Development (5)
- South-Central Synod of WI Delegate (2)
- Audit Team (2)
- Health Team (2)

THANKSGIVING EVE WORSHIP



First Lutheran Church will host the Ecumenical Thanksgiving service on Wednesday, November 23rd at 7 pm. Pastor George Carlson will offer the sermon, and special music will be provided by Stoughton ecumenical vocal and handbell choirs. Nonperishable food items brought to the service will be donated to the Stoughton Food Pantry, and the monetary offering will be given to the Good Samaritan Fund. Refreshments will be served during the fellowship time following the service.

Each Stoughton congregation contributes to the refreshments served. Covenant has been asked to provide six dozen treats for fellowship time—four dozen treats are still needed. If you would be willing to contribute one or two dozen treats (bars and cookies are preferred), please contact Denise Pigarelli at 873-0296 (home). Feel free to leave a message on the answering machine.

A THANKSGIVING GRACE

by Rebecca Littlejohn

God of Abundance,
For the gift of life itself;
For the shining of the sun and the nourishment of the rain;
For the beauty of all creation,
We praise you.
For family and friends;
For memories of joy and love that tell us who we are;
For food on this table and all that gives us life,
We thank you.
For the compassion to remember those who are alone today;
For the courage to remember that some will not eat today;
For the conviction that we are blessed to become blessings,
We beseech you.
In Your Holy Name, Amen.

Sharing the Practice, The International Quarterly Journal of the Academy of Parish Clergy, Volume 34 No. 3, Autumn 2011

GIVING BY AUTOMATIC DRAFT

But just as you excel in everything—in faith, in speech, in knowledge, in complete earnestness and in your love for us—see that you also excel in this grace of giving. 2 Corinthians 8:7

While the Sunday offering is the most common opportunity to give, many of our congregants have asked for the option of making a payment automatically through their bank's bill pay option. Automatic Bank Bill Pay is a popular, convenient, and consistent way for people who are so inclined to give to Covenant. Automatic Bank Bill Pay is set up directly with your banking institution; most banks offer this as a free service to their customers. This payment method allows you to set up an automatic draft withdrawal from your checking account without having to write or mail checks.

Benefits of Giving through Automatic Bank Bill Pay

- **First Fruits** – In Proverbs 3:9 we are taught to honor the Lord with the “first fruits” of our labor. By setting up an automatic, recurring contribution that is scheduled to come out of your account on the day you specify you can ensure that your First Fruits are given back to God.
- **Simplicity** – You won't need to remember if you gave this week, or this month, or to send in an offering check when you're out of town.
- **Security** – Banks use advanced encryption technology to insure that your information stays safe and secure.
- **No Distractions** – Instead of needing to worry about writing your contribution check during the service, you can be fully engaged with the worship service, knowing that you have already given your offering.
- **Consistency** – Automatic, recurring contributions help Covenant's cash flow especially during the vacation months of Spring and Summer when attendance tends to decrease yet church activities, especially for children and youth, are at their peak.

How to Set Up Automatic Bank Bill Pay

To set up an automatic bank bill pay you will be required to contact your banking institution directly; logging on to the bank website is the most convenient but a phone call or visit to the bank may also be an option. They will provide step-by-step instructions.

Your bank will most likely require some or all of the following information about Covenant:

- **Name:** Covenant Lutheran Church
- **Address:** 1525 N Van Buren St Stoughton, WI 53589
- **Phone Number:** 608-873-7494
- **Account Number:** no account information is required

You can set up a onetime payment in an amount of your choosing or set up recurring payments. You choose the frequency of payments and when during the month the payments are made. Most banks send email reminders. Payments can be changed or stopped at any time.

Covenant does not need to be informed in advance that an automatic bill pay has been established. At the appropriate time the bank will forward the payment to Covenant Lutheran Church, either electronically or via paper check.



QPR

This last month my community chaplain work brought me to the hospital to meet with a family who's loved one killed himself. It has been my goal this past year to train over 100 people with QPR a CPR for suicide; creating agents of hope for those feeling hopeless.

On Thursday, December 1 from 6:30-8:00 pm in the adult education room I am offering a training for anyone in our congregation who would like to become a certified gatekeeper in Stoughton. There are over 130 people in our community already trained with QPR; which stands for Question, Persuade and Refer. Simply you will be trained to care for those contemplating suicide by knowing how to ask the question, persuade them to seek help and refer them to a proper agency of support.

Help Prevent Suicide *Get involved*
(Please register at the office by Thanksgiving)

Covenant Lutheran Church
1525 N. Van Buren St.
Stoughton, WI 53589
Phone: (608) 873-7494
Email: covluth@chorus.net
Website: www.covluth.org

Pastor Mark Petersen
Pastor George Carlson
Mark Doll, Minister of
Faith Development

Worship Schedule

Saturday – 5:30 pm *Come As You Are* Worship w/Holy Communion
Sunday – 8:00 am Worship w/Holy Communion
10:30 am Worship w/Holy Communion

Office Hours

Monday-Friday 8:30 am to Noon
Monday-Thursday 1:00 pm to 4:00 pm

Articles for the December *Promise* are due by November 15th

GUIDE BOOK & DIRECTORY ADVERTISING OPPORTUNITY

We are in the process of updating our annual Guide Book & Directory for the Church. This book will be the Who, What, Where, When, Why and How of our Congregation. The book is being provided at **no cost** to our Church, including the mailing to each family, and again is being subsidized by local businesses that advertise in it. If you own or manage a business and would like to find out about advertising in our book, please call the Church Office.

Recent survey results by Guide Book Publishing show that 92.1% of families would rather patronize a Guide Book & Directory advertiser over a non-advertiser. It "will pay" to advertise in our new Guide Book & Directory.

UPDATE MEMBERSHIP INFORMATION

Does our Church database have YOUR family membership record correct?

Here is your chance to update YOUR record for our annual Guide Book & Directory (if you haven't already done so).

It is time for us to update our database with any changes, additions, or deletions that may have occurred in YOUR family over the past year.

Have you changed your phone number? Have you moved? Are you preparing to move soon? Are all of your children still at home and are they all included in your membership record? Do you want your record published?

If you have not already informed the Church Office about changes to your record, please let us know now so that the information in the Guide Book & Directory is correct. The Church Office number is 873-7494 or email covluth@chorus.net.

Thank you for your help!

HOPE, HONOR AND REMEMBER

November is National Alzheimer's Awareness Month as well as National Family Caregivers Month. This November, the Alzheimer's & Dementia Alliance is offering an interfaith service and friendship hour for those affected by Alzheimer's disease and other related memory disorders. Hope, Honor and Remember, led by Rev. Jody Curley, is in recognition and appreciation of people diagnosed with memory disorders, their family and friend care partners who wish to honor or remember their loved ones, and professionals and paraprofessionals who approach dementia care and support services as a mission engaging head, heart and hands. It is an inclusive service that honors all religions and beliefs and welcomes one and all.

Please join the Alzheimer's & Dementia Alliance on Sunday, November 6, 5:00 - 7:00 pm at Coventry Village Retirement Community Brookline Apartments, 7707 N. Brookline Drive, Madison. The Interfaith Service is from 5:00 - 6:00 pm. The Friendship Hour following the service will be an opportunity to enjoy socializing and sharing refreshments.

RSVP requested: Call 608.232.3400 or email danielle.thai@alzwisc.org.

