

THE PROMISE



The Monthly Newsletter of
Covenant Lutheran Church—ELCA
August 2011



Check out Covenant's new website: **covluth.org**
You can find out how Covenant is *Seeking, Seeding,
Serving & Sending!*

Remember to check out the blogs written by Pastor
Mark and Mark Doll.

Reflections

along the way

Reflexiones

*"I will have nothing to do with a God who cares only occasionally.
I need a God who is with us always, everywhere,
in the deepest depths as well as the highest heights.
It is when things go wrong, when good things do not happen,
when our prayers seem to have been lost, that God is most present.
We do not need the sheltering wings when things go smoothly.
We are closest to God in the darkness, stumbling along blindly."*

-Madeleine L'Engle

During the month of July each afternoon included a number of visits with people from our congregation. In some cases these visits included Holy Communion, but in every visit these words of Paul in Romans 8 were shared:

³¹What then are we to say about these things? If God is for us, who is against us? ³²He who did not withhold his own Son, but gave him up for all of us, will he not with him also give us everything else?...³⁸For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, ³⁹nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

These words echo back to my confirmation day in 1971 when I chose them as my favorite bible verses. It has not changed over the past 40 years; nothing in all of creation will be able to separate us from the love of God in Christ Jesus our Lord. Madeleine L'Engle is right I will have nothing to do with a God who cares only occasionally.

In the visit my joy was simply to remind each person:

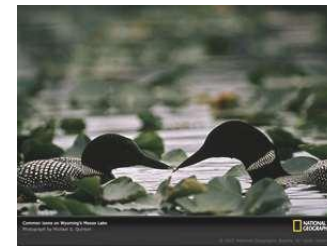
- That life and death can't separate us from the love of God.
- That angels and powers can't separate us from the love of God.

- That time can't separate us from the love of God.
- That space can't separate us from the love of God.
- That nothing can separate us from the love of God in Christ Jesus our Lord!

Every visit was a daily cue for me of God's habitual love! Ruby Juve said it so well: "God's love is so amazing and I am a part of it, thank you for the reminder!" Sometimes in the transitions of life we forget this important piece of information and need to be prompted.

This past weekend Peggy and I were tucked up in a remote cabin outside of Woodruff. Sunday evening the clouds moved in and the weather radio let off an eerie blast alerting us to a storm in Vilas County. About that time the loons were also very active calling in their family for safety. Then everything let loose and the storm blew in. Following heavy rain and winds it settled back to a light mist and the most beautiful pink sunset. As they say "Pink sky at night, sailor's delight." Early Monday morning before the sun was up four incredible loons led a memorable worship invoking the Lord's name through the mist. We encountered a liturgical dance as they flapped their wings and ran across the top of the water to fly. We sipped a freshly brewed cup of coffee as we watched the light begin to sneak upon the waters; once again to the sounds of God's presence in the call of the loons. It is always good to be reminded of God's presence in the storms when divine sheltering wings wrap us close in a habitual love!

Listening to the loons,
Pastor Mark



Faith is the bird that feels the light and sings to greet the dawn while it is still dark.—James S. Hewett

just visiting with pastor george... We Are Called

Worship on Sunday, July 17, sticks in my memory. We began with the joy of new birth in Holy Baptism, receiving and welcoming Jackson Mark Corbit as a brother in Christ, **called** to follow Jesus. Then we sang, "*We are people created, **chosen by God.***"

*Then we're washed ever gently, in mercy and love.
Sin has power no more. Jesus opened the door
to a fountain bringing healing, and wholeness and more.*

The sermon shared by Mark Doll declared the amazing love of God for each of us that sweeps us into responding with love for others as God loves us in Jesus. Then we sang,

*Come! Live in the light!
Shine with the joy and the love of the Lord!
We are called to be light for the kingdom,
to live in the freedom of the city of God.
We are called to act with justice,
we are called to love tenderly;
we are called to serve one another,
to walk humbly with God.*

Then we commissioned 30 people—23 young people, 7 adults—to journey to Upper Michigan to serve people who need help. They responded to their **baptismal call** to be light for the kingdom, to serve others. Jackson Mark may take such a journey some day!

In the water and Word of our baptism, **God calls us to follow Jesus.** We do that each day as we live with others in our families, our work, our leisure. We do not need to search for ways to serve others; we merely need to have open ears, open eyes, open hearts.

Perhaps God's Spirit has turned you toward the Stoughton Youth Center, or Care Team Ministry, or Habitat for Humanity, or ????
You have gifts that will fit a particular need; **be bold to share your gift!**

Because I have helped resettle refugees from S.E. Asia twice, I know the need for Cultural Mentors for newly arrived refugees. You may discover that this need fits your gifts, your interest, your passion. I invite and encourage you to consider this opportunity as described in the following info from Lutheran Social Services of WI & Upper MI.

Sharing Experiences For a Better Life

As refugees arrive in the United States, they face a myriad of hurdles, large and small. In the first few weeks after arrival, many individuals will have their first experiences with automobiles, electricity, or indoor plumbing. Others might be entering a school for the first time, or attending their first job interview.

Though many families might be similar to the average American family in various ways, refugee families are experiencing American society and culture for the very first time. Everyday tasks for American families can present tremendous difficulty to a refugee. Knowing the proper change to use at the laundromat, where to take household garbage, or how to keep and store food properly are small tasks that make a big impact on the daily life of a refugee. Most refugees arrive in Wisconsin alone, with no local relatives or friends who are experienced in the transition from refugee to American.

Having a local and accessible support network is crucial to the success of a refugee in acclimating to their new life here. Refugees, as an individual, have an official resettlement agency (LSS of WI and Upper MI) and caseworker assigned to them as a resource. However, these individuals are charged with ensuring the basic needs for many newly arriving refugees each year and have difficulty in responding to the day-to-day challenges that new arrivals face. They need a Cultural Mentor as well.

What is a Cultural Mentor?

A Cultural Mentor fills the role of teacher, advocate, and guide to the community for the newly arrived refugee.

A Cultural Mentor is assigned to a single family or individual, and is asked to assist in the small daily challenges that are sure to present themselves. Being a Cultural Mentor is a way to understand the journey and experiences of a refugee family more deeply.

A Cultural Mentor is not responsible for taking refugees to appointments or grocery shopping, though they may choose to do so. Rather, the role of the Cultural Mentor is to help acquaint the family with the community around them, doing activities together such as:

- ✓ Taking a bus tour around town
- ✓ A trip to the zoo

- ✓ *Speaking English while you are together*
- ✓ *Teaching a family to bargain shop*
- ✓ *Helping the family determine what is important mail and what is junk mail*

These activities can go a long way in reducing the amount of stress that a family might be experiencing during their first months in a new country.

A Cultural Mentor's relationship with an individual or family is reciprocal. Newly arrived refugees have so much to learn about life in the U.S.A., but they have much to share about their home country, their traditions and their family. Acting as a Cultural Mentor allows a volunteer to have a genuine international exchange while imparting the knowledge of American life they have gained through decades of experience.

Cultural Mentor Commitment

LSS recommends Cultural Mentors engage in a 12-week long commitment. This is often long enough to engage in a cultural exchange that allows both the volunteer and refugee to grow in their knowledge of the broader world. During the 12 weeks, the Cultural Mentor will meet with the family regularly, and will likely get to know them personally, while maintaining a professional and cordial relationship.

If you wish to know more or to become involved as a Cultural Mentor, speak to Pastor George, Solveig Carlson, Linda Muller, or Dan Oakland; they have been working with the Khati family since last October. They will share their experiences and help get you connected to LSS. Yes, **we are called to serve one another... perhaps this call is for you!**



“Getting to Know You” MEAL GROUPS



Gathering around a table in a group of **seven to nine people** to share a meal provides a great way to get to know other member and friends of Covenant on a more personal and relaxed basis, one meal at a time. Each group **meets four times in four and a half months (October—mid-February or mid-February—May)**. The only **agenda is a meal together to allow time for free-flowing conversation** (although some groups may choose to play games or cards or go to a movie or play or ???).

Members of each group take turns hosting their group in their homes or at a restaurant on a day and time the group decides. The host(s) prepares the main course and supplies the beverage, while the other group members bring appetizer, salad/vegetable or dessert. If hosting in your home is not your thing, you can choose to eat together at a restaurant that the host(s) would select for their particular month.

You may sign up as a couple, single, or two single friends. **No age limits apply!** You will be **randomly assigned to a group** with people you may or may not know. This lets you get to know new people or get to know old acquaintances even better. It's amazing what we can learn about and from others over four meals together!

Sign up on the bulletin board in the narthex or contact Pastor George for more information at 576-4916 or at georgec@covluth.org. **September 25 is the deadline to sign up to be included in the pioneer grouping for October through mid-February!**

A WEEKDAY ADULT RETREAT IN EARLY OCTOBER

Come, journey with Paul. Shiver with him around a mountain campfire, breathe deeply of the aromas wafting through a teeming marketplace, sway with the veiled Temple dancers to the melodies of the harp, savor a tangy goat stew in a tumbledown hut in a nameless hamlet. Along the way, you will witness the birthpangs of Christianity.

Retreat leader Obie Holmen, author of *A Wretched Man: A NOVEL OF PAUL THE APOSTLE*, will take participants on this journey Monday evening, October 3, until Wednesday afternoon, October 5, at Sugar Creek Bible Camp near Ferryville, WI.

- ✠ Autographed novel copy will be distributed at the opening.
- ✠ Personal time for reading, reflection, and recreation (and naps) interwoven with discussions/lectures.
- ✠ We'll make a start, but we won't finish the novel during the two-day event. We'll proceed at a ***leisurely pace***.
- ✠ Five meals plus snacks
- ✠ Holden Evening Service
- ✠ Closing Eucharist

Educational, edifying and entertaining!

Accommodations will be bunk style in one of Sugar Creek's outstanding lodges. Six to eight per bedroom with bathroom. Participants supply their own bed linens or sleeping bag, pillow, towels and toiletries.

Cost is \$150 per person, which includes program, materials, meals & lodging. (\$100 per person for program and meals only.)

Brochures with registration forms are available on the Welcome Center and church office. Speak to Pastor George for more information or to let him know that you plan to go so car pooling can be arranged. Call 608-734-3113 or e-mail: camp@sqrcreek.org to reserve your space.

THANK YOU

Dear Scott and God's people at Covenant,
Thank you for all you did to make the 40th anniversary of my ordination such a special occasion. The worship service, the reception and the generous gift certificate to Church Hill Inn expressed your gracious love to me. God has blessed – and continues to bless – me in my calling to serve among and with you at Covenant.

Peace and Spirit power,
Pastor George

SENIOR MINISTRIES NEWS

The Senior Ministry Core Team met Tuesday, July 12, 2011, to make plans for the upcoming program year. Members of the Core Team present included Ralph/Wilma Baumbach, George/Solveig Carlson, Bill Eversoll, Linda/Steve Muller, Arlen and Marian Rambo, Judy Roy, Greg/Penny Vodak and Ann Winecke.

Luncheon Gatherings Task Team consists of Wilma/Ralph Baumbach, Bill Eversoll, Elaine Johnson, Eileen/Jack Nelson, Marian/Arlen Rambo, Verjean/Norm Sime, and Penny/Greg Vodak. **Mark your 2011-2012 calendar** for 11:30 am on Tuesdays, October 11, 2011; December 13, 2011; February 7, 2012; and May 22, 2012, for Luncheon Gatherings. Save those dates! Watch for more details in upcoming newsletters.

New Initiatives: Several ideas/thoughts/dreams came forward from the meeting on May 24. Lively discussion led to the important decision to form Task Teams to further plan and publicize the following:

Group Learning Task Team: Solveig Carlson, Linda Muller, and Penny Vodak will look into offering short courses (four to six week offerings), video courses, book discussions, travelogues and/or skills course.

Service/Mission Trips Task Team: Greg Vodak and Pastor George along with the Social Justice Ministry Team will explore possibilities with Lutheran Disaster Response, Habitat for Humanity and ???

Holden Village Task Team: Penny Vodak, Ann Winecke and Solveig Carlson will explore prospects for involvement in a journey to this Lutheran retreat center in the Cascade Mountains in Washington in fall 2012.

Retreats: Pastor George will publicize a retreat at Sugar Creek Bible Camp in early October focused on St. Paul facilitated by an attorney who authored *A Wretched Man*.

Senior Ministry Core Team and the various Task Teams welcome others to join them in shaping Senior Ministry here at Covenant; speak with Pastor George or any member of any team for more information. More ideas/thoughts/dreams and plans will be shared as the Task Teams and the Core Team move forward with planning.

Mark Doll, Minister of Faith Development

I sit here writing this on our first work-day of our Upper Peninsula Mission Trip. One of our groups tore off a roof, and replaced most of it – they'll finish tomorrow. The other group tore off all of the siding on a house (well almost all, we still have to get to the peak (about thirty feet off of the ground), and we are installing insulation so that the house can get vinyl siding installed. But that won't be completed until next year, as there aren't funds available. And the roof? We're doing that installation because the woman living in the home, while having finances for the materials, couldn't pay for the installation.



Thirty of us here, and I saw no slacking off today. What I saw instead was an incredible effort aimed at completing all we could in a day, making a huge dent in two projects that were initially expected to take the better part of the week, but instead should be completed in two days. There was no complaining (at least at my work-site) about how hot it was, although it was hot, and we got tired. There was no one being lazy about the work, no one standing around, and at the end of the day, everyone felt great about what we had accomplished – both homes looked completely different than they had at the beginning of the day.

*Now it is Wednesday morning ...*It's storming outside, and I confess to being grateful. We've been able to tell the kids, as they have woken up for breakfast, "go back to bed." They are tired, but still very much willing to serve. We finished the roof (well not me, I wasn't on that team) yesterday as expected – although again, completely unexpected by those at the church here; they thought it was at least a 3-4 day job) and got within hours of completing our second project. And yesterday, we were blessed with our first opportunity to shower.

It's been a great trip so far, with a lot of fun mixed in with our work, but most importantly, we've never lost our focus on what is important, serving others, and sharing the love of Jesus with all those we come across, living the Gospel through our actions.

Friday Morning ... I feel blessed to have had the opportunity to spend a week with 29 others dedicated to sharing their faith in such a meaningful way. Our youth and adults fought through heat,

exhaustion, frustration, and so much more, with attitudes unchanging, with determined spirits, with the knowledge that the completion of the jobs we were sent here to do means a change in the life of one or more of God's children. On Wednesday evening, as we shared time together in the church sanctuary, I had no problem telling our youth that not only is God pleased, I am quite certain He is proud. I hope you are too.

YOUTH and FAMILY NEWS

Peer Ministry – It's just around the corner!

On Wednesday, September 7, we begin our third year of Peer Ministry. This training/service/fellowship/fun, is open for 10th-12th grade youth who have a passion for serving God through serving others. What is Peer Ministry? Great question! Here's a little of what Peer Ministry is:



- Peer ministry – is an education of the heart.
- Peer ministry – it is a way of life. It is a habitual practice of doing unto the least of these, to the glory of God and service to the people met in every circumstance.
- Peer ministry – is kids ministering to kids.
- Peer ministry – it is the story of the Good Samaritan. Only instead of preaching and teaching it, you get the skills necessary to live it.
- Peer ministry – it is taking what concerns youth the most – friendships! – and lets them discover relationships are ministry.

What does this mean, you ask? Another great question! What it means is that you have the opportunity to learn skills that will help you in all of the relationships in your life – not just now, but for the rest of your life. It means that you'll be able to recognize others who may be in need of a friend, or a neighbor – in the way that the Good Samaritan treated his neighbor. It means that you'll learn ways to deal with troubles in your own life, and how to seek out another's help should you need it. And at the end of a year, you will

be commissioned as a member of Covenant's 2012 class of Peer Ministers.

Here's what you have to do in order for all of these great things to take place:

- Join our Peer Ministry Program
- Participate in training sessions (mainly on Wednesday evenings, while Confirmation is going on – we will even join the Confirmation students for closing worship). Total training time is 20-30 hours.
- Use the skills you learn (and document it. 20-30 hours of skills practice is required).
- Be active at Covenant – regular worship, participation in activities and events
- Complete a Peer Ministry journal, which you'll receive when you agree to participate.

All this will be done with the help of your trainers. At the end of May, you will be commissioned at a worship service. The ceremony is known as "The Order of the Towel," as you are commissioned as ministers and servants.

What's the cost? The Peer Ministry journal is \$10. If you can't afford it, we'll provide it for you at no cost. That's it! The biggest investment is in your time, but the returns on that investment will be incredible!

If you are interested in being part of this ministry, or would simply like to hear more about it, e-mail Mark Doll at markdoll@chorus.net, or call any of the Peer Ministry team (listed below). Please consider this carefully – this is life-changing stuff!

Bird Bahnson	205-9790
Mark Doll	873-7494
Julie Hanson	873-8690
Lynn Poirier	873-3204

Peer Ministry kicks off with our opening celebration, Wednesday, September 7 at 7:00 pm.

FAMILY MOVIE NIGHT

FRIDAY, AUGUST 5th



A classic tale of self-discovery, romance, and adventure, Rio is the story of Blu, a flightless macaw who was taken from the forests of Rio de Janeiro as a young bird and raised by a kind girl in a small Minnesota town. When an ornithologist comes to town and informs Blu's now-grown owner Linda that Blu is the last male of his species, Blu and Linda return to Rio so that Blu can mate with a feisty female named Jewel. Thus begins an adventure in which Blu encounters everything from the complexities of courtship and love, to thugs involved in an exotic animal theft ring, strange new friendships--including one with an overly friendly slobbering bulldog--and a crazy ride through a Carnival parade. Blu and Linda both mature as a result of their journey in Rio, and love ensures that life will never be quite the same for either ever again. The animation in Rio is quite impressive, the characters are endearing, the Brazilian music is very appealing, and the star-studded voice cast includes Anne Hathaway, Jesse Eisenberg, Will i Am, Wanda Sykes, Jane Lynch, George Lopez, and Jamie Foxx.

Please join us in the Covenant Cinema on Friday, August 5. 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!

SUMMER PLAYDATES AHEAD!



We have three summer play days scheduled for children during the month of August:

Wednesday, August 3rd 1 – 5 p.m.

Thursday, August 11th, 1 – 5 p.m.

Wednesday, August 17th time to be announced

Each of these days will have a similar component: FUN! We will be outside playing some of the time, inside singing, crafting, eating, watching movies (if it's raining) and much more.

There is no specific age requirement, but we do ask that all children participating are potty-trained.

On August 17th, we are hoping to take a number of children (and some parents to help out) over to Little Ammericka in Marshall for a day of fun. If you can help us out with this day as a chaperone, your admittance to the park will be paid for.

Other than the possible Little Ammericka day, these fun days are FREE!

Confirmation and High School youth – we need your help on these play days as well – contact Mark (MarkD@covluth.org) if you are able to come play with us!

CONGRATULATIONS TO OUR

2011 HIGH SCHOOL GRADUATES!!!

Datlef Bahnson, Bradley Coon, Matthew Doll, Benjamin Egan, Trevor Hoth, Sarah Jess, Jeremy Learned, Travis Meister, Hanna Swenson and Kelsey Vance.

PLAN NOW FOR 2012 CAMPING WEEKEND



Join with other members and friends of Covenant at Governor Dodge State Park north of Dodgeville on July 20-22, 2012, for a relaxing, refreshing, renewing weekend for fun and fellowship. Last weekend six families (K. & M. Samuelson, G. & D. Pigarelli, D. & S. Markuson, B. & J. Hiel, S. & N. Hartman, G. & S. Carlson) with 23 people, ages three to 70, enjoyed great time together around meals and campfire and worship. Those six families plan to return in 2012!

Campers this year had the option of gathering at the designated group site for morning coffee/sweet breads and brief morning and evening "devotionals". They had lots of time for activities of choice (hiking, biking, swimming, game-playing, reading, napping, kayaking, etc.), culminating with evening campfires and s'mores. Meals were casual, either as families or at the designated group site as campers chose. Saturday evening all gathered to grill their meat and share potluck; worship with Holy Communion around the campfire followed and then lots of guitar-accompanied singing.

Campsites are grassy and wooded and with easy access to water, flush toilets and showers. Cost for two nights for a site with electrical hookup and firewood was \$58.00 this year; without electricity, the cost was \$48.00.

NOW is the time to make plans for 2012 because reservations need to be secured 11 months in advance to assure that Covenant campers can be grouped together. Sign up in the narthex or phone the church office by August 15, 2011, so reservations can be made for the entire group to keep sites close together if possible.



HEALTH CORNER



This month our Faith in Action emphasis is on the Projection Ministry and the Parish Nurse Program. Those of you present at worship on the Faith in Action weekend heard Eric Christofferson present information on those projects. Sue Richards has done significant work with the Parish Nurse Program and her letter from June is as follows:

Hi Dave & Ann,

I have been meeting with the Dane County Parish (Faith Community Nursing) nurses for over six months now. I begin "formal" training this month. I am really learning a ton. I shadow Peggy Weber (awesome mentor) and several other nurses.

Last month I taught "Chest Compression only" resuscitation in Cottage Grove with several other nurses (Hands on Hearts) and plan to bring this to Covenant next year. Fall will bring blood pressure screening Sundays and health tips to our monthly newsletter.

*In His Grace,
Sue Richards*

Eric also reported that the Projection Ministry project is proceeding well with half of the needed money raised.

Covenant members were generous with \$1807 directed to Faith in Action projects contributed in June.

Bill Eversoll of the Personal Visit Team reports as follows:

We will soon be forming another team to go call on those members that requested a visit at a later date. Any of the team members that worked on the Spring visits and would like to jump aboard for the Fall visits or any members that feel like they are missing out on making new friends please contact "lonely" Bill Eversoll at 873-7778 or "bubbly" Bird Bahnson at 334-5099.

As always, we urge you to continue to enthusiastically support Faith in Action by your prayers, your giving and by your presence as a volunteer. It has proven to be a very inspiring and fulfilling program for those involved and FUN. It is a great way for any one to get involved, because there is a place for everyone. It is a great way to get to know your fellow members of the Covenant family.

Ann & Dave Nelson, Faith in Action Program Leaders

For those of you who may not know me, my name is Sue Richards. I have been a member of Covenant for close to fifteen years. My husband and I have three boys, Sam(18), Tom(16) and Fred(12). When Sam was born, 18 years ago, I left the nursing world and took on the job of "At Home Mom." While at home, I started a small honey business. This has been and continues to be a rewarding family endeavor. As the boys grew, I felt this tug back to the nursing world. The Holy Spirit has been working in amazing ways!

This fall we will begin to see the fruits of our labors and reap the benefits of our Faith in Action seeds that were planted in the spring. One of the ideas planted in the early stages of exploring the desires of our congregation is the addition of a Parish Nurse. This came at the very same time that I was investigating the roles, responsibilities and goals of other faith based nurses in the area. The intrigue of faith community nursing has become a reality as I have begun the course work for this calling. St. Mary's hospital and in particular, Peg Weber, have taken me under their wing and exposed me to the many facets of this growing avocation. I am so excited to share with you, my church family, all that I have learned and continue to learn in training for the role of your Parish Nurse.

Come September I will begin a monthly article for our Promise and weekly health tips for our bulletin. If you have any topics, health issues, or concerns that you would like me to investigate and share with our Covenant family please feel free to contact me! I am here to serve!

In His Grace,
Susan Richards, RN
608-235-5873

THANK YOU!

THANK YOU to Owen Veum and family for their monetary donation in memory of Eunice Veum for a new microwave for the church kitchen.



Social Justice



BZZZZZZZZZZ! BZZZZZZZZZZ!

BZZZZZZZZZZZZZZZZZZ!

What's the buzz? It seems there have been fewer mosquitoes around here this year, but, unfortunately, that's not true for millions of people in 90 countries around our globe who are attacked by malaria-carrying mosquitoes.

Early in June, information was shared during worship about a simple and cheap, but VERY EFFECTIVE way to prevent this #1 killer: \$10 buys a specially-treated mosquito net to protect individuals and whole families against the dreaded disease. You may wish to join others in this effort; already \$232.66 has been given and designated for this project. The bednet is part of Covenant's FAITH IN ACTION goal, providing a "continuum of care" component to the Newborn and Hospice kits. You may make your gift at any time, using the envelopes in the pews, designating your donation for GHM MOSQUITO BEDNET. The Social Justice Ministry team will determine a date for sending these monies off to Global Health Ministries, a Lutheran-based agency focusing on healthcare issues around the world.

Our Daily Bread

Covenant is the host of Our Daily Bread on Sunday, August 28. The meal is served at 4:30 pm at First Lutheran. This meal feeds a number of people from our community. Please consider donating food or helping with set up, serving or clean up. We are going to be serving pulled pork sandwiches, salads, applesauce, bars, coffee and lemonade. There is a sign-up sheet in the Narthex. Questions – call the Covenant office.

In Case You're Wondering.....

Several of you have asked about how the Khati's are doing since their arrival last October 13. As many of you know, six members of the Khati family arrived at the Dane County Airport to begin a new life in our midst, after spending 17 years in a refugee camp in Nepal. Many of you have met them and assisted them in a variety of ways: providing household items and food; teaching them English or how to drive; being a friend and advocate on a variety of matters. Perhaps you have enjoyed tea and meals in their three-bedroom apartment on Capitol View Terrace or at a Bhutanese

community gathering. They have encountered much thus far and are still learning the culture and are "settling in." Padma (father) is working at an Indian restaurant on the Square. Bhim (only son) and Durga (third daughter) have both finished CNA (Certified Nursing Assistant) training and hope to find positions in the medical field. But, for now, until they perfect some of those skills and have a better command of English they each are employed elsewhere. Bhim is working at Maharaja Restaurant East and Durga is employed at the Madison United Healthcare Linen. Phul Maya (eldest daughter) is working in housekeeping at the Hilton, near Monona Terrance. Monu (youngest daughter) just finished summer school and will be a senior at Madison West High School in the fall. With everyone in the family otherwise occupied, Shiva (mom) is left home most mornings. She continues her in-home literacy sessions, visits with her sister-in-law and brother nearby, and tries to maintain a healthy balance for her diabetes.

This fall there are sure to be more opportunities to expand your world in helping to resettle refugees who come to our neighborhood. A FAITH IN ACTION goal is to resettle a new family in each of the next two years. Let us (Pastor George or Solveig Carlson; Linda Muller; Dan Oakland) know of your interest and we can help you CONNECT: the new families are GIFTS to US!!

Remember The Quilters This Summer

When you are out hitting the garage sales this summer and come across material or sheets think of the quilters group. They are always in need of more material (including sheets) to make quilts for Lutheran World Relief. Also, please keep your eye out for layette items for the Lutheran World Relief layettes that the Quilters also put together. The items needed for each layette include:

- 2 lightweight cotton t-shirts
- 2 long- or short-sleeved gowns or sleepers (without feet)
- 2 receiving blankets, medium weight cotton or flannel, or crocheted or knitted with lightweight yarn, up to 52" square
- 4 cloth diapers, flat fold preferred
- 1 jacket, sweater or sweatshirt with hood
- 2 pair of socks
- 1 hand towel (dark color)
- 2 Bath size (4.5 oz.) of gentle soap, in its original wrapping
- 2 diaper pins or large safety pins

Note: Gently used, clean items (no stains or tears) can be substituted for new ones. Sizes up to 24 months may be used.

JOIN THE SENIOR CHOIR . . . AND STAY HEALTHIER?

While hiding, er, doing research in a cool library on a recent 95-degree day, I came across an interesting quote from the director of music at a university in Great Britain. According to Professor Grenville Hancox, "Research . . . involving international choirs and over 12,000 people identified several particular benefits of regular group singing."



Among other things, it seems that singing exercises major muscle groups in the upper body, improves cardiovascular system efficiency, and encourages the intake of oxygen, leading to increased alertness. Furthermore, improved airflow may actually inhibit the growth of bacteria in the upper respiratory tract, thus reducing a singer's chances of catching colds or flu.

Will singing in the Senior Choir improve your health? We can't guarantee it. But we can promise you several things: fun, fellowship, the opportunity to help lead the congregation in worship, the chance to sing a wide variety of sacred music, a blue robe reserved just for you, and the occasional chocolate chip cookie.

Please plan to join us when rehearsals resume on September 11. We'll rehearse every Sunday morning from 9:10 to 10:10 in the music room (first room on the left in the main-floor education wing). Child care will be available in the nursery. If you have questions or need encouragement, don't hesitate to call me at 873-9426 . . . or talk to any Senior Choir member.

Beth Gardner

IS GOD CALLING YOU TO JOIN COVENANT'S CARE TEAM MINISTRY?

Do you have an hour or two or three to spare each month? Would you enjoy a chat over coffee? Playing Bingo? Board games? Watching old movies? Taking a walk? Attending church services or social events with a friend? Reminiscing about old times? Sharing travel adventures? Having a good laugh with a friend? Backyard bird watching? These are some of the things Care Team members enjoy doing on our visits. Please prayerfully consider joining us. For more information, see our brochures for details and speak with Pastor George.

Ministry of the Month

August Office & Public Relations

- **Newsletter** - Would you like to help collate the Newsletter? Just show up at noon on the last Thursday of each month. We have a great group of collators who come every month, but we can always use more help.
- **Funeral Luncheon** - Would you like to do something to help families who are in the midst of grief but you just don't know how to help? You can volunteer to be on-call for funeral luncheons. We need volunteers who can help set up, serve & clean up. Maybe serving at the luncheon isn't your thing, but you like to cook/bake. You could volunteer to bring food for a funeral luncheon (salads, hot dishes or dessert). Maybe you would prefer to make phone calls and coordinate the volunteers for a funeral luncheon (it would be great to have co-coordinators). We can use you in any of these ways.
- **Phones** - Do you like to answer the phone? You can volunteer to be an on-call office substitute.
- **Library** - Do you like books? You can volunteer to manage the library or just help out with keeping the library clean and organized.
- **Press Releases** - Do you have a gift for writing? You can volunteer to write press releases to send to the *Courier Hub* about what's happening at Covenant.
- **Photographer** - Do you like to take photographs or perhaps take videos? You can volunteer to take photos/videos of events at Covenant or wherever Covenant serves.

If you would like to volunteer in any of these areas, please call Chris or Carol in the church office (873-7494).



EDUCATION UPDATE

Adult Education Offerings

The past summer we received a very generous donation from a member of our congregation and we have purchased three of ***The Great Courses***:

1) **Course 1: Old Testament**

Professor Amy-Jill Levine, Vanderbilt University Ph.D.



2) **Course 2: Lost Christianities: Christian Scriptures and the Battles over**

Authentication – Taught By Professor Bart D. Ehrman, M.Div., Ph.D., Princeton



3) **Course 3: Apostle Paul**

Taught By Professor Luke Timothy Johnson, Ph.D., Yale University, Emory University



We will have these courses available to those of you who would like to study them on your own but will be considering these options as adult offering in fall and winter – stay tuned! All we can say is thank you for such generosity!

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, August 5th 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 School News!

Rally Day is not far away (September 11), so it's time to be thinking about how you and your children can be a part of the education opportunities that Covenant has to offer. There is something for everyone!



3/4/K Children: Covenant's youngest Sunday school children learn Bible stories using songs, crafts, games and stories. These children get together for opening music and prayer, and then break out into age-level classrooms.

1st-4th Grades: For this age group, we use SPARK Rotation curriculum. This curriculum teaches stories using a variety of sensory experiences, taking place through games, a movie, arts and crafts, and in the kitchen. We begin with high-energy music in the sanctuary, and then move to a rotation station for a day of learning and fun.

5th-6th Grades: This will be our second year of using the SPARK Classroom curriculum for this age group, where instead of learning six to eight stories during the year (the rotation model), the children will be learning 30 stories in a classroom environment. They will continue to join us for the opening in the sanctuary, but will move to their classroom at 9:30 for 45 minutes of Bible study and application. We are excited about this change in our programming, feeling that the change will better equip the children for Confirmation, which is just around the corner.

7th-9th Grades: There are changes here as well! First of all, all three grades will be combined (although there will also be small group discussions throughout the year). We'll gather in the Youth Room at 9:10 for fun (ping-pong, foosball, other games, as well as food and beverages). At 9:30, we'll move into the 8th grade room for some study, which will include at least three different sources:

Witness Curriculum

Nooma (Rob Bell) videos

Faith Lens (a current events Bible Study from the ELCA)

Most importantly, we'll be discussing the Bible and how it applies to your life as a teenager, and what's going on in your life, and how your faith can guide you as you face difficult challenges and decisions.

Note: Beginning last year, Confirmation students are required to attend at least 10 Sunday school sessions each year of Confirmation.

Rally Day is Sunday, September 11, 2011. Look for lots more information about this celebration in the September Promise!

TEACHERS NEEDED: We are in need of teachers in several areas of our Sunday school programming. If you are feeling a tug at your sleeve to serve Covenant's children, please don't ignore that tug. We need Shepherds, Rotation leaders and classroom teachers in a variety of places. Please contact Mark Doll at 873-7494, or Bird Bahnson, at 334-5099, if you would like to help.

FAMILY WORSHIP!

Something that we tried last year that was a big hit was our Family Worship Service, which was a fun, full, energized service for families during our Sunday school hour. This year, we will be having this service approximately every five weeks. The service will have a message, scripture, prayers and will always have Holy Communion, so it is a complete service – an opportunity for you to come worship together as a family in a very relaxed setting aimed a little bit more at our younger worshippers.

Confirmation Students: If you attend Family Worship and complete a sermon note, you will receive credit for both the sermon note and for Sunday school attendance. What a deal!

Confirmation Orientation Meeting – August 28

One of the highlights of ministry at Covenant Lutheran Church is our confirmation program and this year we continue to use the Faith Inkubator program which integrates small groups, adult guides, special guest speakers, theme nights, fellowship nights and servant projects. This year our theme is "For the Bible Told Me So", an intense look at the Old and New Testaments of the Bible. We will also address the life and times of Jesus. The gift of confirmation at Covenant is the incredible amount of adults and older youth serving on Wednesday evenings. We invite our new parents and recent confirmands the opportunity to serve in this incredible ministry impacting our youth. There are several new people participating on the core team who strengthen and guide the ministry throughout the year. The Orientation meeting for parents and youth is Sunday, **August 28**, immediately following worship. We encourage all 7th-9th grade youth and their parents to come and hear more!

Attention Guides: Our first guide huddle is Aug. 24, 6:00-8:00 pm.

QPR

I have the honor of serving on the Dane County Suicide Prevention task force. Sometimes it is amazing how ministry leads you down significant roads that truly can save lives! This is one of them: QPR. After successfully training over 60 people in Stoughton this past year we have now linked arms with Middleton and Sun Prairie. The outcome will be creating multiple agents of hope, offering alternatives to those who feel lost in a quagmire of issues.

So on Tuesday, September 27, from 6-8 pm at Lakeview Church, we are offering another community training. QPR stands for Question, Persuade and Refer. This is CPR for suicide.

After the training you become an agent of hope in Stoughton 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. Since we have faced a rather large proportion of incidents in our community I am proud to be a part of a program that responds to a need. Most of our staff has been trained, as well as our youth Peer Ministers and 10 adults. It is a privilege to work with these fine leaders of our community.

If the September event will not work out for you, I will be offering a training between Thanksgiving and Christmas on Thursday, December 1, from 6:30-8:00 pm in our upper education wing. Pastor Mark

Help Prevent Suicide *Get involved!*

If you or someone you know is suffering with depression, crisis or suicidal thoughts or actions, they should call either:

Dane County Crisis 24 hour hotline at (608) 280-2600
24 Hr National Suicide Prevention Lifeline 800-273-TALK (8255)

Stoughton Suicide/Crisis Support Agencies: Stoughton Mayor's Office, Stoughton Hospital, Stoughton School District, Stoughton Area Resource Team (START), Dane County Human Services, Stoughton Area Senior Center, Stoughton Area EMS, Stoughton Police Department, Stoughton Police, Fire, and EMS Chaplains and Covenant Lutheran Church.

If you have any questions about QPR please click on one of these links <http://www.hopes-wi.org/qpr.htm>, <http://www.safercommunity.net/suicideprevention.html> or to get further information you can contact Cheryl Wittke at (608) 256-6713 or cwittke@safercommunity.net. If you have questions about future training, please contact Lieutenant Patrick (Pat) Conlin at 608-873-6859 or e-mail pconlin@ci.stoughton.wi.us.

**MARTIN LUTHER CHRISTIAN SCHOOL
AND
CHILD DEVELOPMENT CENTER**



The MLCS childcare staff has been busy providing an exciting summer program for the 158 students enrolled in the childcare this summer. The summer theme was “Reading Your Way to Hawaii”. All age groups engaged in fun activities, crafts and games. The school age children also participated in a Reading for Fun program. Students enjoyed weekly field trips to Build A Bear, Olbrich Gardens, Deer Valley Lodge, Little AmerrickA, Ultrazone, many area pools and the Great Wolf Lodge among others. A Hawaiian Luau is planned to celebrate the end of the summer program, at the end of August.

We are very excited and blessed to be starting our 3rd year, at the previous Yahara School site, in September. We look forward to welcoming our new and returning students and families. The MLCS registration schedule, 3 Year Old Preschool and 4K Open House and “first day” reminders are listed below.

Our MLCS Chapel service is every Wednesday morning from 8:15 to 8:45. Pastors and lay Pastors from surrounding area churches serve as Chapel leaders. We invite you to come and worship with us each Wednesday morning during the school year.

Please contact the MLCS Office at 873-8073 or our Childcare Office at 873-7884 for more information concerning our educational offerings, tuition rates, and childcare services. [Visit us at mlcschool.org](http://mlcschool.org)

***Elementary School grades K – 5, Junior Kindergarten (JK),
Four Year-Old Kindergarten (4K),
3-4 Year-Old Preschool, Childcare 6 Weeks-12 Years***

**Registration: Sunday, August 14th 1:00 – 2:30 pm
Wednesday, August 24th 5:00 – 7:00 pm**

Registration days are for all Elementary School students in JK – 5th grade, (4K) Four Year-Old-Kindergarten and 3 Year-Old Preschool students.

Tuesday August 30th

**4K Open House: 6:00 - 7:00 pm AM students
7:00 - 8:00 pm PM students**

3 Year-Old Preschool Open House: 5:30 - 7:00 pm

Thursday September 1st

**First day of Elementary School: 1st – 5th Grade
Kindergarten Orientation: 6:00 - 7:00 pm**

Thursday and Friday September 1st and 2nd

Four-Year-Old Kindergarten (4K) Parent Teacher Conferences will be held on September 1st and 2nd.

Tuesday September 6th

**First day of school for – 3 Year-Old Preschool
4 Year-Old Kindergarten (4K)
Junior Kindergarten (JK)
Kindergarten**

“Soaring in Faith and Excellence”

FIRST ANNUAL PIG ROAST EVENT FOR HAITI

Join Haiti’s Children for a Pig Roast on Saturday, August 27, 11:00-4:00, Chapel on the Hill, N2440 Ara Glenn Dr., Lake Geneva. There will be children’s games, silent auction, bake sale and raffle. Cost: Adults-\$10, children 10 & under-\$6.

**Covenant Lutheran Church
1525 N. Van Buren St.
Stoughton, WI 53589
Phone: (608) 873-7494
Fax: (608) 873-9821
Email: covluth@chorus.net
Website: www.covluth.org**

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

Worship Schedule – June 12 thru Labor Day Weekend

Saturday – 5:30 pm *Come As You Are* Worship w/Holy Communion
Sunday – 9:00 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 September *Promise* are due by August 15th

IS GOD CALLING YOU?

Lutheran Social Services Has Many Children That Need Homes. Lutheran Social Services of Wisconsin and Upper Michigan, Inc. (LSS) has an active Russia adoption program with many children to place. LSS is able to place children from Russia in any state of the US. We are seeking families who feel called to adopt a child in need of a home. Please contact: Pastor Martha Nack, Lutheran Social Services, 6314 Odana Rd., Madison, WI 53719, 608-270-6625 or Martha.nack@lsswis.org.

HOSPICECARE

Question-and-Answer Seminar: "Final Insights: Discovering the Messages of the Dying"

On Tuesday, August 9, from 6:30 - 8:00 pm HospiceCare will offer "Final Insights: Discovering the Messages of the Dying." Remarks that seem unusual or gestures that seem random may carry real meaning for someone who is at the end of life. Yet it is easy to miss, misunderstand or simply ignore these cues because they seem to make no sense. At this seminar participants will learn to recognize and interpret these statements or gestures that are often missed. The free educational seminar will be held at the Don & Marilyn Anderson HospiceCare Center, 5395 E. Cheryl Parkway, Madison. Pre-registration is requested; please call Carrie Glantz, HospiceCare public affairs, at (608) 327-7202.

FAMILY CAREGIVER EDUCATION SERIES

Monday, August 1, 2011

5:30 - 7:00 p.m.

Hawthorne Library

2707 East Washington Ave., Madison "Keeping active: Helping the person with dementia stay involved." Discover ways to plan for and adapt household routines and to support continued involvement in pleasurable pastimes.

Monday, August 8, 2011

5:30 - 7:00 p.m.

Alzheimer's & Dementia Alliance

517 N. Segoe Rd., Madison

"Introduction to Alzheimer's and dementia: Getting started." Learn about dementia and its warning signs, what to do if you are concerned about yourself or someone you know, and how the ADAW can help. No registration necessary, just drop in. Donations appreciated. Questions? Call us at 608.232.3400.

SUGAR CREEK BIBLE CAMP QUILT & ANTIQUES AUCTION

Saturday, September 10, 2011

10:00 am – 3:00 pm

13141 Sugar Creek Bible Camp Road

Ferryville, WI 54628

608-734-3113

camp@sgrcreek.org

SATURDAY WORSHIP ASSISTANT SCHEDULE 2011

August 6, 5:30 pm

Usher/Communion Assistants: Dennis & Beth Hilgendorf
Lector: Beth Hilgendorf

August 13, 5:30 pm

Usher/Communion Assistants: Daren Gunderson & Kelly Schieldt
Lector: Matt Doll

August 20, 5:30 pm

Usher/Communion Assistants: Alex Pigarelli & Erik Herman
Lector: Alex Pigarelli

August 27, 5:30 pm

Usher/Communion Assistants: Tom Nelson & Isaac Eugster
Lector: Tom Nelson

September 3, 5:30 pm

Usher/Communion Assistants: Maddy Kuehl & Violet Kuehl
Lector: Peggy Petersen

SUNDAY WORSHIP ASSISTANT SCHEDULE 2011

August 7

9:00 am **Communion Assistants:** Scott & Robin Wendt
Lector: Scott Wendt
Greeters: Scott & Robin Wendt
Usher Team: Olson

August 14

9:00 am **Communion Assistants:** Greg Clark & Dawn Mulcahy
Lector: Greg Clark
Greeters: Ralph & Wilma Baumbach
Usher Team: Herbst

August 21

9:00 am **Communion Assistants:** George & Lois Craig
Lector: Steve Peterson
Greeters: Shirley Kiesling
Usher Team: Soehner

August 28

9:00 am **Communion Assistants:** Bailey Vance & Phyllis Hein
Lector: Phyllis Hein
Greeters: Phyllis Hein
Usher Team: Heil

September 4

9:00 am **Communion Assistants:** Beth Hilgendorf & Kailyn Prein
Lector: Marijo Vols
Greeters: Jennie Eddinsaas
Usher Team: Kahl

Acolyte Schedule—August 2011

Sunday, August 7 **9:00 am** Quinton Purves & Austin Nowicki

Sunday, August 14 **9:00 am** Cade Pasold & Drew Pasold

Sunday, August 21 **9:00 am** Meredith Melland & Kaitlyn Hedman

Sunday, August 28 **9:00 am** Brinna Hanson & Reghan Anderson

Sunday, Sept. 4 **9:00 am** Ian Sutton & Dalton Bahnson

If you are unable to fill your scheduled time, please switch with a friend. Please call the church office (873-7494) so names can be changed in the bulletin. Thank you!

August Altar Guild: Helga Cope

August Communion Committee: Christy Unzicker