

THE PROMISE



The Monthly Newsletter of
Covenant Lutheran Church—ELCA
September 2011

FALL SCHEDULE

Beginning weekend of September 10-11, 2011

RALLY DAY - Sept. 11!!!

**Saturdays 5:30 pm *Come As You Are*
Worship**

**Sundays 8:00 am Worship
9:10 am Education Hour
10:30 am Worship**

Ministry of the Month

September Worship & Music

Worship is central to our lives as people of God. We gather to hear the Word, sing praises and share in the Lord's Supper.

During the summer we have been hard at work recruiting new leadership for Worship and Music. This recruitment focus has blessed us with three new leaders of worship and music - Linda Everson, Laurie Woodhouse and Meghann Fougousse. Each of them bring a wide range of experience to the table that will enhance our ministry for the 2011-2012 church year.

This team has a number of people dedicated to create a worship experience that enlivens the senses. We take seriously and amusingly ways to worship using our eyes, ears, mouth, taste, smell and touch. We meet together for prayer and reflection the *1st Tuesday of the month @ 6:30 pm*. After centering ourselves in Christ these are some of the people who plan, design and craft worship together:

- **Acolytes:** Chris Doll
- **Altar Guild:** Alaine Johnson
- **Assistant Minister Scheduling:** Karen Shilts
- **Communion Prep:** Robin Wendt
- **Council Liaison:** Bill Eversoll
- **Drama:** *Our newest ministry is under construction to be revealed in Advent!*
- **Liturgical Art Coordinator:** Denise Pasold
- **Organist:** Wayne Duddleston
- **Projection Ministry:** *Our newest ministry is under construction to be revealed in Advent!*
- **Saturday Night Pianist:** Michelle Osterhaus
- **Saturday Worship Coordinator:** Mark Doll
- **Sound & Lighting System:** Judy Heil, Anna Edwards, Dennis Hilgendorf and Don Warren
- **Senior Bell Choir:** Directed by Phyllis Hein. Rehearsals are Wednesday evenings at 6:00 pm.
- **Senior Choir:** Directed by Beth Gardner. Rehearsals are Sunday mornings at 9:10 am.
- **Ushers:** Richard Shilts

- **Worship and Music Chair:** Michelle Osterhaus
- **Worship Assistant Scheduling:** Chris Doll
- **Pastor:** Mark Petersen

Beginning on Rally Sunday, September 11, we are adding a worship service during the Sunday School hour about once every five weeks (seven extra worship services 2011-2012). This worship service will wrap around the end of every Sunday School rotation. It includes a brief liturgy, Word, Holy Communion and energy geared toward our children. Our goal is to offer lively music and object lessons with interactive participation with families.

At the beginning of the new church year (Advent/December or beginning of 2012) we hope to have our *projection ministry* ready to go by providing a living stain glass window for worship. This is one of the fruits of the Faith in Action goals for our worship services. The Faith in Action rule is that we cannot begin until we have the money and people to run the program. Because of the incredible generosity of our congregation we are very close. Over the summer we have secured a company to install and educate our projection team as we add this new dimension to our worship and education programs. We are also exploring adding another team member to coordinate drama during worship.

On November 1 there will be a fall worship retreat for our worship team, staff and council. At this retreat we would like to evaluate all of our weekly services, look at places to deepen our *quality, precision, timing and energy* at worship. Finish teaching setting 8 in our hymnal and seriously look at a new Lenten liturgy (similar to Holden Evening Prayer) for 2013. Some are wondering if we could add more musical instrumentation at the Saturday evening and Sunday morning offerings. During part of the retreat we need to plan for projection ministry and drama with expectations and needs for preparing volunteers to use the new equipment. Time will be spent repeating our commitment to offer yearly training for worship participants. Finally we would also like to re-look at children's choir and music ministry for 2012. In our opinion our youth have a great deal to offer our worship celebration.

This past summer the Jazz Service reminded us that great worship happens at Covenant when God's Spirit moves through many gifts of people that enliven all the senses. This team is dedicated to inviting a wide variety of participants serving at worship from the very young to the very old.



All of this cannot take place without each of you offering your particular gift from setting up Holy Communion to doing Holy Housework, offering your hands and hospitality in ushering or serving. From assisting ministers to readers, singing in choir to ringing hand bells, we are blessed with so many gifted people; willing to be used by God's Spirit. This worship and music team is dedicated to God's work in our hands. If you would like to serve in our worship offerings, please fill out the form in this *Promise* edition or stop at the welcome center and pick one up! We welcome you!

God's Work our Hands,

Your Worship and Music Team
Michelle Osterhaus – Chair

Meghann Fougrousse – New to the Team

Linda Everson – New to the Team

Laurie Woodhouse – New to the Team

Beth Gardner – Senior Choir Director

Wayne Duddleston – Organist

Robin Wendt – Communion Prep Coordinator and Secretary

Denise Pasold – Liturgical Arts

Karen Shilts – Assistant Ministers and Projection Ministry Chair

Bill Eversoll - Council Liaison

Pastor Mark Petersen – Staff



SINGERS WANTED!

Senior Choir rehearsals resume on Sunday, September 11— please consider joining us! We practice from 9:10 to 10:10 on Sunday mornings in the music room (first room on the left in the main-floor education wing); child care is available in the nursery. If it's been a while since you've sung in an ensemble, don't worry—the friendly and experienced musicians of our Senior Choir will make you feel welcome and ease you back into the fun of choral singing. Have questions? Need encouragement (or arm-twisting)? Call Beth Gardner at 873-9426.

Our Faith in Action Sunday in August was attended by John Gillespie the director of the Vision 2 Serve program out of which we developed our own Covenant title of Faith in Action. He had some recommendations for us which we will be working with as we go along. He recommends that each of the Goal Ministry leaders communicate more with our Faith in Action leadership for two important reasons. Number one, we want to communicate to the congregation through our Newsletter and our monthly Sunday morning presentation just exactly what progress is being made on each goal and secondly what the needs are in terms of volunteers and funds. We then want to publicize how many volunteers are needed and to later thank those volunteers. As always we want all of us to work together as a tight group, to communicate well, and to report back to the congregation our successes or lack thereof.

We have been very pleased with the generosity of our congregation to date. We have come close to reaching our goal each month. \$3,511 was contributed in July with our monthly goal being \$3800. We emphasize again that your contribution to our Faith in Action goals should be entirely according to each members ability to contribute. No one should feel pressured. We think you will find, however, that giving and then seeing the progress toward reaching these goals really feels good!

Ann & Dave Nelson, Faith in Action Program Leaders

FALL OUTDOOR CLEAN UP DAY October 22nd



Our Fall Outdoor Clean-Up Day is scheduled for Saturday, October 22nd. We will be starting at 8:00 am. Rakes, shears, gloves, brooms and other lawn tools would be helpful. In the event of unfavorable weather, we will reschedule for Saturday, November 5th. Please consider joining us if you are able!

Education News!



Rally Day – September 11!

Join us for the beginning of the education year on September 11 at 9:10 am! We will all gather in the Sanctuary for a very special beginning to the year: our first Family Worship Service (one of seven) for the year. On Rally Day, we'll also commission our teachers and have the BLESSING OF THE BACKPACKS! You don't want to miss this special worship service – a service that also includes Holy Communion, and a special message aimed at children of all ages.

Regular Sunday School Classes begin September 18. Registration materials were sent out on August 19 – if you have not received yours, please contact the church office.

And ...What does Sunday School look like this year?

- For ages three, four and kindergarten, we hear many stories of the Bible, including an important idea or thought from the story, using crafts, music, prayer and more.
- For 1st-4th Grades, we will be using SPARK rotation curriculum, and hearing and learning stories through movies, working in the kitchen, arts and crafts, games and more.
- For 5th-6th Grades, we will be using SPARK classroom curriculum, working through 20 different units throughout the year, in meaningful and deeper ways.
- For 7th-9th Grades, we will be using several different teaching methods – something for everyone – as we work out of the Witness curriculum, watch and discuss Rob Bell Nooma videos, and talk about real-life events and applying our faith to our lives through the ELCA's Faith Lens study.

But to make this happen ...

We welcome all who are interested and willing to volunteer their time and develop their talents in our Sunday school programs. WE HAVE A PLACE JUST FOR YOU! It takes a lot of volunteers to provide the quality programming Covenant offers – many hands make light work – your hands and your support are just what we are praying for!

Don't hesitate! Call Mark Doll (873-7494) or Bird Bahnson (334-50909) TODAY! We are happy to talk to you about our Sunday school programs and find a place where you can help.

We can also be reached via email at:

markdoll@chorus.net

birdbbahn@gmail.com

CAN'T WAIT TO HEAR FROM YOU!!! There is a lot of fun and learning ahead for YOU and the children of Covenant!

Confirmation Kickoff! – September 7 at 7:00 pm

September 7th is the first night of Confirmation for 7th-9th graders, and we're going to have fun! We'll have a bit of a celebration for our kickoff, featuring the Lutheran Olympics (those of you going into 8th grade have a decided advantage, being veterans of this competition) before we begin our teachings on September 14th.



If you haven't received your registration materials for Confirmation, please contact the church office. See you on the 7th!

Peer Ministry Kickoff! – September 7 at 7:00 pm

For High School students who are planning to be part of our Peer Ministry program, the kickoff event for this will also be September 7 at 6:30 pm. And no, it's not a coincidence that it is the same time as confirmation, and the same time as you have been coming to church on Wednesday evenings for the past three years. Please join us – we will be joining in the Lutheran Olympics as well, and you don't want to let those young confirmation students be victorious! Don't miss out! If you participated in Peer Ministry last year, you are encouraged to participate again – remember, Peer Ministry isn't a program, it's a way of life! This year, for the first time, you are invited to bring a friend to Peer Ministry – they need not be a member of Covenant!

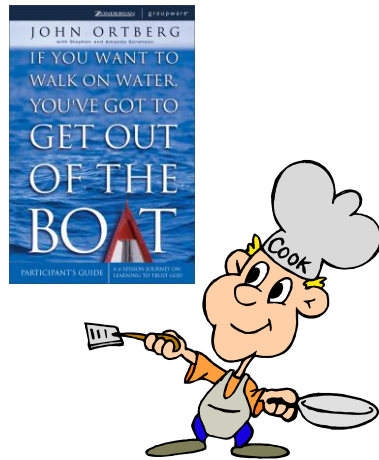
First Friday Bible Study: *Journeys Through Revelation: Apocalyptic Hope for Today.*

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, Sept 2 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.

Men's Breakfast



Men's Breakfast is back for another year, beginning on October 8. 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).

Learning Opportunities for Adults

When September arrives at Covenant, children are not the only ones who return to Sunday school. The Adult Education Core Team will be offering several opportunities for adults to grow in faith through bible study, reflection and conversation with others. Here's a look at what's planned so far:

- **First Fridays:** Our Friday group, which meets the first Friday of every month (conveniently the same night as Family Movie Night), will continue their study of the book of Revelation. Anyone can join this group at any time – no need to have participated in any of the previous discussion.
- **Sunday Mornings – R&R:** Join us between services on Sunday mornings, starting around 9:15 am, for a little R&R – reflection and renewal. We'll be doing several four-week blocks of bible study and issues relevant to our faith throughout the year. First up this fall, starting on September 18, is a serving of Sermon Stew, a time for all to ponder, discuss, comment and/or raise questions about the sermon with Pastor Mark or Pastor George present to listen, learn and clarify.
- **Men's Breakfast:** Pastor Mark will begin the next session of the Men's Breakfast, usually the 2nd Saturday of the month, in October.
- **Daytime Studies for Seniors and Others:** A group of folks from our Senior Ministry Group Learning Task Team will be offering a daytime course this fall, most likely Thursday mornings, on Christian-Muslim relations. It promises to be a thought-provoking and enriching series. More details will follow in bulletins, newsletters and online.
- **Saturday Supper/Movie Night:** We are planning four Saturday evening events in which we can gather together, enjoy an easy supper or potluck, and watch a movie about how God is at work in the world.
- **Financial Peace:** This seminar on how to reduce debt and get on safer financial ground will again be offered this fall. Watch the bulletin and online for details.

A friendly reminder: Anyone in our local community is welcome to join us for any and all of these events. A brochure will be available in early September at the Welcome Center. For more info, call Chris Melland at 877-4128.

Reflections along the way

Reflexiones

To Live Lutheran

Orlando Florida: I am so proud to be a member of the ELCA! My article was written during the Churchwide Assembly in Florida; so this is my opportunity to give you a taste of the week, wrapped around: "Freed in Christ to Serve!"

On the second day of the churchwide assembly we listened to the report of our Bishop Mark Hanson. The recurring theme in his message was: ***"This is Christ's Church, you are welcome here, and there is a place for you here!"*** He told us of a woman who pressed him to sum up his forecast for the future of the church in one word, he responded: "freedom!" From there he challenged all of us to take seriously Martin Luther's words *"Living a daring confidence in God's grace..."* From time to time we paused for video clips of hopeful signs of God's activity in congregations across our country and the world. In one defining moment he lifted up the hope that the ELCA is "called to multiply the church not divide it." Our church defines itself by our relationships with God and one another not by the things that divide us. He reminded us that *we live Lutheran* when we listen to the Word of God. *We live Lutheran* when we listen to the people within our communities where we are planted. And *we live Lutheran* when the Holy Spirit then leads us to respond! I am proud to live Lutheran because we are a welcoming community with a place for everyone.

Bishop Mark Hanson's closing words were, *"This is such a hopeful time in our church!"*

Throughout the plenary sessions we have been looking at Video clips creatively put together by a number of our ELCA churches. In a way it is like our confirmation structure utilizing a number of commercials to keep things fresh. Each clip began with the question "What does it mean to live Lutheran?" They were a mixture of humor, congregational life and faith.



We took time for consideration of Amendments to Constitution, Bylaws and Continuing Resolutions related to *LIFT*; which stands for *Living into the Future Together*. This is a course of action of renewing the ecology of the Evangelical Lutheran Church in America. LIFT is one of the items that will impact our future in meaningful and practical ways. We passed a groundbreaking social statement which does not judge the use of but enables thoughtful discernment as to how humans steward the use of genetic science in food production, medicine and other uses.

I was so proud that our congregation was already purchasing mosquito nets for communities plagued by malaria; because during our week in Orlando we set a goal to make Malaria history by 2015. Do you know that every 45 seconds a child of God dies of Malaria? We are taking action to eradicate it!

Did you know there were 60 new congregations formed last year alone and we have a goal of forming 500 new congregations in the next five years? We are in the midst of deliberating on and approving a new and vibrant church wide organization that will more efficiently support and enable all three expressions to creatively execute programming across a wide array of ministries and mission opportunities.

Each day the worship services simply "knocked my socks off." The story of the Walk to Emmaus in Luke 24 was read in Spanish, the opening call to worship was sung in Japanese, and music during Holy Communion was a mixture of traditional hymns and blues. "Taste and See" moved me to remember how close I feel to the presence of Christ in the precious moment of Eucharistic hospitality. At the beginning of the day I wondered *how they could possibly top the last worship service.*

In the afternoon we all paused from the plenary sessions and entered into a bible study, focusing on a lesson that would be used at worship the next day. It was here that I met my prayer partner Chris Preisinger for the first time; she is from Scotia New York. Prior to our arrival in Orlando every participant was assigned someone to pray for before the assembly; who later becomes someone you learn and pray with in bible study. The study included eight other people; young and old, male and female, Bishop and lay, pastor and deaconess, all from different expressions of faith communities. The man on my left was

Pastor Maecir who is Portuguese and serves a congregation on the east coast using Portuguese and Spanish as the primary languages of worship. We come from different expressions of faith communities but have a lot in common; *living Lutheran*.

Yes, it is a great time to be a member of the Evangelical Lutheran Church in America. We have such a wonderful story to tell. Each of you have so many stories to share from your lives and I encourage you as members of this great church, to share your stories of love, faith and hope with those overlooked and neglected in our midst. It is through our sharing and serving, in Christ, that we become stronger and more relevant to many. It is God's work, our hands. We are freed in Christ to serve! Let's get to work!

Living Lutheran,
Pastor Mark

2011 CHURCHWIDE ASSEMBLY Summary of Actions

The Twelfth Biennial Churchwide Assembly of the Evangelical Lutheran Church in America (ELCA) was held Aug. 15-19, 2011, at the Orlando World Center Marriott. The theme was "Freed in Christ to Serve."

- ELCA Malaria Campaign officially launched
- "Genetics, Faith and Responsibility" social statement adopted
- Review process for social statements adopted
- LIFT (Living into the Future Together) implementing resolutions adopted
- 2012-2013 Budget proposals adopted
- Memorials and constitutional changes adopted

For more information on the work of the assembly, including daily legislative updates, videos and a news blog, visit www.elca.org/assembly.

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@sgrcreek.org to reserve your space.

just visiting with pastor george...SERVICE/MISSION

Yesterday, Sunday, August 21, 2011, youth and adults who went to Upper Michigan in July served refreshments following worship. Near the serving table a slide-show ran on the television with picture after picture of our members working together on homes that needed old roofing removed and new roofing installed, old siding removed and insulation installed, and more... I could see the joy of serving in their faces. That SERVICE/MISSION TRIP blessed them as well as the home owners!

Then I realized that serving refreshments following worship is also SERVICE/MISSION right here at Covenant. And then it dawned on me that we who follow Jesus are on a life-long SERVICE/MISSION JOURNEY. It began at our baptism and continues until our death. Every day you and I have opportunities to serve others. Most often the service seems nothing noteworthy, merely lending a hand or listening to a story or giving a hug or sharing a ride...when we do anything that helps another person, we know the joy of serving. Then at times the service may make the news, like the thirty Covenant members who gave a week to help total strangers in Upper Michigan or the man in New Mexico who rescued a little girl who had been abducted or the young girl who asked people to not give her birthday gifts but to give to a fund for the hungry. We who follow Jesus follow our leader who lived a SERVICE/MISSION LIFE to break barriers that separated people, to rebuild relationships that had been broken, and to show us God's heart.

This fall our Social Justice Ministry Team in collaboration with our Senior Ministry Core Team hopes to bring together several members of Covenant for a SERVICE/MISSION TRIP to Minot, ND. A call has gone out from Lutheran Disaster Response for people to come there and help with the huge task of clean up following the devastating floods there this summer. You can see an article telling more of the need. I invite and encourage all to come to the exploratory meeting at 6:30 pm, Tuesday, September 6, to learn more and plan our trip. This SERVICE/MISSION TRIP will be just one more leg of our JOURNEY in our SERVICE/MISSION LIVES as we follow Jesus in responding to human need for help and hope.

Lutheran Disaster Response (ldr.org)

ALL-CALL FOR VOLUNTEERS



In late June, record flooding devastated the city of Minot, North Dakota, forcing nearly a third of the residents to evacuate and leaving more than 4,000 homes and businesses heavily damaged.

Local residents have been hard at work, but the task is too much for local volunteers alone. As Lutherans, we're experts at rolling up our sleeves when there is a need, and our sisters and brothers in Minot need our help now. The goal is to have as many flood-damaged homes gutted as possible before the first major snowfall, which could be less than three months away.

This is an all-call for volunteers from around the country.

Lutheran Social Services of North Dakota has set-up a volunteer hotline, and anyone interested in helping should call 218-443-4970 to register. You can also visit www.lssnd.org to find volunteer registration forms and other important information about volunteering.

Volunteers should be 18 and older (16 and 17 year olds accepted with signed parental consent). All volunteers will need to have an updated tetanus shot and will need to wear long pants and thick-soled boots or shoes. Local congregations will be providing basic housing, if needed, but volunteers will likely need to provide their own food. Training will be done on site, and it is helpful (but not necessary) if volunteers can bring some of the following items: work gloves, goggles, N-95 grade air filter masks, hammers, brooms, buckets, pliers and crowbars.

Social Justice Ministry Team hopes to organize a Service/Mission Team from Covenant to respond to this need this fall. PLEASE come to the Social Justice Ministry Team meeting at 6:30 pm, Tuesday, September 6, to learn more details and make plans to help our sisters and brothers in Minot, ND. Thanks in advance for your willingness to serve!

*Lutheran Disaster Response
Bringing Help and Hope...*

Mark Doll, Minister of Faith Development

This week, as I've been reading Pastor Mark's blogs from the Churchwide assembly in Florida, I've been struck by just how proud I am to be part of a church that boldly states "We are Covenant Lutheran Church, Evangelical Lutheran Church in America." Go to our web-site (www.covluth.org) and you'll see it right there on the home page. We are part of and will continue to be part of the ELCA.

Why is that important to me? Here are some of the reasons:

- † We will continue to respond to a world in need, whenever and wherever crisis occurs.
- † We will continue to have discussions regarding difficult issues, rather than dismissing them or sweeping them under the rug.
- † We will continue to challenge governments regarding issues about justice – even if that government is our own.
- † We will continue to allow each of God's children to be uniquely who they are and have been created to be, and accept and love them as such.

That last point is particularly important to me. To my way of thinking, it means that I will accept others as they are, regardless of their race, their economic status, their political views, their sexual orientation, their _____ - you fill in the blank. It also means that I have to accept the reality that in many different matters, we won't share the same opinions. That might be the hardest reality of all! Not having the same views can lead to challenging conversations!

But ... not having the same views also can lead to change, to progress, and to transformation, as we seek to understand the viewpoint of others, and learn from those viewpoints. And having thoughtful, considerate conversations about our differing views can absolutely strengthen relationships.

Over the past couple of years, as some churches have voted to leave the ELCA, I've paid attention to news releases and stories surrounding those churches. One church proudly announced that they voted unanimously to leave the ELCA. My first thought was, "that's so sad," not because they had decided to leave the ELCA (although that certainly seemed sad as well), but because there was no "other" opinion, there was no discussion, there was no

attempt to see or even hear another viewpoint, much less to accept such a view.

Believe it or not, we aren't always going to agree with each other. Rather than see that as a negative, let's celebrate it as a gift from God, that we have different views, we have different ideas, each of us is a unique child of God! What a gift that is!



Social Justice



Piggy Banks for ELCA World Hunger Ministry
The Social Justice Ministry Team plans its annual distribution of PIGGY BANKS for World Hunger during Rally Day weekend, September 10 and 11. PIGGY BANKS raise awareness of world hunger issues for entire families and help teach children to care for those in need by sharing. The devastating famine in Somalia and other nations in east Africa make this ministry especially important this year. Funds from the PIGGY BANKS are collected in the spring and taken to the Synod Assembly of the South-Central Synod of WI next spring. Stop by the Social Justice Ministry Team display on Rally Day weekend to learn more and trade in or pick up a new PIGGY BANK for 2011-2012.

Art & Brat Sale

Team Haiti would like to thank those of you who joined us for food and fellowship on July 30th & 31st! The event was a treat for our taste buds and feast for our eyes. We raised \$212.00 from the brat sale and \$430.00 on the art sale. We donated \$642.00 to Gladys Mungo towards the purchase of a new vehicle. Leftover photographs were donated to Gladys for future art sales. THANKS for making this a successful event! God is good....All the time!

Youth News!

FAMILY MOVIE NIGHT! – FRIDAY, SEPTEMBER 2

Young Travis Coates is left to take care of the family ranch with his mother and younger brother while his father goes off on a cattle drive in the 1860's. When a yellow mongrel comes for an uninvited stay with the family, Travis reluctantly adopts the dog. After a series of scrapes involving raccoons, snakes, bears and all manner of animals, Travis grows to love and respect Old Yeller, who comes to have a profound effect on the boy's life.

John Winger in Stripes: *"We're the underdog. We're mutts! Here's proof: his nose is cold! But there's no animal that's more faithful, that's more loyal, more loveable than the mutt. Who saw "Old Yeller?" Who cried when Old Yeller ..."*

I dare not finish that sentence, for fear of giving away the ending, but yes, we're showing Old Yeller for Family Movie Night on Friday, September 2. In the picture, Old Yeller is the one on the right. This is an absolute classic, and if you come, be sure to bring tissue, because you too will cry when Old Yeller ... oops, almost gave it away.



On Family movie night, we gather in the Covenant Cinema from 6:30 to 7:00 pm, making popcorn and lemonade, and the movie begins promptly at 7:00. And you know what we serve with the movie? Yep, you guessed it – popcorn and lemonade! And it's free! It's all free!

AUGUST FUN DAYS RECAP:

We had fun! Tons of fun! August Summer Fun Days had us playing "Drip, Drip, Drop," throwing water balloons, squirting squirt guns, drawing with sidewalk chalk, playing bean bag toss, soccer and finishing with a trip to Little Amerricka (24 of us went – I think we might do this again, but try to bring ... oh, say, 100!). If you missed out, know that more fun days will be scheduled soon, although we might be reluctant to play "Drip, Drip, Drop" in December.

MISSION TRIP PRESENTATION

On Sunday, September 25, at the 10:30 worship service, our youth will be giving a presentation about our Upper Michigan Mission Trip. It was an exciting week, and we are anxious to share our excitement with you. We are already in the planning stages for next year's trip, so watch for more information. This year, we were limited to no more than 30 people, and depending on what trip we go on next year, we may have similar limitations, so be ready to jump on board!

COMPASSION INTERNATIONAL

We are struggling to make our commitment to Compassion International, a ministry we have been supporting for over five years now. At this point, we are in the process of determining whether we will be able to support our three youth any longer. Information about each of the children (including some wonderful letters from them) is available on the Youth bulletin board in the upper education wing. The Covenant Youth contribute \$114/month to sponsor these three children (\$1,368/year).

If you are interested in helping the youth meet their pledges, please contribute in either of the following ways: 1) There is a piggy bank on the Social Justice table by the office which is earmarked for Compassion International – you may contribute bills or change here, or 2) You may contribute by making a check out to Covenant Youth, with Compassion International in the memo section. Thank you for your help!

HEALTH CORNER



One of the advantages of practicing as a parish nurse is that I have the privilege of and the freedom to share my Christian perspective. Another advantage is that I can focus on promoting health instead of only addressing issues of illness and injuries. Why promote health? Our bodies are gifts from God. Health is a gift from God. We have a stewardship responsibility to take care of our body that God has given us. As the seasons change from summer to fall, we too can make changes...changes for better health with healthy eating. We can add more of the nutrition packed foods that are ripening in our gardens and orchards. We can aim to include more fatty fishes in our diet- these include salmon, white albacore tuna, trout herring and sardines. The suggestion is to eat at least two 3-ounce servings of broiled baked or grilled fish each week.

Remember to include at least five servings of fruits and vegetables each day. Our gardens are booming this time of year. Tomatoes & squash are great nutritionally rich foods! We have them in abundance right now. If you have more veggies than your family can consume, bring in your extra to exchange with your church family during fellowship time, following worship .

Here is an easy recipe to try with all of the common vegetables currently available in our gardens. The conclusion of the garden season is just the beginning of this garden-fresh hot dish. Packed with potatoes, onions, tomatoes, zucchini and more, there's a harvest of vitamins and minerals in every forkful!

End-of the-Garden Casserole

Ingredients:

- 1 pound medium potatoes, thinly sliced
- 1 medium zucchini, thinly sliced
- 1½ pounds medium onions, thinly sliced
- 1 small eggplant. Peeled and sliced
- 1 pound medium tomatoes, sliced
- 1 ½ cups shredded part-skim mozzarella cheese
- ¼ cup grated Parmesan cheese
- ½ teaspoon dried basil
- ¼ teaspoon pepper
- ½ teaspoon salt
- ¼ cup water



Directions:

Layer half of the first 10 ingredients in a 3-quart baking dish coated with nonstick cooking spray. Repeat layers. Pour water over the top. Cover and bake at 375 degrees for 60-75 minutes or until tender. Uncover, bake 5 minutes longer or until lightly browned.

Remember- we are forgiven children of God- so if we stray from healthy eating, we can try again the next day. Healthy eating does not mean that we cannot enjoy some of the less healthy foods. It just means that we are aware of our choices and aim for more of the healthy while enjoying the occasional treat. The sins of yesterday can be forgiven and God gives us a clean slate each morning. Try anew to follow, as He guides us.

In His (healthy) Grace,
Sue Richards, RN
Your Parish Nurse

CIRCLE NEWS

Lamb of God will meet on Thursday, September 8, 1:00 pm.

Lydda Circle will meet Monday, September 19, 1:00 pm at the home of Marsha McBroom (345-0172).

Joy Circle will meet on Tuesday, September 20, 1:30 pm at the home of Pearl Johnson.

QUILTERS BEGIN SEPTEMBER 6TH

Attention Quilters!!!

Quilters will meet each Tuesday at 8:30 am beginning Sept. 6. You do not need to be a "quilter", just the desire to help someone less fortunate than ourselves. Bring a friend. The more the merrier!

For more information call: Laura Spencer – 873-7499
Marsha McBroom – 345-0172



“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!**

ADDITIONAL CARE TEAM VOLUNTEERS NEEDED! 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?
- Back yard bird watching?

These are some of the things Care Team members enjoy doing on our visits.

For more information about Covenant's Care Team Ministry, please see our brochures. **Additional trainings will be offered this fall. Scheduling is flexible to accommodate needs of new trainees. See Pastor George for details** Please prayerfully consider joining us.

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

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 October *Promise* are due by September 15th

SATURDAY WORSHIP ASSISTANT SCHEDULE 2011

September 3, 5:30 pm

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

September 10, 5:30 pm

Usher/Communion Assistants: Daren Gunderson & Kelly Schieldt
Lector: Karen Boehme

September 17, 5:30 pm

Usher/Communion Assistants: Lynne Tews & Norm Toso
Lector: Lynn Tews

September 24, 5:30 pm

Usher/Communion Assistants: Dennis & Sandy Markuson
Lector: Sandy Markuson

October 1, 5:30 pm

Usher/Communion Assistants: Rocky & Kathy Olson
Lector: Susie Swenson

SUNDAY WORSHIP ASSISTANT SCHEDULE 2011

September 4

9:00 am **Communion Assistants:** Beth Hilgendorf & Kailyn Prein
Lector: Marijo Vols
Greeters: Ralph & Wilma Baumbach
Usher Team: Kahl

September 11

8:00 am **Communion Assistants:** Eric & Eve Christoffersen
Lector: Eve Christoffersen
Greeters: Eric & Eve Christoffersen
Usher Team: Nissler

10:30 am **Communion Assistants:** Judy Heil & Marcy Kemp
Lector: Judy Heil
Greeters: Judy Heil
Usher Team: Herbst

September 18

8:00 am **Communion Assistants:** Julie Rice & Beth Hilgendorf
Lector: Beth Hilgendorf
Greeters: Julie Rice
Usher Team: Soehner

10:30 am **Communion Assistants:** Helland Family
Lector: Wayne Duddleston
Greeters: Helland Family
Usher Team: Fossen

September 25

8:00 am **Communion Assistants:** Scott & Robin Wendt
Lector: Scott Wendt
Greeters: Scott & Robin Wendt
Usher Team: Olson

10:30 am **Communion Assistants:** Michelle Walker & Philayne Chose
Lector: Marcia Trentz
Greeters: Marcia Trentz
Usher Team: Kahl

October 2

8:00 am **Communion Assistants:** George & Lois Craig
Lector: Lois Craig
Greeters: George & Lois Craig
Usher Team: Nissler

10:30 am **Communion Assistants:** Scott & Peter Dirks
Lector: Scott Dirks
Greeters: Don & Gen Miller
Usher Team: Heil

Acolyte Schedule—September 2011

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

Sunday, Sept. 11 **8:00 am** Andrew Bellefeuille & JJ Johnson
10:30 am Sophie Pitney & Raven Poirier

Sunday, Sept. 18 **8:00 am** Ali Freeman & Kailyn Prein
10:30 am Bailey Vance & Tiamarie Sundby

Sunday, Sept. 25 **8:00 am** Shad Peterson & Mitchell Linnerud
10:30 am Tyler Glick & Isaac Eugster

Sunday, Oct. 2 **8:00 am** Noah Doll & Alex Morris
10:30 am Hannah Hobson & Hunter Brekke

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!

September Altar Guild: Christy Unzicker

September Communion Committee: Thor & Beth Anderson