

## Welcome to the online version of our Newsletter

### Financial Notes

October 18, 2009

Total Deposit	\$2,839.40
Food Pantry	\$82.15
Reconciliation Off.	\$30.00
Hunger Hike	\$51.25

October 25, 2009

Total Deposit	\$1,273.81
Audio/Visual	\$550.00

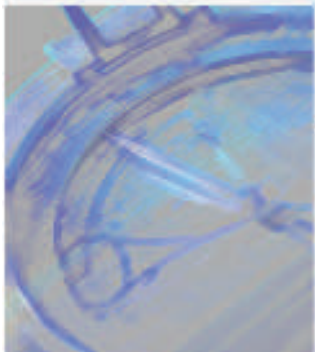
November 1, 2009

Total Deposit	\$5,178.00
General Fund	\$5,093.00
Food Pantry	\$10.00
ADA	\$25.00
Audio/Visual	\$50.00
Needed per week	\$3,132

### How to Reach Us

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Christian Church (Disciples of Christ)



# the COMPASS

“Stand at the crossroads, and look, and ask for the ancient paths.” Jeremiah 6:16

## What is Spiritual Direction?

Volume 1 Issue 34  
November 4, 2009

You may have heard about my involvement in the Spiritual Direction Preparation Program and wondered about that. What is spiritual direction, and why is our pastor pursuing study in this area? Well, I thought I'd share some more background about this program and why I am so heavily involved.

I am currently in the third year of a three year program designed to prepare me for the ministry of spiritual direction. I study through the Franciscan Spirituality Center in LaCrosse, Wisconsin. I am in a class of about 40 people of diverse backgrounds, men and women, about half Catholic and half protestant. I am one of about 4 pastors in the program (Lutheran and UCC). Most of the study involved has been here at home, with reading and practicum where I meet with “clients” in spiritual direction. In addition, I travel to LaCrosse about 3 times a year for weekend workshops (Nov. 6-8).

Spiritual Direction is a ministry of listening and care. Some have called it spiritual companionship which sounds less hierarchical and probably more accurately describes what I mean by spiritual direction. It differs from counseling because in counseling the primary relationship is between the client and the counselor. In spiritual direction, the primary relationship is between the client and God, I'm just there as a third-eye objective listener who might nudge and encourage with gentle questions. I currently work with 4-5 people in spiritual direction who are dealing with major changes and life issues. Probably the most common issue is a changing understanding and image of who God is.

Spiritual direction is a ministry to which I feel called and gifted, and I appreciate the opportunity to learn and grow. In the process, I believe I am becoming a better pastor.

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Peace, Paul Witmer

Covenant Christian Church values **Spiritual Growth**. So, if we were accused of being a faith community that encourages the **spiritual growth** of its members, would there be enough evidence to convict us of this accusation? A quick look through the or month shows a church that gathers. true north A church that worships. A church that involves itself in outreach ministries. All of these can provide opportunities for us to grow in our relationship with God and with our neighbors. Are you participating in a way that helps you grow? Does worship feed your soul and stretch your mind in such a way that you are nurturing your spiritual growth? How can we encourage more growth in our members?

...journey up.



**ADULT SUNDAY SCHOOL CONTINUES POPULAR SERIES**

Our adult Sunday school class is continuing with a very lively discussion-based study of contemporary issues and theology with the series, "Living the Questions." It covers a variety of topics such as, "Taking the Bible Seriously," "Social Justice: Realizing God's Vision" and "Debunking the Rapture." We meet on Sunday mornings at 8:45 a.m. Join us Sunday, November 8 when our guest preacher, Carmen Lampe Zeitler from Children and Family Urban Ministries will be with us.

**November 22 Congregational Meeting Following Worship to Present Budget**

Please join us on November 22 for a congregational meeting to approve the 2010 church budget. Immediately following the meeting, join us downstairs for a Thanksgiving pot luck. Meat dish will be furnished. Please bring either a salad, vegetable or dessert.

On Stewardship Sunday, November 1, we received 32 pledges totaling \$87,965. We are still receiving pledges and encourage you to bring yours to the church office, or place it in the offering during Sunday worship.

...journey out.

**Adopt-a-Family**



The Urbandale Food Pantry is joining forces with the Urbandale Caring Corps to host the 2009 Holiday Adopt-a-Family Program. This program will provide a Christmas meal and Christmas presents to residents in Urbandale and Windsor Heights who are 150% below poverty level and qualify for utility assistance. Please consider adopting a family this holiday season so we can meet the needs of all who ask for assistance. Together, we can make a difference in helping our neighbors in need! A sign-up sheet will be posted on the bulletin board.

...journey in.

**IN OUR RAYERS**

Jayde Hildebrand  
Paul Ratahak  
Olin Shane

**NOTES AND NEWS**

- Many thanks to our guest preachers in November: **Don Hiscox** (Nov. 1), **Carmen Lampe Zeitler** (Nov. 8), and **Stephanie Haskins** (Nov. 15).
- **Paul** is traveling to LaCrosse, WI for continuing education November 6-8, and will be on vacation November 12-19.
- The **board** will meet on Tuesday, **November 10** to work on the proposed 2010 budget.
- The **Covenant Book Club** will meet **Monday, December 7** at 7:00 p.m. Book: Hotel at the Corner of Bitter and Sweet by Jamie Ford.
- Thank you for the cards, calls and prayers following my surgery. - **Olin Shane**

...journey out.

**Thanksgiving Offering**

For decades now, Disciples, like you, have been providing resources to further the education of Disciples students at Disciples institutions of Higher Education. The **2009 Thanksgiving Offering** provides the way for more Disciples to have that shared experience, with a particular group of people. Please give generously and let us support **OUR** Disciples students at **OUR** schools! Covenant's **Thanksgiving Offering** will benefit our 17 colleges and universities and divinity houses.

**Sunday, November 8 and 15**, offerings will be received.

[www.covenant-christian.org](http://www.covenant-christian.org)

Check out our new website!

Visit our newly updated website to see what's going on at Covenant. Refer your friends and co-workers to the site so they can learn more about our church. Also, you can download the latest newsletter and print a copy at home if you lose your original. We hope to be adding new features such as slide shows, maybe a blog?