

COVENANT CHRISTIAN CHURCH
(Disciples of Christ)
2700 72nd Street
Urbandale, IA 50322

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
Des Moines, Iowa
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ADDRESS SERVICE
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Visitors
Hannah & Joe Warwick
Sam, Katy & Peter Howe
Bill Walling
Mary Kate Walling
John & Beth Walling
Shari Walling
Roy Walling
Mike & Terri Fulton
Keith & Jackie Johnson
Lou & Sallie Farone

Attendance	
Sunday, June 23	Worship 52
Sunday, July 7	Worship 69
Sunday, July 14	Worship 33
Sunday, July 21	Worship 33

How to Reach Us
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www.uppermidwestcc.org
Christian Church in the Upper Midwest
www.disciples.org

**The next newsletter will be mailed on
Wednesday, August 21. Articles to be
submitted by Monday, August 19.**




the COMPASS

“For everything there is a season,
and a time for every matter under heaven.” Ecclesiastes 3:1-8

Volume 5 Issue 7
July 24, 2013

covenant
christian
church
sunday
worship
10:00 a.m.



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It occurs to me that we are in a time of being in the middle—it is around the middle of Paul’s sabbatical, and seasonally, we are in the middle of summer. In farming and gardening terms, the soil has been worked, the planting has been done, and now we are in a time of tending to and sustaining our crops before the fall harvest.

Most of us tend to be better at beginnings, middles or endings in our activities and projects. Consider for yourself—are you excited by the sheer joy of beginning a new project? Do you love to start new things? Or, are you more connected to the nurturing, sustaining aspects of the middle of projects and activities, resonating with the journey and not the goal? Still, others strive for the satisfaction of completion and know strongly when it’s time to get something done.

In this time of being in the middle, what sustains you? What does nurturing look like for you? What gives you energy amidst the heat and humidity?

With gratitude for the spirit that unites us all,
Sarah

We are spiritual seekers working to grow in our love of God,
 deepening our connection to each other and
 sharing with the world our passion for justice and peace.

General Assembly Report

LORD, TEACH US TO PRAY - the theme for the General Assembly of the Christian Church (Disciples of Christ) in Orlando, Florida July 13-17, attended by Karen Vroman and Don Hiscox as representatives of Covenant.

This was a time of learning, worshipping, and fellowship together as God's children. We were challenged throughout to renew our prayer life so we may be fueled for mission. And we relearned again and again that all energy for mission comes from the Spirit of God.

A specially constructed Disney Institute introduced the five learning communities which provided the basis for educational opportunities - Spirituality; Arts and Media in Worship; Missional Transformation; Sacred Conversations; and Stewardship. Karen and Don attended sessions on Missional Transformation and Stewardship.

Each day began and ended with uplifting and inspiring worship; no two services the same. Throw in some business sessions in which reports from the various ministries of the Church were presented, and resolutions on issues confronting the Church and Society were discussed and voted on. We are a small, mainline Protestant denomination that makes a powerful impact on our world.

This was a fun gathering of 5,000 disciples of Jesus in all our diversities, but united as one at the family table of our Lord. We truly experienced the Disciples as a "movement for wholeness in a fragmented world."

Don Hiscox and Karen Vroman

IN OUR PRAYERS

Jayde Hildebrand
 Shirlee Holmes
 Donna Wilcox
 Jo Sohn
 Hannah Witmer
 Ratashak Family
 Heather Minear
 Judy Searcy

Notes & News

- **Donna Wilcox** has moved to her new home at Walnut Ridge, 1701 Campus Drive, #3300, Clive, 50325
- The "Fun in the Sun" Intergenerational Fellowship event was a success! We enjoyed our beautiful outdoor space together. Many thanks to the garden crew for providing the space, and thanks to all who were able to attend!
- The **Annual Hunger Fight** is from **August 28-31** at HyVee Hall. See **VeeAnn Cartwright** for details on joining the team from Covenant.
- Our denomination has recently adopted the resolution "**Becoming a People of Grace and Welcome.**" We encourage you to read the pastoral letter from our General Minister and President, Sharon Watkins. There are copies available in the office, and the link to an online PDF copy is posted on the Facebook page.

A Blessing for the Morning

We are blessed with so many beautiful summer mornings. The bright yellow Eastern Goldfinch, our state bird, flies among the trees and flowers; the coneflowers and black eyed susans bloom in the prairie. May we take a moment together to give thanks for this time in our days.

Welcome: Welcome to this day that the Lord has made; let us rejoice and be glad in it! (Psalm 118:24)

Bible Text: Let me hear of your steadfast love in the morning, for in you I put my trust. Teach me the way I should go, for to you I lift up my soul. (Psalm 143:8)

Prayer: My God and My Life, I lift up each part of my day to you. I lift up the people I will encounter. Help me believe that your grace is sufficient for the day, for in you I put my trust. Amen.

Ritual: Placing your hand on your heart, say these words: "I can do all things through Christ who strengthens me."

Blessing: May I be reminded of your steadfast love throughout the day, for in you I put my trust. Amen.



Join us for "First Friday"!

A (sort of!) new get together for
 All Covenant Adults--friends & members

When: "First Friday" of every month!

Next scheduled for: August 2, 6:00 pm
 Where: Ron & Sue Stookey's house (4140 NW 46th
 Place—north of Aurora & east off Beaver)
(Please park on south side of street)

Bring: Potluck appetizer or dessert
 What we do: discuss, socialize, share, pray, laugh,
 eat.....

Please: RSVP suestookey@att.net or 276-3568



August

BIRTHDAYS

Al Cross	8/7	Zeke Roberts	8/12
Jennifer Rusk	8/12	Dillon Warwick	8/13
Leslie Dunbar	8/16	Ben Pauley	8/17
Miles Hoover	8/22	Tom Small	8/22
Gene Denny	8/24	Hannah Witmer	8/29
Shirley Lyst	8/30		

ANNIVERSARIES

Brad & Tammy Lair	8/1
Chris & Lori McCurdy	8/1
Gene & Christine Young-Denny	8/15
Doug & Barb Minear	8/15
Jason & Morgan Hoover	8/18
Edgar & Sharyl Smith	8/25