

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

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
Des Moines, Iowa
Permit 1586

ADDRESS SERVICE
REQUESTED

Attendance	
Sunday, May 19	Worship 65
Sunday, May 26	Worship 45
Sunday, June 2	Worship 50
Sunday, June 6	Worship 31
Sunday, June 16	Worship 43

Visitors
Diane Lair
Gary & JoAnne Astor
Dorothy Small

The next newsletter will be mailed on
Wednesday, July 16. Articles to be
submitted by Monday, July 14.

How to Reach Us	
Church Phone	515-276-3781
FAX	515-253-0174
pwitmer@covenant-christian.org	
blundy@covenant-christian.org	
church@covenant-christian.org	
www.covenant-christian.org	

www.uppermidwestcc.org
Christian Church in the Upper Midwest
www.disciples.org



the COMPASS

“In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed.” Mark 1:35

Summer Sabbath

Volume 5 Issue 6
June 19, 2013

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



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As I'm sure you all have noticed by now, our beloved Pastor Paul is on sabbatical this summer. We think of him; we miss him; we send him our steadfast prayers and love. Lately, I have been wondering about ways that we as individuals and as a congregation might engage deeply with Sabbath during this time as well. As Paul noted in the March newsletter, the whole notion of Sabbath is countercultural. Socially, it is popular to talk about how busy we are; about how we don't have time to do what we most want to do. Somehow, many of us carry the unconscious belief that the busier we are, the more important and worthy we are.

Thankfully, we have a choice to do something different. Personally, I find great inspiration from the many stories where Jesus stops to pray in the middle of great Biblical hustle-bustle. How can I return to the spirit of prayer even amidst our cultural tumult? Some practices that I love are taking walks, sitting outside on my porch with a cup of tea, centering prayer and meditation, or reading a good book. There is something to be said for setting aside a day or another amount of intentional Sabbath time, but I think it is also important for me to remember that honoring Sabbath can be as simple as taking one deep breath, right now. What does Sabbath mean to you? What are some Sabbath practices that you are inspired to try?

I am grateful to Paul for being a leader who models for us the holiness and sacredness of Sabbath time. May we all be deeply inspired by his example, and be open to the spirit moving within and among us during our rest and play this summer.

Many blessings,
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.

... journey in. . . deepening our connection to each other.

**“Raise It Up!”
 Capital Campaign Update**

We are very pleased to report that we have received 26 pledges totaling \$75,635. Several more pledges are expected. More importantly, \$50,635 of the pledged amount has already been received allowing us to proceed with the replacement of the roof without the need for a loan.

The roofing contractor has been hired. Weather allowing, we expect work to begin soon. Once the roof has been replaced, we'll proceed with the repair/repainting of the sanctuary ceiling. Cost of the roof replacement and painting of the sanctuary is anticipated to be close to \$40,000.

We're in the process of obtaining fresh bids for the parking lot repair and will provide additional information as details become available. We are truly a blessed congregation. Thank you for your generosity.

Notes & News

- Be sure to check out and “Like” our new **Facebook page** at www.facebook.com/covenantchristianurbandale. Stay tuned for exclusive updates!
- The summer tradition of **Bike Night** continues! The next gathering is Wednesday, June 26 at 6:30 p.m. We will meet at the church and then plan a route through lovely Des Moines bike trails. Questions? See Tom Small.
- **Vacation Bible School** is on Friday, June 28 from 5-8 p.m. and Saturday, June 29 from 10 a.m. to 2 p.m. The program includes crafts, storytelling, volunteering in a faith garden, and lunch with outdoor water games. Bring your children, bring your friends! Registration forms are available on the bulletin board. Questions? See Sarah Hughes.
- Our youth collected hygiene products and school supplies for **YESS**, Youth Emergency Services & Shelter, and they will be delivered this week. Prayers of thanksgiving for their devoted service to the community!

... journey out. . . sharing with the world our
 passion for justice and peace.

Blessing for the Fourth of July

For everything there is a season, and a time for every matter under heaven. This Fourth of July, we welcome this time for celebrating our freedoms.

During this time, we remember the scripture, “For you were called to freedom, brothers and sisters; only do not use your freedom as an opportunity for self-indulgence, but through love become servants to one another. For the whole law is summed up in a single commandment, ‘You shall love your neighbor as yourself.’” (Galatians 5:13-14)

What freedoms are you most grateful for? Freedom from hunger, oppression, fear? Freedom to worship, learn, express? Which freedoms are you most concerned about helping others experience? Reflect on these questions in whatever manner best suits you—perhaps you will go for a contemplative walk, journal, or talk over coffee with a friend.

May we treasure the freedoms we have been given, using them always as gifts for the common good. Amen.

*Adapted from For Everything a Season: 75 Blessings for Daily Life
 by the Nilsen Family*

IN OUR PRAYERS

Jayde Hildebrand
 Paul Ratashak
 Shirlee Holmes
 Donna Wilcox
 Jo Sohn
 Hannah Witmer
 Randall Strown
 Joan Castor

The Four Keys of Faith Formation

As the Youth Education Coordinator at Covenant, I was recently blessed to attend the first training segment of the Certification School for Progressive Christian Youth Ministry in Alexandria, Minnesota. The training placed emphasis on intergenerational ministry and family ministry, equipping youth leaders with tools for engaging people of all ages in faith development together.

A tool that I found particularly helpful and applicable was reflecting on the **Four Keys of Faith Formation**. The Four Keys are Devotions, Rituals & Tradition, Caring Conversation, and Service. The idea is that we would incorporate the four keys at most gatherings—that we would create a devotional, worshipful space, participate in rituals and traditions, be curious about and get to know one another deeply, and last, relate all that we do to the spirit of service.

I left the training with a set of FaithTalk cards from Vibrant Faith ministries. This morning, I set the cards out on my desk and drew one from each category to share with you. I encourage you to discuss these questions together—with your spouses, partners, extended family members, children, and grandchildren near and far.

Devotions: When do you not trust God? What happens?

Rituals & Traditions: What items do you own that symbolize your faith?

Caring Conversation: When do you feel most at peace?

Service: Who is your neighbor? What does it mean to love your neighbor?

May we all continue to grow and deepen our faith.

Sincerely,
 Sarah



July

BIRTHDAYS

Karen Hart	7/2	Sharyl Smith	7/9
Susan Guy	7/9	Donna Schnoor	7/12
Scott Lair	7/19	Grant Lair	7/19
Ben Witmer	7/21	Kathy Logsdon	7/23
Jay Logsdon	7/24	Jake Pauley	7/24
Colin Young	7/27		