



Sunday, January 14, 2024

Please complete the Worship Response Card in your bulletin and place it in the offering plate to express interest, submit a prayer request, or to sign up for an opportunity.

Congregational Meeting

January 28 at 10:30 a.m. in the Sanctuary

The Session has called a congregational meeting on January 28 at 10:30 a.m. in the Sanctuary to present the annual budget and vote on any proposed changes in the terms of call for installed pastors.

Peer Groups: "The Spiritual Child"

January 17 - February 7

Dr. Lisa Miller's new book *The Spiritual Child* proves that children with an active relationship to spirituality have an increased sense of meaning and purpose, and high levels of academic success. Join us for three-week small groups based on a child's age. Parents, grandparents, family members and congregants wishing to support our children's growth are encouraged to join a group.

Write "Spiritual Child" on your WRC to learn more or go to covenantpresby.org/spiritual-child

Sacred Self-Care

Wednesday Nights, January 17 - February 7, 6:30 - 7:30 p.m. FH 203

In a culture where self-care is currently en vogue, we've begun to pay more attention to our bodies. But as a sacred being, we're more than a body. Our spirits need care too. Join Katherine Kerr and Serenitye Taylor as they lead a class based on Dr. Chanequa Walker-Barnes' latest book.

Men's Getaway: Save the Date!

March 22 - March 24

Mark your calendar and plan to get out of town with church friends new and old for a time of hiking, golf, and comradery! This year the Men's Getaway will be held at Etowah Valley Golf & Resort in Etowah, NC. Write "Men's Getaway" on your WRC if you're interested in attending.

Third Quarter Bible Study

Wednesday Nights, January 17 - February 7, 6:30 - 7:30 p.m. FH 201

A Look in the Mirror: Reflections on the Bible Stories we read and the life we Live. Doug Spurlock will lead this discussion-based Bible study designed for folks 50-75 years old.

TLC: Healthy Habits with Kevin Harper

January 24 in the Fellowship Hall, 10:30 a.m. social time

11:00 a.m. - 12:00 p.m. program

TLC (Travel, Learn, Connect) invites you to a program with Kevin Harper, Covenant's Recreation Ministry Director and in-house Physiologist, will go over general wellness tips to lead us in the new year. Kevin will answer your physical fitness questions and we'll have some fun! Write "TLC" on your WRC to RSVP.

Presbyterian Women's Circle

January 25 at 10:00 a.m., Harris Towne Center at The Sharon

Judy White and Nancy Mackey are leading a new PW Circle at The Sharon. This group will meet on the fourth Thursday of every month beginning this month!

Preschool Registration is Open for 2024-2025

Covenant Preschool's early childhood program assures you that your child is thriving in an attentive learning environment that encourages them to develop physically, cognitively, socially, and emotionally. Enrollment forms are due by February 3.

Learn more at covenantpresby.org/preschool

Fourth Grade Mission Milestone

Tuesday, January 16, 2024

The fourth-grade class will take part in a new mission milestone, preparing and hosting the evening meal for Room in the Inn. Families can participate before, during, and after the meal. Email claire.brown@covenantpresby.org for more information.

Recreation Ministry at Covenant

Growing in Mind, Body and Spirit

We're kicking off a new year with offerings for all aspects of your well-being, whether you prefer the light-hearted competition of a team sport, the quiet relaxation of yoga, or the focused attention of a personal trainer. Here's just a sample of what's available:

- Start with a 2024 membership, which gives you access to our indoor track, basketball court, weight room, cardio room, and more.
- Keep your New Year's resolution moving in the right direction with one of our personal trainers. Email Kevin Harper at kevin.harper@covenantpresby.org for details.
- Yoga classes include Tuesdays at 9:30 a.m., and "Baby and Me Yoga" Thursdays at 9:30 a.m.
- Pickleball is being played on Fridays from 1:30-3:30 p.m. Cost is a mere five-dollar drop-in fee for visitors, but it's free for Recreation Wing members.

For more information visit covenantpresby.org/recreation-ministry