



**Sunday, January 28, 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**

*Today 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.

### **Footsteps of Paul Pilgrimage to Turkey and Greece**

*Information Meeting Today at Noon in Fellowship Hall 105*

This September, we look forward to following in the footsteps of Paul during a pilgrimage that will lead us through the Mediterranean. We'll explore the context of Paul's New Testament writings and develop deeper understanding of early Christianity, for an experience of spiritual growth and renewal. Bob Henderson, Serenity Taylor, and Mary Kate Sykes look forward to learning and growing alongside you. Contact Lynne Koeniger, [lynn.koeniger@covenantpresby.org](mailto:lynn.koeniger@covenantpresby.org) for more information.

### **Matthews Ntlele**

*Musical Artist in Residence: February 2024*

South African singer and songwriter Matthews Ntlele has impacted Worship Music across the globe. His songs reflect his personal testimony and fulfill his desire to heal others. Each Sunday in February, Matthews Ntlele will present an original song during our 9:30 a.m. Contemporary Worship Service in the Sanctuary.

### **Third Quarter Bible Study**

*Wednesday Nights, January 24 - 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.

### **Sacred Self-Care**

*Wednesday Nights, through 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 Serenity Taylor as they lead a class based on Dr. Chanequa Walker-Barnes' latest book.

## **Caregiving Group**

*Six-week series, starting February 1  
Thursdays at 10:30 a.m. Fellowship Hall 201*

Are you a primary caregiver for a sick or elderly family member or loved one? Join anytime as we discuss topics such as coping with stress, dealing with family, educating yourself, and finding resources.

## **Room In The Inn: All Hands on Deck**

*Monday, February 12*

Volunteers are needed to contribute dinner, bagged lunches, and breakfast items, as well as hospitality, for our monthly Monday night hosting of our neighbors experiencing homelessness. Please write "RITI" on your WRC to sign up.

## **Mission Remarkable: Art Donations**

Do you have a beautiful piece of art or a handmade craft you'd like to donate to Mission Remarkable? Mission Remarkable is our fundraiser to supplement the cost of youth and adult mission trips, happening February 25. We're looking for items to include in our Artist Market silent auction. If you would like to donate, write "Art Donation" on your WRC and Mandy Rencher will be in touch to coordinate drop off.

## **CPR / AED Training for Everyone**

*Saturday, February 24 , 8:30 a.m. to 12:30 p.m.*

This course will include Basic Life Support – both one and two rescuer CPR for the adult, child and infant. Also included will be techniques for helping relieve an obstructed airway – again for adults, children and infants. Cost is \$50. For more information, write "CPR/AED" on your WRC.

## **First Blood Mobile for 2024**

*Sunday, February 25, 8:30 a.m. - 12:30 p.m.*

February's blood drive will be provided via a OneBlood blood mobile. Write "Blood Mobile" on your WRC to sign up.

## **Pre-marriage Seminar**

*March 2, 8:30 a.m. - 12:30 p.m., Fellowship Hall 207*

Newly engaged or newly married couples are invited to join Katherine Kerr and Serenitye Taylor for this workshop that will equip you with skills and insights for cultivating healthy relationships. We ask couples to complete an assessment in advance. Write "Pre-marriage Seminar" on your WRC for details and registration.

## **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](https://covenantpresby.org/preschool)