

The Covenant Contact

February 2019

Pressing Into Our New Life in Christ



Therefore if anyone is in Christ [that is, grafted in, joined to Him by faith in Him as Savior], they are a new creation [reborn and renewed by the Holy Spirit]; the old things

[the previous moral and spiritual condition] have passed away. Behold, new things have come [because spiritual awakening brings a new life]. (II Corinthians 5:17)

Do you ever wake up at night feeling extremely anxious? There you lay in bed, eyes wide open, thoughts racing. It's in moments like this we find it hard to find peace. Halfway between asleep and awake, we start playing out yesterday's happenings. Thoughts like, *Why did I do that?* or, *What did they mean by that?* Or thinking unhelpful things about ourselves. Those thoughts paralyze us.

We can make ourselves utterly miserable. Those nighttime thoughts can keep us over-processing, believing we might be able to think our way out of this. Or we feel defeated. We need to learn the truth about our struggle.

It is good to ask ourselves, *Where is this battle coming from – and is it coming from God, me or the devil?* Knowing its origin always gives us a better battle plan.

As soon as we receive Jesus, we become entirely new people. The Bible says our spirit suddenly becomes alive for the first time, and the Holy Spirit lives inside us, able to affirm what God says to us through His Word. We are reborn – born again! Today's key verse confirms this: *We are a new*

creation [reborn and renewed by the Holy Spirit]" (2 Corinthians 5:17).

But even with the Holy Spirit residing inside, the Christian life is not always easy.

Ever felt like life isn't entirely working for you the way it's supposed to? It's because our minds, thoughts, attitudes and beliefs must also be renewed. Our spirit wants to agree with God, but our old self, thought patterns, and sinful habits can trick us into believing we're not yet free. They lie.

The most potent weapon, then, is to agree with truth. It's that simple. We need to ask ourselves, *What does God say about me?* And pray, meditate on the truth; pressing into it: *I am a new creation, the old things have passed away. Behold, new things have come!* If you know what God says about you, then you'll know how to do battle with what's coming out of the "old you". It's no wonder Scripture says in John 8:32, *"Then you will know the truth, and the truth will set you free"*.

Have a Blessed Day, Pastor Tim

Guatemala Mission Trip, November 2019

The Oasis, the Kids Alive International compound, is located in San Lucas, a suburb of Guatemala City. It is mostly agricultural around San Lucas – no jungles! Our missionaries there are Jay and Cathy Fredlund

A team is going from the Covenant Church and First Congregational Church! Potential dates are: Leaving November 9 or 16, Saturday to Saturday. The cost: \$875/person AND each person is responsible for their airfare (about \$500-\$550 out of Lagueardia Airport).

Tentative schedule

Saturday – relax the first night

Sunday – bi-lingual worship, lunch at a typical Guatemalan restaurant, free time playing with the girls and BBQ

Monday – cultural tour in Guatemala City, visit the International Justice Mission Guatemala headquarters, lunch, an overview of the ministry by the country's director

Tuesday – work! Light construction at the Oasis in San Lucas, meet with House Tias, dinner at Jay and Cathy's

Wednesday – work (at Oasis), Doug Johnson's testimony, evening devotions with the girls

Thursday – coffee farm tour, dinner and devotions with the girls at Esther House

Friday – visit our partner school in the village of Zapote, see the satellite office in Escuintla, take a short walking tour in Antigua, followed by shopping in this UNESCO World Heritage city, dinner in houses with the girls

Saturday – fly home and rest up to come back in 2020!



Drone view of the Oasis compound
(sorry – you can't click on it!)

If interested, contact Pastor Tim. Jay and Cathy will hold an informational meeting for all going or interested sometime during the week of March 24.

Christian Education

Adult Sunday School class: January 27 began a new adult Sunday school class, running the Alpha course at 9 a.m. in the Fellowship Room. You've heard about Alpha; you may have even considered going, but perhaps it didn't work for you on a Thursday night. We are now offering it on Sunday mornings so you can come and see what it's all about! I hope you will join us; the coffee pot will be on!

Men's Thursday Night Bible Study

The goal of every follower of Jesus Christ is to become more like him. What does it really mean to be a disciple of Jesus? In February we will be kicking off a 30 week study by Pastor Randy Frazee entitled "Believe – Living the Story of the Bible to Become Like Jesus."

The objective of this study is to paint a clear picture of what it means to think, act, and be like Jesus, from focusing on the core beliefs of the Christian faith and practices to focusing on Christ-like virtues. Our study starts in the library each week at 7:00 and ends by 8:30. Contact Pastor Gary (860 283-4540 or ggfreimuth@optonline.net) if you want to attend or need information.

Generosity. . . .

is a quality that's a lot like unselfishness. Someone showing *generosity* is happy to give time, money, food, or kindness to people in need.

Generosity is a quality — like honesty and patience — that we all probably wish we had more of. When you show *generosity*, you might give away things or money or put others before yourself. But *generosity* is about more than cash and stuff. When you're forgiving and gentle to people, you show *generosity* of spirit. If you give others help or credit, that shows *generosity*. The world would certainly be a better place if more people showed *generosity* to others.
(Vocabulary.com Dictionary)

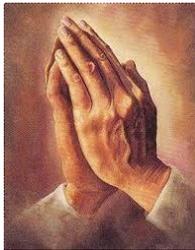
Prayer Focuses for February

• **For the Potter's House ministry:** Pray about expanding the ministry of this dedicated space. It already is a place for conversation and prayer and connecting on Friday nights. What about having some dedicated worship time, with prayer and music? Please pray!

• **For the Potter's House Visitors:** Pray for them to long to know God better and to keep seeking. Pray for the word to spread to those who need to hear.

• **For individuals in prison and for their families.** We are connected to a few such families. How do families manage when one is in prison? What happens when the time served is over? Pray for a clear vision of how God wants us to minister.

• **That our hearts would overflow in generous gratitude for all God has done for us through Jesus:** The Bible does not hold back about urging us to demonstrate our faith with physical acts of service, kindness, and generosity. Pray for us to become aware of where God wants us to act and to be generous toward serving him there.



• **For the needs of the congregation:** parents with families; our children and youth, work situations and employment conditions, marriages in trouble, persons battling cancer, addictions, and other illnesses; families of those with addictions; our elderly and shut-ins;

• **For our government leaders.** Pray for God to guide them regardless of whether or not you agree with their politics or policies. (1 Timothy 2:1-3: First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. This is good, and it is pleasing in the sight of God our Savior.)

Keeping Up



- Thank you to everyone for your Christmas gift, which I was blessed to receive this year. It arrived at a much-needed time. I truly appreciate your continued generosity, love, and support. Pastor Gary
- *Thank you for the poinsettia and cookies. We really enjoyed the visit from Karen and Ricky.* Ed Nelson
- A really BIG thank you for your most generous gift. With the midwinter pastors meeting coming up, this will be a great help. Blessings to all, Pastor Ann
- *Ginny Guisti's phone number in South Carolina: 864 434-1271. She really enjoys hearing from us. Please continue to keep her in prayer.*

Women Ministries



Women Ministries events are for all women of the church and their friends.

Fascia's Chocolates: For a sweet experience, Women Ministries will visit the Fascia's Chocolate store in Waterbury for a demonstration and tasting on February 9, 10:30 a.m. Cost is \$10.00 per person, to be paid that day. Please sign up with Ann Ryan or Lisa Olsen.

Continuing Activities

1. **Stitching with Spirit:** Monday evenings at 7:00 at Karen O'Connell's (250 Reynolds Bridge, Apt. B2, Thomaston)
2. **Women's PM Study: (for women who work during the day)** Meets in the church Library every other Tuesday at 6:30 p.m. (2/5, 2/19, 3/5, 3/19).
3. **Women's Study:** Meets on Thursday mornings at 9:30 a.m. in the Potter's House. The book is an Old Testament survey, *Step by Step through the Old Testament*.
4. **Women's Book Club:** The first book of the year is *The Hiding Place: The Triumphant True Story of Corrie Ten Boom*, by Corrie Ten Boom. The book discussion will be at the home of Martha Tillow, 343 Hickory Hill Road, Thomaston, on Wednesday February 20 at 6:30 p.m.

Youth Groups

Pathfinders is for students in Grades 2-3. The group meets once a month. The leaders are Linda Hansen and Brenda Tousignant.

Watch Sunday bulletin for announcements



Trailblazers is for students in Grades 4-6.

Trailblazers leaders are Rachel Ewers and Christie Grabherr. If you have questions, need to register your student or want to help out, contact Rachel Ewers (203 907-7052 or kyliejax@optonline.net). Sessions are 5-7 p.m.



2/3 No meeting
2/10 Trailblazers
2/17 Trailblazers
2/24 Trailblazers

D/C (Discipleship/Confirmation) is our Junior High ministry. The 7th and 8th grade students have two years of Bible and teaching, with close friendships, service projects, fun activities, and a retreat. The leaders are Pastor Tim and Vic Whaley. Meetings are 5-7 p.m.



2/3 5:30 pm Superbowl party at Jessica's
2/8-10 **Winterblast** retreat
2/17 5:00 pm Regular class
2/24 5:00 pm Regular class

Feb 8-10 Winterblast Retreat

Go to Pilgrimpines.org for online registration. The church van will leave around 4:15 pm Friday and return early afternoon on Sunday.

CHYG (Covenant High Youth Group) is for all students in grades 9-12. Leaders are Lisa Olsen and Nick Samela. Sessions are 5-7 p.m.

2/3 4:00-6:00 CHYG (earlier time)
2/10 5:00-7:00 CHYG
2/17 5:00-7:00 CHYG
2/24 5:00-7:00 CHYG



Missions and Evangelism

Banquet of Blessing: Please remember to keep us stocked (with good expire dates, please – we cannot give away out of date food).

Benevolence Needs: Some in our church community are struggling financially. If you are able to, please consider supporting others in need by making an extra donation to the Pastor's Benevolence Fund. Use the special envelopes in the pews or write Pastor's Benevolence Fund on your envelope or check.

Potter's House



The Potter's House is open for coffee, conversation and prayer on **Friday nights, 7:00-10:00**, staffed by Peggy Steinis and Pastor Ann. A sign up sheet is in the Potter's house for any who would like to share in staffing this (must be two people present always). Please share a Potter's House flyer or business card (in the Potter's House) with anyone who might want to come in.

Sermons Online!

Sermons from our worship services are now online on our website. Go to www.covchurchthomaston.org and click on Sermons to select which sermon to listen to or to share with a friend.

Meal Coordinator

Providing a meal to someone during a difficult time is one way to show how much we care. If you know someone who might benefit, contact Sandy Dunn (860 483-2015 or daytondunn@mac.com).

Online Giving

If you are a person who has committed to give the same amount every week or every month, this really makes sense. To set up regular online giving to the Covenant Church go to our website (covchurchthomaston.org) and click on the "About" tab.

February 2019 (Rev 2/2/2019)

Let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.
Hebrews 10:24, 25

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*Sunday Schedule – 9:00 Prayer in South Wing Prayer Room; 9:00 Sunday School (Adult study, Library); 10:00 Worship; 11:00 Fellowship</p> <p>Meetings are at the church unless otherwise indicated. Stitching with Spirit is at Karen O'Connell's (250 Reynolds Bridge Road, Apt.B2, Thomaston).</p>					1	2
<p>3*</p> <p>4-6:00 CHYG, 5:30 D/C (Bedosky's)</p>	<p>4 9:30 39ers Study (Gathering)</p> <p>6:30 Stitching with Spirit</p>	<p>5</p> <p>6:30 Prayer (Potter's) 6:30 Women's PM Study (Library)</p>	<p>6</p> <p>6:30 NA (Fellowship) 7:30 Choir</p>	<p>7 6:30 Men's Study (Potter's) 9:30 Women's Bible Study (Potter's)</p> <p>7:00 Men's Study (Library)</p>	<p>8</p> <p>Jr. High Winterblast Retreat, Pilgrim Pines 6:30 CCTD Men's Team (Fellowship Room) 7-10 Potter's House Open</p>	<p>9</p> <p>Generosity Cohort, Easton, CT 10:30 WM to Fascia's Chocolates</p>
<p>10*</p> <p>Jr. High returns from retreat</p> <p>5:00 CHYG, Trailblazers 7:00 Church Board</p>	<p>11 9:30 39ers Study (Gathering)</p> <p>6:30 Stitching with Spirit</p>	<p>12</p> <p>6:30 Prayer (Potter's)</p>	<p>13</p> <p>6:30 NA(Fellowship) 7:30 Choir</p>	<p>14 6:30 Men's Study (Potter's) 9:30 Women's Bible Study (Potter's)</p> <p>1-3 Homeschool Group (Fellowship)</p> <p>7:00 Men's Study (Library)</p>	<p>15</p> <p>6:30 CCTD Men's Team (Fellowship Room) 7-10 Potter's House Open</p>	<p>16</p>
<p>17*</p> <p>11:00 Brief Congregational Meeting</p> <p>5:00 CHYG, D/C, Trailblazers</p>	<p>18 PRESIDENTS' DAY</p> <p>10:00 La Leche League (Nursery)</p> <p>6:30 Stitching with Spirit</p>	<p>19</p> <p>6:30 Prayer (Potter's) 6:30 Women's PM Study (Library)</p>	<p>20</p> <p>6:30 WM Book Club, (Tillows') 6:30 NA(Fellowship) 7:30 Choir</p>	<p>21 6:30 Men's Study (Potter's) 9:30 Women's Bible Study (Potter's)</p> <p>1:15 Grief Support (Gathering)</p> <p>7:00 Men's Study (Library)</p>	<p>22</p> <p>6:30 CCTD Men's Team (Fellowship Room) 5:00 NEWSLETTER DEADLINE 7-10 Potter's House Open</p>	<p>23</p>
<p>24*</p> <p>5:00 CHYG, D/C, Trailblazers</p>	<p>25 9:30 39ers Study (Gathering)</p> <p>6:30 Stitching with Spirit</p>	<p>26</p> <p>6:30 Prayer (Potter's)</p>	<p>27</p> <p>6:30 NA(Fellowship) 7:30 Choir</p>	<p>28 6:30 Men's Study (Potter's) 9:30 Women's Bible Study (Potter's)</p> <p>7:00 Men's Study (Library)</p>		

Volunteers: . . . through love serve one another. Galatians 5:13b

Coffee Fellowship sponsored by: Social Committee

NURSERY (Ages 0-5)		ALTAR FLOWERS		LAY READERS:	
2/3	Susan Abbott Aubrey Jackson	3/3	Sarah Jackson Emily Jackson	2/3	Communion – none
				2/10	Ruth Johnson
2/10	Melanie Dobos Kiersten Sundell	3/10	Denise Merrill Asher Ewers	2/17	
				2/24	
2/17	Cindy & Dave Olbrys Lauren Whaley	3/17	Lori Vigeant Cecelia Ewers	3/3	Communion – none
				3/10	
				3/17	
2/24	Brooke Holway Sarah Roaix	3/24	Patricia Vigeant Aubrey Jackson	3/24	
				3/31	
		3/31	Faith Hull Lauren Whaley		

Sunday School Staff

Pre-K – K Cindy Olbrys, Faith Hull	3 – 4 Brenda Tousignant, Linda Hansen	7 – 12 Lisa Sundell Olsen	Adults – Ken Semeraro (Lig=brary)
1 – 2 Jane Stoddard, Peggy Steinis	5 – 6 Sandra Miller	Adults – Alpha - Mary Butkevich (Fellowship Room)	

Youth Staff

CHYG: Lisa Sundell Olsen, Nick Samela	D/C: Pastor Tim, Vic Whaley	Trailblazers: Rachel Ewers, Christie Grabherr	Pathfinders: Brenda Tousignant, Linda Hansen
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February Birthdays & Anniversaries

Birthdays				Anniversaries	
1	Davis Fredlund	6	Ken Semeraro	19	Debra Gomes
2	Susan Sundell	8	Mike Bergamo (dad)	19	Dawn Roaix
3	Ed Nelson	9	Jodee Fridrich	22	Brooke Holway
5	Gary Freimuth	10	Margrit Saghafi	24	Rob Trzuskoski
5	Alrik Olsen	11	Manuel Gomes	25	Brody Conlon
6	Britta Saghafi	18	Rachel Foell	26	Ava Marie Hurlbert
				27	Susan Abbott
				27	Emma Sanson
				28	Sandra Murphy-Bishop
				29	Taryn Vigeant Szyndlar
				16	Sheila & Rob Trzuskoski
				25	Harriet & Dave McClay

Connections:

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| <ul style="list-style-type: none"> ➤ Pastor Tim: pastor@covchurchthomaston.org
(Study: 860 283-9146; Home 860 283-7434) ➤ Pastor of Congregational Care: Gary Freimuth
(860 283-4540 or ggfremuth@optonline.net) ➤ Pastor of Visitation: Ann Carr
(860 567-9178 or aecann@optimum.net) | <ul style="list-style-type: none"> ➤ Church Chair: Antoinette Krasnowski: ann121959@optonline.net or 860 283-5925 ➤ Treasurer: Barbara Hanley: barbhanley@snet.net or 860 459-0561 ➤ Office "Churchmouse" Ruth Johnson: cmouse@covchurchthomaston.org
(Office: 860 283-5071; Home: 860 605-8040) ➤ Prayer Chain Coordinator: Ann Carr; 860 567-9178 or aecann@optimum.net ➤ Meal Coordinator: Sandra Dunn; 860 483-2015 or daytondunn@mac.com |
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