

Covenant Call

October 2020 Newsletter

LIVING FAITHFULLY IN INTENSELY ANXIOUS TIMES By Pastor Dan Milford

I cannot recall a time in my adulthood that has felt more anxious. We're walking through a pandemic unlike anything since the Spanish Flu of 1918. We're being challenged to confront the racism within us and in our society that many of us wanted to assume was largely healed. We're preparing for an election at a time when political tensions are extremely high, assumed norms are being questioned or abrogated in the struggle for power, and social media appears to do more to inflame than inform. What are Christians to do in such troubled times?

First, we can strive to deepen our trust in the Living God who has not abandoned us, but is rather present and active in the midst of our broken world. The witness from scripture reminds us that God's people have been through far worse than we're experiencing, and God has always been active, working to take what humans have intended for evil and transform it into good. The cross remains the enduring and quintessential example of God's power to transform what has been done by the broken power of evil into something imbued with the richness of God's grace and unconditional love to transform human history.

Second, we can bring the hope and peace that God grants us into our relationships with others. As we put our trust in Christ in anxious times, God grants us perspective, hope, and peace, encouraging us to keep our eyes on Christ despite the storm raging around us. This perspective, hope, and peace are deeply needed by those in the world around us. The more centered in Christ we can be, the more calmly we can respond to questions, concerns, and even crises that arise.

Third, we can be careful about the news that we consume. By looking to a media bias chart like the one at <https://www.adfontesmedia.com/>, we can take greater care in getting our news from less inflammatory sources. I found it interesting to note that with both CNN and Fox

News, the print versions of those media outlets are less biased than the television shows. We may even find that turning off the TV and putting more trust in the much more reliable and fact-based sources (most of them print media), we get away from the "news as entertainment" approach generally used on television and receive more in-depth, accurate, and thoughtful reporting.

Fourth—and this is a huge one—we can take great care in what, if anything, we put out on social media. One temptation is to forward or share something because we like what it says without checking to see if it's accurate.

Often, particularly when it is not a link to a reputable media outlet, it isn't. Not only does this lead to us contributing to the runaway anger in our country, it also leads those who fact-check us (whether they respond to us or not) to conclude that we are more interested in making a point than in being truthful. Another temptation is to respond candidly and sharply to others in social media spaces. It does us well to remember that many eyes are watching, though. People

are often more brash online than they would ever think of being in person—particularly at church. Still, what we put on social media is often read by people we love at church. It can have something of a similar effect of driving a wedge between ourselves and others than if we declared it as an announcement during a meal in Mission Hall.

In our efforts to live as disciples of Christ during anxious times, let us therefore deepen our trust in the living God, bring the hope and peace God grants us into relationships with others, be careful about the news media we consume, and be wise and loving in how we participate in social media. As we do so, we will be bearing witness to Christ in important and significant ways during trying times.

Grace & Peace,
Dan



Vital Congregations Initiative

We Need Your Help!

Just before the COVID-19 pandemic struck, we launched our congregation's participation in the Vital Congregations Initiative (VCI). This effort is to help us evaluate our effectiveness as a congregation not simply through the status of our attendance, buildings, and budget, but rather through the "Seven Marks" of vital congregations.



In September, we began the next chapter in our journey to become a more vital congregation. There will be three parts to our work this fall:

1. a Congregational Survey,
2. "Telling Our Story" events, and
3. an in-depth Neighborhood Analysis.

U.S. Congregational Vitality Survey

We are striving to get every member and current visitor to participate in this survey. With a total of about 35 questions, the survey gives everyone an opportunity to share helpful feedback with our session, staff, and VCI leadership team. It will help our leaders get to know who are members are, how they engage in faith practices, and how they view the different aspects of the church's life. If you haven't already completed it, please do so as soon as possible. The link has been emailed to the congregation several times. If you need it, please contact Bethany at office@covenantcares.org. Alternatively, if you would like a paper copy and have not received one, please reach out to Bethany by email or call Dan on his cell phone.

Telling Our Story

We hosted two "Telling Our Story" events in early September. It was a great opportunity to whet our appetites about our congregation's history and begin thinking how that history has shaped us. Now we want to invite you to share more about your memories and impressions of our life together. Please take some time to jot down your memories on paper or in an email and send them to dan.milford@covenantcares.org or mail them to Dan at the church. If possible, include responses to some or all of the following questions:

- **Lifelong Discipleship Formation**—How has Covenant invited, encouraged, and challenged adult members to grow as disciples of Christ?
- **Intentional Authentic Evangelism**—When have been times when Covenant members have been most intentional about reaching out to the community to invite people into a life-giving relationship with Christ?
- **Outward Incarnational Focus**—What are some examples of times when Covenant has been most focused on serving the world beyond its membership?
- **Empower Servant Leadership**—When has Covenant most intentionally and effectively helped members discover their gifts, use them in service, and share in the leadership responsibilities of the church?
- **Spirit-Inspired Worship**—In what ways or at what times has Covenant's worship been a driver for helping people grow in love for God and response to God's call?
- **Caring Relationships**—How have members of Covenant cared for and nurtured one another in ways that demonstrate genuine love and support?
- **Ecclesial Health**—When has Covenant's session been most healthy, helping the congregation take on major projects or confront significant challenges?

Neighborhood Analysis

This month, we are launching the Neighborhood Analysis effort. Teams of one person from our VCI leadership team, two to three elders, members of the congregation interested in participating will explore a two mile by two mile section of our city NW, NE, SE, or SW from Covenant. We will enter as missionaries seeking to discover and understand the community we've been sent to serve, seeing familiar places with new eyes. If you would be willing to help with this project, please contact Dan Milford at dan.milford@covenantcares.org or on his cell phone.



Support Covenant's Cub Scout Pack 537

Pack 537 is asking for your financial support to continue their activities for the Scouts in the Pack. They are selling popcorn and this year have set up a website so you can order and receive your products completely contact free.

The website is

<https://www.trails-end.com/store/scout/J8IM4N4M>
and right now shipping is FREE for orders over \$30. Our Scouts can also arrange local delivery if you would like. Please call their Popcorn Kernel, Manny Gonzalez, at 210-846-5749 and he can take your order and arrange delivery of the products.



Pack 537 Virtual 5K

Pack 537 is also organizing a VIRTUAL 5K! You can skip, hop, walk, run, or even stay in bed (we won't tell). You will receive a special race t-shirt and custom Scout Patch. Their link will go live at

<http://www.pack537.org>

so you can register. This is a great way to support Pack 537 and have a good time at the same time.



NEWS

Hooray! Thanks to our congregation's generosity, Covenant contributed a total of \$2,884.00 to the **One Great Hour of Sharing**. That is quite an increase from last year's total.

The Mission Committee voted to contribute \$1,000 to the **Presbyterian Disaster Fund** designated for victims of hurricanes and flooding along the Gulf Coast. The same amount will go for victims of the California, Oregon, and Washington wildfires.

The **KAIROS Prison Ministry**, a mission supported by our church, will be featured in a presentation on our live streaming worship service in October. That ecumenical ministry happens two or three times a year at the Torres Unit close to Hondo, TX. A team of men from various churches in the area conduct an evangelical week-end for prisoners who have applied and been approved by the prison chaplain. The team goes into the prison during the day (from about 7:30 AM to 8:00 PM) Thursday through Sunday. Another team of about 25 people serve outside the prison preparing meals, snacks, and correspondence for the prisoners, as well as continual prayer for the prisoners and inside team.

Lives are changed and won for Christ. Many prisoners report they have never experienced such love and concern. They are surprised that anyone would care enough about them to spend their time to be with them and share the love of God.

Naturally, during this pandemic the team is not allowed to enter the prison, but such week-ends will resume as soon as possible. It costs quite a bit to conduct such week-ends since food for about 100 people for four days must be supplied. Additionally, there are motel bills to be paid in the Hondo area, since many team members come as far away as 50 or 60 miles. If you would like to contribute to this ministry, checks should be made out to Covenant Presbyterian Church with KAIROS Prison Ministry in the memo line of the check.

If you should miss the presentation, you may find additional information by the following:

<https://kairostorres.org/>



Growing in Grace & Gratitude
Sundays @ 9:30am

Our Children's Sunday School class features the curriculum, "Growing in Grace & Gratitude", which helps transform the lives of children and those who love them, shaped by grace and gratitude. Each session shares a Bible story that reveals God's grace for us. Through fun, age-appropriate activities, and prayer, children will celebrate the meaning of this grace in their lives as they encounter a living God.

Living as God's people isn't always easy, but we have stories in the Bible of people who have tried their best to follow God's ways. As God's people, we can also look to these stories as examples, learn from them, and try our best to be faithful children of God. We'll look at the stories of Noah; Abram & Sarai; Jacob & Esau; Moses; Miriam; Ruth, Naomi & Boaz; David; Abigail, Elisha; and Micah & Isaiah.

We hope your child will join us on Sunday mornings this fall as we explore people from the Old Testament, our ancestors in the faith, as they exhibit characteristics of faithful living.

For the Zoom link and password, please contact: chad@covenantcares.org



Weekly Fall Book Discussion:

Earth, Our Original Monastery: Cultivating Wonder and Gratitude through Intimacy with Nature

by Christine Valters Paintner, PhD

Sundays, after worship on Zoom

The Christian Education Team recommends *Earth, Our Original Monastery* by Christine Valters Paintner, PhD for your reading consideration this Fall. Here's a description of the book:

How can we meet God in our everyday lives? In *Earth, Our Original Monastery*, Christine Valters Paintner shares how living contemplatively with an appreciation for the natural world can make you more aware of the presence of God in every aspect of your life. She explores monks, mystics, and saints who have experienced the goodness of the Divine in nature and invites you to find solace and spiritual revelation in the wonder of God's creation.

Christine Valters Paintner suggests that the purpose of contemplative living is to allow you to integrate the pieces of your life within yourself, in your community, and in the world around you. When you pay attention to each moment, you nurture your ability to see God's actions in those moments. This book invites you to begin the journey of contemplative living by focusing on the image of the earth as your original monastery—the place where you learn your most fundamental prayers, participate in each day's liturgy of praise, and experience the wisdom of the seasons.

Paintner provides seven ways of seeing the earth in light of faith and pairs each one with a practical invitation to a practice. As you explore what these connections between the earth and faith mean for how to see God in the world around you, you can also look at saints and mystics who experienced nature and the flow of the divine in similar ways.

Copies of *Earth, Our Original Monastery* can be purchased through your favorite book provider.

Additional weekly opportunities for discussion over individual chapters will begin October 4th and will conclude November 29th.

Zoom ID: 839 7429 3773 Password: 550757

We welcome friends, family, and neighbors in these discussions!

Lectio Divina Bible Study Groups

Lectio Divina Bible Study Groups

Lectio Divina (“Divine Reading”) is a form of biblical reading that is distinct from the academic study of a text. It is a devotional approach in which the reader seeks to let God speak through the text into their lives in order to continue the Spirit’s work of transformation. Throughout this process, our guiding question is “What do you want me to hear today, God?”

This fall, our Lectio Divina Bible Study Groups will be examining the book of James. Each of our groups are open groups, meaning anyone can join at any time. We would love to have you engage in this study with us!

To participate in one of the Lectio Divina Bible Study Groups, please join us via Zoom:

Tuesday afternoon (1:00 p.m.)

Cathy Monkman

Meeting ID: 933 2043 7735, Password: 881541

Tuesday evening (6:30 p.m.)

Chad Bosse

Meeting ID: 961 6414 3935, Password: covenant

Tuesday evening (7:00 p.m.)

Dan Milford & Martha Wright

Meeting ID: 996 6469 8221, Password: 584332

Wednesday morning (10:00 a.m.)

Demarius Douthit

Meeting ID: 956 2656 8717, Password: 672332

Thursday evening (7:00 p.m.)

Jay Pitcher & Scott Simpson

Meeting ID: 933 6556 7445, Password: 495046

Men’s Saturday 7:30AM Morning Zoom Bible Study -Men are welcome to join us for study and fellowship on Saturday mornings! Led by Al Kissling & Jay Pitcher
Meeting ID: 998 7565 1984, Password: 659935

Also, feel free to go to our website
www.covenantcares.org
to click on a link to each Bible Study Group.

STORIES OF THE MIND & FAITH



Fall Adult Sunday School Begins September 6th!

Stories of the Mind & Faith
Brought to you and led by
Covenant’s Beautiful Minds Coalition

Sundays @ 9:30am

This Fall, we invite you to join us as Covenant’s Beautiful Minds Coalition leads a 6-week series called “Stories of the Mind & Faith”. Using video clips from the Mental Health Channel’s series “Stories of the Mind”, this class will foster conversation about the important role that our faith community can play in the lives of those living with various mental illnesses and their families/friends.

September 6th

“**Family Portraits**” led by Kathy Simmons
& Laura Glueck

September 13th

“**Beating Anxiety**” led by Laura Glueck

September 20th

“**A Place to Belong**” led by Louise Ward

September 27th

“**Inside Schizophrenia**” led by Michael McMains

October 4th

“**Succeeding with Bipolar Disorder**” led
by Michael McMains

October 11th

“**Ways to Wellness**” led by Shelly Bosse

We hope you will join us in September!

Join us each Sunday morning at 9:30AM by Zoom
<https://zoom.us/j/91235912696?pwd=MUlVU1JtZW1BWGlncWZlcXpqSTBpdz09>

Meeting ID: 912 3591 2696

Password: 723266

Covenant Family,
Our annual Christmas Grocery Shopping Event for SAMM's Transitional Living/Learning Center will still happen this December! While we may need to grocery shop differently this year, we are still committed to serving our TLLC neighbors. More details coming soon!! Meanwhile, if you want to contribute to the funding for groceries for these 40 families, please consider donating to the James Payne Fund. You may send a check to Covenant and note in the memo line "James Payne," or if you prefer to give electronically via Zelle, indicate it is for "James Payne Fund." Please let Vicki Moreno know if you are able to do some of the shopping.

In case you are new to this endeavor, these are families who would otherwise be homeless, but may live at this center for a maximum of two years. Many are single parents. All must be either working or in training for a job opportunity with a view to becoming completely independent.



Fellowship

Brown Bag Zoom Lunches

Pastor Dan will host a relaxed gathering time each Wednesday at noon during October on Zoom for coffee and lunch conversations. This will be a time to simply connect with one another, hear about each others' joys and challenges, and encourage each other through these strange times. Let's look forward to staying socially connected while we are physically distanced from one another.

The link is

[https://us02web.zoom.us/meeting/tZ0scuitqDsuHNeYt1VVWxlfrYgCeUjkk8bQ/ics?icsToken=98tyKuGhrz4rH9KVtB-ERpx5BY_4d-wpmJbgo1YpQu0NRZkeg_wJNtFEbdKGtPb](https://us02web.zoom.us/j/84451234567)

If you are joining by phone, use 346-248-7799

Meeting ID: 891 5156 0463

Passcode: 494998

**From the Fielder Family:
Be Encouraged.
Be Joyful.
You Are Loved.**



Communion October 4

For the sixth month, we will be having communion as a congregation during this pandemic via our streamed service. Please make plans to have some type of bread or cracker and grape juice or wine available in your home if you wish to participate. As we await the abating of the pandemic, we continue our worship of God, our commitment to his mission in Christ, and our openness to his grace as we receive it by the Spirit through this holy meal we share together. Should you or someone you know who has not been baptized or who does not have a church home join us in the meal, please encourage them to reach out to Pastor Dan by phone.



stewardship

Stewardship in the Time of Covid-19

The Hebrew people followed Moses out of Egypt when God freed them from slavery. It didn't take long, though, for them to become overwhelmed by the changes their lives were going through. Though slavery was horrific, they had homes, basic food, and water. The wilderness seemed to offer none of that. What it ultimately offered, though, was an opportunity to be forged into a different kind of community and to learn to trust in God one day at a time.

This feels like a similar time: one in which the whole world seems to be changing and uncertainty reigns supreme. We know, though, that the Hebrews had such a transformative experience with God in the wilderness that we're still talking about it over 3000 years later. So we are striving to find new ways to be the church while precautions against spread of the virus keep us from worshiping, serving, learning, and connecting in fellowship in the ways we know.

Members of our Covid-19 Response Team (Kathy Safford, Michael McMains, Mary Rogers, Nancy Sugarek, Jim Douthit, and Scott Simpson) met four times over the last two weeks of September and attended a webinar on "Reopening the Church" hosted by Mission Presbytery's Disaster Preparedness and Assistance Committee. The longing is for us to be able to gather again as soon as possible, and preparations are in process as we continue to follow the metrics set by the Session in May for the time to begin opening.

Adjustments to the pandemic have included online worship, Zoom Bible studies and Sunday School, online giving options, Zoom fellowship opportunities, more frequent congregational emails, and connecting with one another by phone. While the doors have been closed, the church has not been.

As we enter October, we are entering stewardship season. The uncertainty for individuals and the church remain. Some of us have suffered deeply because of the impact to the economy. Others of us have seen our income largely unchanged. Many of us have seen our expenses decline as our travel and entertainment costs have gone down. The church, likewise, has seen some savings due to limited use of the utilities and some program expenses not being incurred. We don't know what 2021 will bring for the church or our individual lives, yet we're called to continue to return to God a portion of what has been entrusted into our care. Now is a good time to begin to pray about how you can grow as a steward of God's resources, knowing that the one certain thing is that God is with us and will continue to be with us despite the uncertainties of this time.



This month the Beautiful Minds Coalition wants to highlight World Mental Health Day on October 10th. Did you know the world has observed World Mental Health Day on October 10th since 1992?

World Mental Health Day is a vital initiative created by the World Federation for Mental Health (WFMH) an organization present in over 150 countries.

World Mental Health Day is an invitation to:

- **ENVISION** a world where mental health is a priority for all people
- **BUILD** awareness and advocate against social stigma
- **IGNITE** the discussion on best practices for promoting mental health in the school, home, and workplace
- **CELEBRATE** those who have or are overcoming mental health challenges
- and **EMPOWER** those who live in silence for fear of being discovered, misunderstood, or deprived of essential care

Here are ways you can observe world mental health day:

1. **MAKE A PLEDGE**, starting NOW, that you will make your mental health a priority every day. Shift or remove negative distractions that poorly affect your mental health and emotional stability.
2. **PRACTICE SELF-CARE** by performing, at least, ONE good habit each day that nourishes your mental health. Regular exercise, eating healthy, meditation, seeking counseling, volunteering, journaling, and expressing daily gratitude are just a few of the effective and inexpensive self-care practices available to you.
3. **SPREAD AWARENESS** on the importance of mental health and help stop the stigma around the issue.
4. **REACH OUT** to a loved one or friend who has been facing challenging times and offer your support. Let them know why you value them
5. **JOIN** Beautiful Minds and NAMI San Antonio on a virtual walk. Just follow the link to join the team or donate! Our team name this year is Beautiful Minds.

<https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=949>

Reference: <https://wfmh.global/>

Coming in October: New Weekly Class!

“Racism & the Mission of the Church”

Led by
Pastor Dan Milford & Father Cleophas Kukeya

Mondays, October 12th – November 30th
6:30pm – 8:00pm



**RACISM AND THE MISSION
OF THE CHURCH**

This fall, Pastor Dan Milford and Father Cleophas Kukeya will be facilitating conversations on racism and the mission of the church.

Here's a brief description of the class:

We know that the history of our country includes the genocide of Native Americans, enslavement of people from Africa and their descendants, internment of Japanese Americans during WWII, and many other things rooted in racism. But those things happened a long time ago. How does racism influence how I think, how I respond to others, how we as churches carry out our ministries and our life in community? What might we need to notice in ourselves and our congregations? How might we need to change in order to more fully live as God's people at this time and in this place? With America walking through a time of racial reckoning in 2020, this class invites members of Covenant, Epiphany, and the general public to join for crucial conversations in which we seek to grow in our understanding of racism, its impact on our lives, and how we as individuals and the Church are called to respond to it.

Donations during the Pandemic

For the foreseeable future, we will make deposits of checks received at the church office once a month. Ismael (our custodian who lives on the corner of our church property) brings the mail into Bethany's locked office daily, so checks are kept safe until they can be deposited. During this phase of the pandemic, we plan to make deposits on the fourth Wednesday of each month.



If you are able to use Zelle for your giving to the church during the next few months, know that will be the most helpful way for the church to be able to receive your giving and continue using your gifts for the ministry of our church.



Zelle can be downloaded as an app or may be available through your online banking. On Zelle, you can find us through our linked email: finance@covenantcares.org to be sure you get the right Covenant Presbyterian Church. In making your donation, when it asks “What’s this for?” please enter “Operations,” “Missions,” or whatever designation that you wish it to go towards.



Habitat for Humanity® of San Antonio

Presbyterian Cluster Habitat
By: Martha G. Flores

Now more than ever, families in San Antonio are in urgent need of a safe and decent place to call home.

Through the generous support of all Habitat for Humanity (H4H) sponsors and volunteers we have finished building the Lenwood Height community! All 167 homes are built and filled with the love and gratitude of the first time homeowners. Let's share a virtual "high-five" for a job well done!

Here are a few facts about H4H -

- **Where does the money go?** - We're good stewards, 100% of donations go to home building.
- **How great is the need?** - 153,672+ San Antonio families are in need of affordable housing.
- **Do families participate in the building of their future home?** - Yes, every family puts in 300+ hours of sweat equity.

The Presbyterian Cluster for Habitat will be meeting in October to start plans for the 2021 Build. As a sponsor we provide both financial and volunteer support. We'll very likely build in the Spring of 2021. COVID-19 Update - you can read what Habitat for Humanity has set in place for volunteers by going to the Habitat for Humanity San Antonio website -

<https://www.habitatsa.org/habitat-for-humanity-of-san-antonio-covid-19-update/>

Contributions to the 2021 Build can be made by check payable to:

Presbyterian Cluster Habitat, 211 Roletto Drive, San Antonio, TX 78213,
or **to donate via Zelle**, contact the church office at Office@covenantcares.org
for information on how to give quickly with zero fees to the church.

Habitat Home Center - Online Shopping

Purchase online, Pick up instore! Currently only available at the 311 Probandt St. location. New and gently used building supplies, furniture, cabinets, appliances, housewares/decor and more. Donations from the public are always welcome.

On a personal note - I am less than five years from homeownership!!! I thank God everyday for the ministry of Habitat for Humanity. As a new grandmother I look forward to the day I'll be putting together a swingset in my yard for my grandson, Ashur, and I look forward to having him at my side volunteering as we build a home for another family. Thank you again for your support to the Presbyterian Cluster Habitat.

May we continue to make true Isaiah 32:18 - "My people will live in peaceful dwelling places, in secure homes, in undisturbed places of rest.



Presbyterian Mental Health Network

Mental Well-Being during a Pandemic

For many of us these are unprecedented times. We're being asked to do new things, relate in new ways, and care for one another in different and sometimes uncomfortable ways. For many, this is a time of great fear, stress, and anxiety. The [Presbyterian Mental Health Network](#) offers the following resource for congregations, clergy, and communities.

Stress, Fear, and Panic

- Fear is a normal response to real and potential threats. It's okay to be afraid. However, fear is designed to be a brief emotional state.
- Persistent fear and panic are detrimental to our physical, mental, and emotional health. Persistent fear and panic stresses our immune systems and hinders our ability to respond and plan accordingly.
- [Caregivers can honor the importance of being afraid without giving permission to live in fear.](#)
 - Listen to people who are afraid without dismissing their fears.
 - Limit your exposure to news and especially commentary on the pandemic. Be informed, not an expert.
- Learn to listen to your integrated self:
 - If you are physically tense, get up and walk around.
 - If you are emotionally spent, rest, relax, meditate, initiate important spiritual practices.
 - If you run into a mental wall, step back, turn off things that are stimulating the stress, reach out to others.

Mental Well-Being

- Maintain positive thoughts. It is too easy for our thoughts to cascade into catastrophe. Though this crisis will bring about changes, not everything is permanent, pervasive, or personal. [Balance the reality of the situation with gratitude.](#)
- Be imaginative and creative. Imagination can be both a terrible and terrific human feature. It can convince the worst is upon us, it can also save us from depression and anxiety. [When you feel overwhelmed, use your imagination to draw upon meaningful, peaceful, safe, carefree, experiences.](#)
- [As you are able, when stressed, change your physical surroundings.](#) Our minds often try and predict what is coming next. Physical spaces can become associated with emotional states. [When stress or panic hits, change your physical space, what you view or see, or who is in front of you.](#)
- We are in uncharted territory, and that can feel tenuous. Predictability is difficult. Therefore, make a routine that honors this new normal. [Create a daily schedule: bathing, eating, sleeping, working, relating, exercise, social interaction.](#)
- [Relate, relate, relate.](#) Reach out to friends, family, and members of your church and other communities. Invent creative social interactions. [Physical distance does not have to equate to social isolation.](#) We can teach and embolden the people around us to create and be community.
- [Seek professional help.](#) When you need it, access professional help. Share with your community that you are seeking help. Break down the stigma of seeking counseling and coaching. Virtual counseling and coaching is normal now.

Spiritual Well-Being

- This is not just a physical and mental crisis. [It is also a spiritual crisis for many people.](#) As spiritual leaders - clergy, youth leaders, sessions, deacons - we have a distinct perspective and interpretation to offer others.
- Provide a spiritual frame that serves your church communities with energy and imagination. Spend time in community thinking, reflecting, and learning about how we theologically understand what is happening.
- Think about social distancing as a spiritual practice of care of neighbor.
- Reframe fears with empathy. Help people worried about their survival expand this to the community's survival.
- Access your spiritual practices and create new ones that frame this new reality of life and community.

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GET CONNECTED

- **Church News by Email** – We send an email several times a month to inform members and friends on church news and events. Email office@covenantcares.org to have your email added to the list.
- **NEW Website:** www.covenantcares.org - See recorded sermon videos, weekly devotionals, access to event calendar, and many cool features.
- **Watch Live Worship Services on Facebook**
<https://www.facebook.com/covenant.satx/>
- **Prayer Chain** – send an email to covenantprayerchain211@gmail.com