

Covenant Call

March 2021 Newsletter

No COMMON ENEMY By Pastor Dan Milford

In his book, *Love Is the Way: Holding on to Hope in Troubling Times*, Bishop Michael Curry posits that the opposite of love is selfishness:

“Love is a firm commitment to act for the well-being of someone other than yourself. It can be personal or political, individual or communal, intimate or public...(p. 14)

Love isn't a sentiment—it's the only thing left to save a community divided. If love looks outward, to the good of the other, then its opposite isn't hate. It's opposite is selfishness!” (pp. 18-19)

As I read the book, it really struck me that this insight shapes the way we strive to live in unity as a community. Our natural tendency is to seek out the easy unity that comes from being with people we enjoy because they are like us. They share our interests, our worldview, our political leanings, our education, our passions, or some other aspect of what we consider to be “good” or “right.” That natural tendency is not driven by love but by selfishness—a desire for our self to be comfortable, at ease, and affirmed.

Even when we form community by seeking out “likeminded” others, though, differences inevitably emerge—usually sooner than later. Most often, we then shore up our sense of unity by seeking out a common enemy. Nationally, that is frequently another country, such as Russia, China, or Iran. It can also be regional (Middle Eastern countries), religious (Muslims), or sociopolitical (communists). Within our country, our common enemy can be those of a different political, educational, economic, or other group than ourselves. Within the church, it has all too often been a vulnerable group of people—those who are less educated, of a different race or ethnicity, LGBTQ+, or living with a mental health condition. That said, it can also be groups we perceive to be stronger than ourselves—politicians, corporations, or people with greater wealth.

Unity rooted in a common enemy, though, falls short of our gospel calling. Our call is to unity in love, which is unity in Christ, where “there is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus.” (Galatians 3:28).

Put succinctly, love doesn't seek unity at someone else's expense. It doesn't scapegoat, mischaracterize, or vilify someone else. It doesn't dismiss or disdain anyone. It seeks to create a unity of all people, leaving no one behind. We'll never find lasting unity in scapegoating a third party so that we can resolve or paper over the differences between us. The only true and lasting unity we can hope to find is in how Bishop Curry describes love: “selfless, sacrificial, unconditional, and liberating love” (p. 6).

This full expression of love is not natural or intuitive to us. We have to grow in self-awareness about who we tend to overlook or disdain, root out selfishness, deepen in commitment, and repeatedly work to be reconciled to others. We see in Jesus' forty days in the wilderness our own need for intense preparation and ongoing practice to grow in love. We see in his temptations to selfishness our own temptations to selfishness. We discover that love is forged in commitment, practice, forgiveness, and grace.

But, oh, what an amazing and transformational unity can emerge when it is rooted and grounded in selfless, sacrificial, unconditional, and liberating love! We have been called into Christ precisely for this purpose—to become his body in the world, sharing this kind of love with all people. Let us use this time of Lent to strive to grow as disciples who are committed to and increasingly effective at living with **all** people with this kind of love.

Grace & Peace, Pastor Dan

HOLY WEEK



Palm/Passion Sunday – March 28th @ 10:30AM

Palm/Passion Sunday marks the beginning of Holy Week, in which we remember how Christ gave his life for the world through love. We invite you to join us for worship as we remember Jesus entering the city to cheers and how quickly those cheers turned to demands for his crucifixion.

Maundy Thursday – April 1 @ 7:00PM

We invite you to join us for Maundy Thursday worship in which we remember the new command that Christ gives us to love and serve one another. We will also remember the meal Christ shared with his disciples by celebrating communion.

Good Friday – April 2 @ 7:00PM

Good Friday is the day in which we come together to remember Jesus' crucifixion on the cross. We invite you to worship with us as we pray for the church and the world for whom Christ gave his life.

Easter Sunday – April 4 @ 8:00AM

Covenant and Epiphany churches will join together for an early service to celebrate the Resurrection of our Lord, Jesus Christ. Joining together for worship, we proclaim our oneness in Christ as we share communion and celebrate the resurrection.

Easter Sunday – April 4 @ 10:30AM

Join us as we celebrate the Resurrection of our Lord, Jesus Christ at Easter worship. We joyfully proclaim the heart of the gospel: that Jesus Christ is risen!



The session has been encouraged by a steady decline in percent positivity on testing, daily positive tests, hospitalizations, and other metrics related to the spread of the pandemic. While we are well aware that the pandemic is not yet over, it is our hope that increased vaccinations, warmer weather, and continued mask wearing and other behaviors that help limit spread will help us to continue to bring the numbers down over the coming months.

As a result, Covenant will resume in-person worship in the sanctuary Sunday, February 28.

To determine when it is appropriate for us to be open, we are continuing to watch one comprehensive metric focused on Bexar County. It shows the “Risk Level” for the City of San Antonio and can be found here:

<https://covid19.sanantonio.gov/About-COVID-19/Dashboards-Data>

- **“Low” or “Mild”**—We will have in-person worship available.
- **“Moderate”**—We will evaluate and determine if it seems wiser to continue or discontinue in-person worship in the sanctuary.
- **“Severe” or “Critical”**—We will not have in-person worship available.

If you would like to join us in the sanctuary, below is an abbreviated list of changes to help prepare you to worship in the sanctuary during the pandemic. Masks and social distancing will be utilized at all times. More complete information is available through the FAQ.

- **Masks:** We are requiring everyone to wear a mask while on our campus.
- **Check-in:** Everyone will check in upon arrival and complete the COVID-19 screening.
- **Parking** will be limited to the south parking lot (next to 410)
- **Entrance** will be at the doors under the covered drop-off.
- **Seating:** Ushers will seat you as you arrive on alternating rows (filling in from the front to the back).
- **Greetings:** We will continue to maintain 6-feet of social distance when greeting each other.

Worship Changes:

- **Singing:** No congregational singing during the services.
- **Liturgy:** Spoken responses will be used.
- **Communion:** We will use individually, pre-packaged elements.
- **Offering:** There will be an offering plate on the communion table.
- **Children:** We will provide Ziploc bags with coloring pages and crayons for children and will continue to have our “Young Disciples’ Time.”
- **Fellowship:** We will not serve coffee or use Mission Hall until further notice.

Please stay home & worship online if:

1. If you or someone in your household has had a fever, cough, feel ill, have traveled, or been asked to quarantine by a medical or government official in the last 14 days.
2. If you are in a higher-risk category due to advanced age and/or pre-existing condition(s), we urge you to continue to worship with us online.



Weekly Bible Study Groups

Lenten Study: Learning Forgiveness

Throughout Lent, our Weekly Bible Study Groups will be examining the various aspects of forgiveness with the study, “Learning Forgiveness: A Lenten Study” by Marjorie J. Thompson.

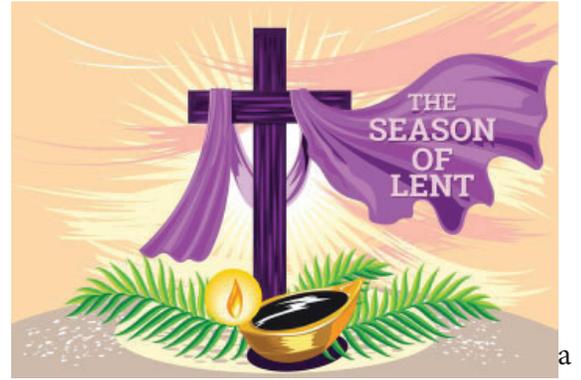
Christians differ widely in their interpretations of how forgiveness should be practiced. Some urge forgiveness as a Christian duty under all circumstances, while others argue that certain conditions must be met before forgiveness can be meaningful or effective. How do we sort through such competing claims and interpretations? How do we get past some of our emotional barriers to real forgiveness? These are the kinds of questions our Weekly Bible Study Groups will explore in this season of Lent. Each of our groups are open groups, meaning anyone can join at any time. (Please note that we offer one Women’s Bible Study, one Men’s Bible Study, and one Young Adult Bible Study. All other groups are open to adult men and women of all ages.)

We would love to have you engage in this study with us!

To participate in one of the Weekly Bible Study Groups, please join us via Zoom. If you have any questions, please reach out to Chad Bosse (chad@covenantcares.org).

- Tuesday afternoon (1:00 p.m.)—Cathy Monkman:
Meeting ID: 933 2043 7735, Password: 881541
- Tuesday evening (7:00 p.m.)—Dan Milford & Martha Wright:
Meeting ID: 876 4294 3211, Password: 696769
- Young Adult Bible Study - Tuesday evening (7:15 p.m.)—Chad Bosse:
Meeting ID: 961 6414 3935, Password: covenant
- Women’s Wednesday Morning Bible Study (10:00 a.m.)—Demarius Douthit:
Meeting ID: 956 2656 8717, Password: 672332
- Thursday evening (7:00 p.m.)—Sharon Fowler:
Meeting ID: 933 6556 7445, Password: 495046
- Men’s Saturday Morning Bible Study (7:30 a.m.)— Jay Pitcher & Al Kissling:
Meeting ID: 998 7565 1984, Password: 659935

Books for Your Lenten Journey



All life is a journey to God, and a journey with God. For much of the last two millennia, Christians around the world have entered Lent as a time of seeking God's face, and opening their hearts more fully to God: a time to seek a closer relationship with this God who is our journey, and our journey's end. This Lent, we invite you to take home new 'journey mate': the Christian Education Team at Covenant is lifting up several life-changing books for you to consider reading during this season of Lent, in the hope that you might find one or more of them a blessing:

Jesus Calling: Enjoying Peace in His Presence by Sarah Young

A daily devotional that has brought comfort and peace to millions of people around the world, and has helped draw them into a closer walk with Christ.

Creating a Life with God: The Call of Ancient Prayer Practices by Daniel Wolpert

This wonderful book introduces both ancient and modern prayer practices: Lectio divina, Praying in Nature, Creativity and the Divine, are just a few of the chapter titles.

God Is Closer Than You Think by John Ortberg

This book, written by a Presbyterian minister, is both entertaining and deeply challenging. Its challenge: for us to live in the light and joy of the awareness of God's constant presence with us.

The Practice of the Presence of God by Brother Lawrence

For over 400 years, this spiritual classic, written by a Carmelite monk, has helped Christians transform their relationships with God through a closer walk with Christ.

The Soul of a Pilgrim: Eight Practices for the Journey Within by Christine Valters Paintner, PhD

This book invites readers to take a new kind of pilgrimage: an inner journey to discover the heart of God using eight stages of the pilgrim's way. Christine Valters Paintner shows how to follow these steps to make an intentional, transformative journey.

Earth, Our Original Monastery: Cultivating Wonder and Gratitude through Intimacy with Nature by Christine Valters Paintner, PhD

This book explores connections between the earth and faith in order to see God in the world around you. Christine Valters Paintner provides seven ways of seeing the earth in light of faith and pairs each one with a practical invitation to a practice.

The Soul's Slow Ripening: 12 Celtic Practices for Seeking the Sacred by Christine Valters Paintner, PhD

Christine Valters Paintner uses reflections, stories, guided activities, prayer experiences, and a variety of creative arts to help you patiently and attentively listen to God's invitation.

The Cloud of Unknowing: A New Translation by Carmen Acevedo Butcher

This book consists of a series of letters written by a monk to his student/disciple, instructing him (or her) in the way of Divine union. Its theology is presented in a way that is remarkably easy to understand, as well as practical, providing advice on prayer and contemplation that anyone can use.

We encourage you to consider picking up one of the above eight titles through your preferred book vendor/provider as a 'journey mate' through this Lenten season.

**May God bless you richly in your spiritual journey during Lent,
and may these books be part of that blessing!**

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

Romans 15:13 NIV



As we have entered the season of Lent and are anticipating the coming of Holy Week and the promise of Easter, we are reminded of God's promise of salvation and the hope that Easter brings. In the past year we have adapted to many unexpected life changes, from the way we gather with others to the way we conduct the daily business of errands and appointments. All the while we have helped others when we could and encouraged each other through Zoom calls, phone calls, cards and eyes smiling over the tops of our masks.

The Easter season of promise and expectation is an ideal time to remember and celebrate the bright moments of hope and encouragement that have shone through over the past year, the moments that have made us smile, warmed our hearts, and lifted us up in the light of God's love and the knowledge that we can do all things through Christ who strengthens us.

To recognize all that we have accomplished, the hope that has sustained us, and the promise of the Resurrection, Covenant's Beautiful Minds Coalition is helping organize a Celebration of Hope to highlight positive notes, discoveries, or changes in your life during the last year. Our hope is to compile a video of contributions from everyone at Covenant to be shown during the 10:30am Easter worship on Sunday, April 4th. As a family, a group, or as an individual, you could:

- Send a short video clip about a way you have adapted
- Send a short video reflection statement or statement about something someone did for you or you did for someone else
- Send picture of art you have created
- Send short video clip of you and a group reflecting
- Send pictures with a short statement about something you made, a new hobby or a new activity or skill
- Or share something that has given you hope in the midst of a challenging year

Submissions can be sent to chad@covenantcares.org by Sunday, March 28th. Chad Bosse will compile these moments of hope into a video that will be shared with the congregation during Easter worship at 10:30am. If you have any questions, please contact Chad.

We look forward to seeing your creative and hopeful contributions!
Until then, may we continue to walk in hope together—
Beautiful Minds Coalition



Growing in Grace & Gratitude
Sundays @ 9:00am

Covenant's 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.

During the month of February, we'll continue to focus on the ministry of Jesus. We'll witness Jesus' compassion for others—especially children. We'll also learn what Jesus considers is the greatest commandment of all the laws. Finally, we'll see how Jesus accepts an act of kindness done for him, and how he encourages us to do acts of kindness for others. We hope your child will join us on Sunday mornings!

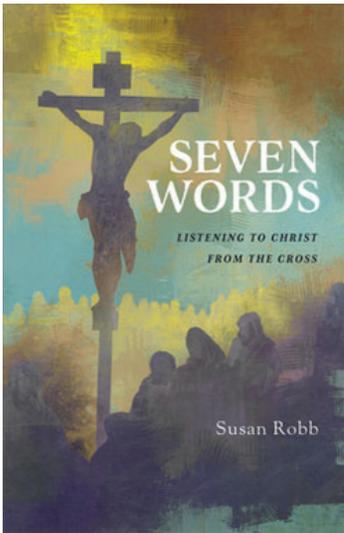
For the Zoom link and password, please contact: chad@covenantcares.org

LENTEN ADULT STUDY

Seven Words: Listening to Christ From the Cross by Susan Robb

Sunday Mornings @ 9:00am

Organized and led by: Sharon Fowler and Martha Hernandez



While many of us naturally wish to avoid the reality of the cross, it's from the cross that Jesus speaks and shows his deepest love for us. It's from the cross that Jesus' full humanity draws us closest to him. It's from the cross, as Jesus breathes his last breath and speaks his last words, that his deep trust in the Father and his divine glory are revealed. Those who listen to Jesus' last words from the cross will discover what he most wants them (the world) to hear and will experience intimate and divine awe only available to those who are willing to draw near his cross.

Our Lenten Adult Sunday School Study is based on the study, *Seven Words: Listening to Christ From the Cross* by Susan Robb. The six-session study looks at the seven last words of Christ on the cross through a lens that finds life and hope in his final sayings, while exploring each from a biblical and historical perspective.

March 7th – “My God, My God”

March 14th – “Woman, Here Is Your Son”

March 21st – “I Am Thirsty”

March 28th – “Into Your Hands”

We invite you to join us for this study during the Lenten season on Sunday mornings at 9:00am.

To join us via Zoom, please use the following information:

<https://zoom.us/j/91235912696?pwd=MUlvU1JtZW1BWGlncWZlcXpqSTBpdz09>

Meeting ID: 912 3591 2696 Password: 723266

Covenant Continues to Support SAMMinistries

In late January, a Covid outbreak at the SAMMinistries Transitional Living and Learning Center (TLLC) made communal dining impossible. Responding to a SAMMinistries' call to its community partners for help, Covenant supplied residents' evening meal January 28th. Specifically, the Mission Committee authorized money from the John Payne Fund to have individually packaged servings of spaghetti and meatballs, garden salad and garlic toast delivered to the TLLC. Providing a Covenant touch, the meal was prepared by David Gates, son of committee member Bob Gates, and delivered by that appropriately masked duo.



As the need continued,

Covenant supplied a

healthy breakfast February 8th for 35 adults and 54 children in residence in the form of hand-decorated bags containing yougurt, an apple, a granola bar, an orange beverage, and fruit gummies. SAMMinistries staff again commented on how our personal involvement made the meal more meaningful for the residents. Thank you to all who donated to the James Payne Fund!

Covenant's commitment to address social issues, such as homelessness, goes on all year as a demonstrating God's love for all and answer Christ's call to alieve painand seek justice. The Mission Committee looks forward to planning opportunities later in the year when we can, together as a family, respond to our calling to serve others.

Mental Illness and Incarceration: Lessons and Questions

Beautiful Minds Coalition - By: Michael J. McMains, Ph.D. - March 2021

“... I was in prison and you came to visit me.” -Mathew 25:40

*“Continue to remember those in prison as if you were together in prison,
and those who are mistreated as if you yourselves were suffering.” - Hebrews 13:1-3*

How do people get to prison and how do they manage after incarceration? Here is one person's story.

She had been incarcerated for 8 years for possession of a controlled substance, methamphetamine, which she used to self-medicate before being incarcerated. While in prison, nobody came to visit her and she had little to do with the medical staff. She was diagnosed with Schizophrenia because she believed that beings from another plane of reality were trying to take her over. Prison frightened her because she was away from her cats- her protectors. She refused medication because she thought it was poisoned.

After finishing her sentence, she was lucky to get a job at a restaurant where she worked in the kitchen, by herself. She said that the owner “understood me and was patient with me. He encouraged her to get and stay on medication. She worked for five years before the ownership of the restaurant changed and the new owner pressured her to have more contact with the public, not recognizing her difficulty being around strangers. She had been afraid of others and withdrawn socially since she was 6 years old.

She stopped taking her medication, got more and more delusional and was fired because she had conflicts with customers whom she thought were beings from the other plane. She had been off medication and living with her protectors, her cats, since losing her job.

Like many, her story illustrates several important points about mental illness: signs of illness frequently appear early in a person's life; many people with mental illness self-medicate; jails have become the de-facto mental hospitals in our country; and, with treatment and support, mentally ill people can function productively and well enough that they are satisfied with their life.

EARLY SIGNS: The Mayo clinic lists the following “warning signs” in children that may suggest mental illness: persistent sadness; withdrawing from social interactions; self-harm; talking about death or suicide; angry outbursts or extreme irritability; drastic changes in mood, behavior, or personality; changes in eating habits; loss of weight; difficulty sleeping; frequent headaches or stomachaches; difficulty concentrating; changes in academic performance; avoiding or missing school.

The CDC reports estimates that 1 in 6 children ages 2-8 years old have mental, behavioral and/or developmental disorders. The rates of depression and anxiety increase as children get older. Parents and other significant people in children's lives can identify problems early and facilitate treatment.

Though the woman whose story we are sharing withdrew from social contact early, reported seeing people at the end of her bed at night who were not there, and had difficulty getting along with her family, they did not recognize the signs as an illness. They thought of her as a stubborn child, needing discipline rather than treatment. At 18, she married and left home. The relationship ended with her being abused. She ended up on the streets, “surviving any way I could.” Surviving included drug use and being with one abusive person after another.

SELF-MEDICATION: According to reports in the Journal of the American Medical Association: about 50% of severely mentally ill people are affected by drug and alcohol abuse; 37% of alcohol abusers and 53% of drug abusers have at least 1 severe mental illness; and 29% of all people diagnosed as mentally ill abuse alcohol and/or drugs. Recent work with victims of psychological trauma suggests that alcohol and drug use is best thought of as people's attempts at coping with the overwhelming sense of helplessness, worthlessness and shame experienced by victims.

While on the streets, the woman above was using “street drugs”, including methamphetamine, to self-medicate. She was arrested for possession of a controlled substance and incarcerated. She was remanded over to a system that has become the de-facto mental health system in the US and which is not prepared for the job.

DE FACTO HOSPITALS: Since the 1960s, large mental health facilities have closed, decreasing services to the mentally ill by 90%. During the same time period, the prisoner population more than tripled. In 2018, the Bureau of Justice Statistics reported that 14% of prisoners in state and federal prisons had serious mental health problems. They estimated that 26% of prisoners in local jails were seriously mentally ill. In Texas, it was estimated that 21% of state prisoners were mentally ill.

Currently, Bexar County jail has 200 beds reserved for the mentally ill while the San Antonio State Hospital has 302 beds for 54 counties in South Texas. It is estimated that 30% of inmates in the Bexar County Jail are suffering from some form of mental illness. Police take approximately 1200 people a month to the Crisis Center; the majority of whom have committed minor offenses, to get them treatment they need rather than incarceration.

REHABILITATION: The treatment of both substance abuse and mental illness has proven effective in restoring or developing people's ability to cope and or function at a level with which they are satisfied and which keeps them from being incarcerated.

The National Rehabilitation Information Center reports that in a sample of over 41,000 people, about 17% had been diagnosed with a serious mental illness. From 25% to 58% of seriously mentally ill people reported being in recovery with rates of recovery dependent on age. Over a lifespan, older people with severe mental illness reported a better quality of life and greater participation in meaningful life activities than younger people.

SUPPORTING RECOVERY: According to MentalHealth.gov there are four dimensions of a person's life that support recovery from mental illness: making health supporting choices; having a safe place to live; engaging in meaningful activities daily; and building relationships that provide support.

NAMI points out that 83% of jail inmates living with mental illness do not receive mental health treatment.

The woman above had been able to function for five years after incarceration because she chose to get appropriate treatment, had a safe and secure environment (both in the form of her house and her work space, since people understood her and supported her), was able to work and support herself (giving her a reason to get up each day- a purpose) and had a supportive community that encouraged her to take her medication and care for herself.

After losing her job, she quit taking her medication, in part because she had nobody to reassure her that it was what she needed, it was safe and it was helping her function. She had withdrawn from others and was isolated in her house because it felt safe but there was nobody there to gently challenge her delusions. She had nobody to check on her or support her.

LET'S TALK: So, what can we learn from all of this? We might start a conversation on how we, as individuals and as a congregation, might work with people like the woman in our story by considering three questions:

What is our intent?

- Are we accepting, caring and supportive of the mentally ill AND those who have been incarcerated?
- Can we accept the person as a creation of God and not accept his or her behavior?
- Would we have the woman in our story in our homes for dinner?
- What would we talk to her about?
- Do we recognize the deep need for community all people have, even when they have tried less than satisfying ways of meeting that need?
- Can we partner with rather than preach to those in need?

What are our skills?

- Do we as individuals and as a congregation have skill in reaching out and inviting others in ways that will help build community for the mentally ill?
- Are we a better financial resource than others?
- Do we have political connections that we can use to advocate for the needs of the mentally ill?

What is the need?

One need we might address is the area of support of inmates who are mentally ill and "stuck" in jail. NAMI has started support groups in some areas for incarcerated people using volunteers.

What can we do to help?

- Our NAMI chapter has had conversations about starting such a group. Is there a way for us to support that effort; maybe financially, maybe with volunteers who would feel comfortable
- How do we make our church feel open and accepting to people who are mentally ill and who have been incarcerated in a way that honors them and us?

We are currently supporting: Can we do more?

- Kairos Prison Ministry, 210-722-5650.
- NAMI- Giving Support to Individuals in the Criminal Justice System.
At nami.org/Advocacy/Policy- 210-734-3349, EXT 102.

"Blessed are the peacemakers because they shall be called children of God." -Matthew 5:9

Winter Storm Aftermath

Did the snowstorm impact you and your family?

Do you need food? Other Assistance?

Did you have pipes burst?

Are you struggling emotionally?

Our Church Ministries are here to help. Contact us!

**Email us at office@covenantcares.org
or leave a message at the church office 210-342-5253**



For over 70 years, the Presbyterian Church USA has conducted an annual special offering known as One Great Hour of Sharing. It is the single largest way Presbyterians come together to build God's household and welcome our neighbors in need around the world by providing relief from natural and human-caused disasters, giving food for the hungry, and supporting the poor and oppressed. The fund is divided among three entities: the Presbyterian Disaster Assistance, the Presbyterian Hunger Program, and Self-Development of People. It is one of the ways we can obey our Lord's command in Matthew 25 to minister in His name to the world. We can aid in providing shelter to those who have no place to stay, compassion to those in pain, and food for those who are experiencing hunger.

The offering is typically received during the season of Lent. Though we are not assembling fully as a Congregation, we wish to contribute to this very worthy offering. There will be a special presentation during the worship March 28 (Palm Sunday), along with a reception of gifts. Gifts will also be received April 4 (Easter Sunday). Since many of us still cannot attend the in-person worship services, the Mission Committee and the Session urge us to contribute prior to Easter by making a donation by check or online via Zelle. Simply write the check to Covenant Presbyterian Church and in the memo line write OGHS (for One Great Hour of Sharing).

You can expect a letter from the pastor soon to further explain the accomplishments of this fund. So, be generous, Covenant. You always are! ~~Mission Committee

Covenant Community Garden Planning for the Spring Volunteers Needed !

The snow is gone and we have work to do! It will soon be time to plant our spring/summer crops. In preparation for planting, we need to weed and prepare our existing vegetable beds. Plus, we would like to put in some new vegetable beds in the back of our garden. We could use some more volunteers to add to our dedicated group of Covenant Gardeners. Have you built garden beds before? Do you maybe have some materials or resources we could utilize? Can you meet once a month to help weed and harvest our crops? As we get closer to our hot months, we will also need people willing to come out and water the gardens during the week. Or is this all new to you and you want to learn more about gardening? We welcome help of all kinds! We look forward to being able to provide fresh fruit and vegetables to those in need, but could use some more help. The Covenant Gardeners usually meet the last Saturday of the month in the morning to work in the garden.

Please contact Carrie Pitcher at cpitcher@sjrctexas.org or 210-383-4524 for more information.



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- **Website:** www.covenantcares.org - See recorded sermon videos, weekly devotionals, access to event calendar, and links to Zoom Bible Studies.
- **Watch Live Worship Services on Facebook**
<https://www.facebook.com/covenant.satx/>
- **Prayer Chain** – send an email to covenantprayerchain211@gmail.com