

# The Promise

The People of Covenant are called to:  
**Gather, Grow and Go** Serve... With God's Love!



## June 2020

The Monthly Newsletter of  
Covenant Lutheran Church  
ELCA

# KEEP HOPE

Covenant Lutheran Church

### Communion at Covenant:

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As we remain under physical distancing restrictions the sacrament of Holy Communion will be offered as a virtual experience. In the beginning of June, I will send out a Zoom invitation through your email, and during that time you will be invited to prepare bread and wine or grape juice (or just bread if that is all you have) in your homes, and get on to the Zoom gathering on your computer or device. When we are gathered virtually online, I will recite the communion liturgy, ask for the Spirit's blessing on the communal gathering and in and through the elements shared.

We will see how it goes.

For those who do not have access to a computer please call the church office 873-7494, and leave a message and Pastor Sara will call you with alternative options for practicing communion.

Both of these experiences will happen once a month until we are gathering safely in worship once again. This is only a supplemental sacramental practice during unprecedented times we are in. Thank you for your patience as we hold the integrity of the Holy Communion meal, while distributing the elements in a low risk, safe practice.

God's peace be with you,

*Pastor Sara Rabe*



## Luke 15:8-10 The Message

<sup>8-10</sup> “Or imagine a woman who has ten coins and loses one. Won’t she light a lamp and scour the house, looking in every nook and cranny until she finds it? And when she finds it you can be sure she’ll call her friends and neighbors: ‘Celebrate with me! I found my lost coin!’ Count on it—that’s the kind of party God’s angels throw every time one lost soul turns to God.”

I don’t know about you, but I’m all Corona’d out. Tired of dealing with it, tired of reading about it, tired of it all. Last week in the Stoughton Currier Hub, a refreshing story about good news. The lost class ring now found. Amy and I walk past Mandt Park and see people out with metal detectors and wonder if they every find anything. A young man lost his class ring in 1979, and it was recently returned after a man found it at Mandt Park using a metal detector. At the time, the young man purchased the class ring with his own hard-earned money and was saddened that it was lost, what he thought, was for good. Forty years later, to have it returned was such a joy, he wore it every day for two weeks. Rejoice! I found my lost class ring! Celebrate with me!

Would we like to celebrate with the graduating seniors on their accomplishments on graduating high school. Loss is such a heavy emotion these days. We somehow get lost in the muddle. Like the parable that Jesus teaches, treasures can be found, and when we find them, we celebrate the good news of a time to come.

A time to come, in celebration and glory for though we feel lost right now, we will find our way until we will be together once again.

God Bless all of you,

*Pastor Sara*

## Narrative Pastor's Report- May 2020

We are in a time where we are learning to become the church in a new way. Church leaders have been thinking about how to do new and innovative ministries for a long time, but now we are being forced to. In the work of innovation, there is no “wrong” or “right”- we are interpreting guideposts in new and creative ways. The work of innovation has built within the mechanism a given of failure. It's a given. The gurus of innovation know going in that there will be some things they try, that will not work, until at once they click on success. As the church becomes new, we cannot be afraid to fail. Frankly, the church has been failing in some ways over the years, but now it is time the Spirit is breathing new opportunities before us. I would like to be apart of that, wouldn't you?

What is new in success is having 3 components as benchmarks to return to Keeping It Simple, Doing It Well, and Being Faithful.

**Keep is Simple:** Assess what we are doing, and stop doing what isn't working and lacking intent. Stop trying to force a ministry opportunity that people don't have an interest in attending. Rather find the spark of what people are interested in.

**Doing It Well:** When we find something life-giving to our specific congregation, we will know it because we will feel it, we allow the congregation to live into this energy, and we do it well. We support this by putting the resources of- spiritual, human, and financial support until something else may evolve. Doing it well is key. It is a shift from doing a multitude of facets with no interest, it is doing a few things very well with congregational support and energy.

**Being Faithful:** The early church followed the burning of their hearts for Christ and the passion he instilled in them. This early form of church shaped and moved, adjusted and adapted, as the Spirit led them. We are being led to do the same. Faithful is not keeping with old ways of doing it just because we've always done it that way before, faithful are seeking meaning in our faith. Seeking the new commandment to love as Christ loved and connecting who we are and what we do with the meaning of our faith.

In this regard Worship and Music Team, and Education team are seeking to create opportunities for access to our worship and Christian education using an online format (in addition to in-person when we are able)- for the long haul. In these conversations, we realize that we have not been faithful in giving people opportunities to grow and shape their faith. We have offered an either-or mentality: either you come to worship and Sunday school on Sunday at the church, or you don't. Many people have chosen, “don't”. Though we seek community and this is a (con) of online worship and education, possibly there are other ways to foster this in a new facet of the community. Much is unknown, no one has the answers, some things will work, some won't, but all is well.

Following the three components of Keeping it Simple, Doing It Well and Being Faithful, we have the possibilities to offer more meaningful experiences of deepening faith that will have a lasting impact on people's lives.

***Pastor Sara Rabe***

## Memorials



**Easter Flowers** - Missed in the May Promise and corrected here:

### In Honor of

The Family of Donald Seamonson

Given by Dorothy Seamonson and Family

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### **Covenant members who passed away in the month of May**

Gerald E. Trieloff, age 95, passed away on Wednesday, May 20, 2020, at Skaalen Nursing and Rehab. He was born on June 17, 1924, in Utica, the son of Emil and Gea (Rindahl) Trieloff. Jerry married Ada Joitel on April 25, 1947, at Central Lutheran Church.



Jerry served in the U.S. Army. He was a longtime member of Covenant Lutheran Church, the Kegonsa Masonic Lodge No. 73 and the American Legion Post No. 59. Jerry was also a member of the OK Band and volunteered at the Stoughton Hospital and helped at the polls during elections for many years after retirement. Most of all, Jerry enjoyed socializing and taking rides.



Jerry is survived by his daughter, Sara (John) Bothum; son, Jon (Peggy) Trieloff; son-in-law, John Drogsvold; seven grandchildren, Rob (Karin) Drogsvold, Nick (Candi) Drogsvold, Jeremy (Juliet) Trieloff, Jen (Skippy) Sankbeil, Hillary (Ryan) Olson, Paul (Jennifer) Bothum and Molly (Tyler) Larson; great-grandchildren, Amery, Casey, Emily, Allison, Nolan, Blakely, Brody, Ada, Lennon, Cameron and Caden; and special lady friend, Cathy Ballweg. He was preceded in death by his wife, Ada; daughter, Debra Drogsvold; parents; and brothers, James, Arlyn, Dick, Danny and Howard Trieloff.

A private family funeral service will be held at 11 a.m., on Wednesday, May 27, 2020, which will be live streamed at <https://webcast.funeralvue.com/events/viewer/29924/hash:629D1FBFF29A9806>. A private family burial will follow at Lutheran South Cemetery. Special thanks to Skaalen Home and Agrace HospiceCare for their care and support. Online condolences may be made at [www.gundersonfh.com](http://www.gundersonfh.com).

## MONEY MATTERS...REPORTING ON COVENANT'S FINANCES

During this unprecedented time, you members and friends of Covenant continue generous support of Covenant's ministries. The table below summarizes APRIL and YTD finances:

ITEM	APRIL 2020	APRIL 2019	Year-to-date (YTD) Actual	YTD Budget	YTD 2019
Contributed income	27,161.48	29,246.00	92,656.73	86,656.36	102,124.06
Other income	2,224.16	2,278.08	9,724.49	19,986.64	4,850.07
<b>TOTAL INCOME</b>	<b>29,385.64</b>	<b>31,364.08</b>	<b>102,381.22</b>	<b>106,645.00</b>	<b>106,814.13</b>
<i>Partnerships</i>	2,837.40	2,924.20	9,389.04	9,032.47	10,197.82
<i>Salaries &amp; Benefits</i>	9,514.84	14,803.12	60,810.81	72,714.64	57,689.36
<i>Program Ministry</i>	15,078.88	1,775.07	3,797.21	4,133.28	5,230.39
<i>Education</i>	0	0	103.59	83.36	0
<i>Stewardship</i>	0	0	42.75	333.36	520.94
<i>Social Ministry</i>	0	0	200.96	0	0
<i>Worship and Music</i>	479.27	340	2,707.42	2,025.00	1,432.07
<i>Building Operations</i>	2,738.75	7,859.89	14,439.43	18,166.64	40,815.81
<b>TOTAL EXPENSES</b>	<b>30,649.14</b>	<b>27,702.28</b>	<b>91,491.21</b>	<b>106,166.75</b>	<b>115,886.39</b>
<b>Surplus/(Deficit)</b>	<b>(1,263.50)</b>	<b>3,661.80</b>	<b>10,890.01</b>	<b>156.25</b>	<b>(9,072.26)</b>

Program Ministry expense paid bills for which we received insurance payments in March, so the March line showed -\$14,501.22. Now that line looks good when you look at YTD Actual compared to YTD Budget. Our TOTAL EXPENSES are significantly under budget due to the impact of the COVID-19 pandemic. Utility expenses are down by over 40% and staff expenses are down significantly due to fewer hours by Mary and Mike and Carol and no musicians for worship. Thanks to the generous support of so many, all 13 of our Partnership Ministries are fully funded through April! Our partners really need our support during this pandemic.

While we cannot gather for worship, we still want to share financially in the ministries of Covenant. The offerings to Covenant have seen a shift from At-worship or Mail-in Giving to more Online Giving. I encourage us to build on that trend even when we return to worship..

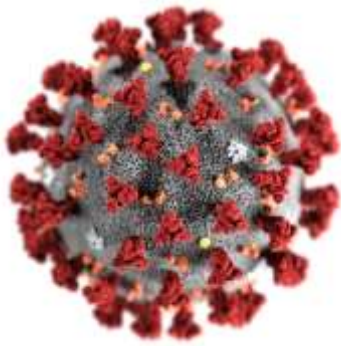
	<u>At worship or Mail-in giving</u>	<u>Online giving</u>
January	\$20,996.00	\$1,705.00
February	\$18,640.00	\$2,925.00
March	\$17,808.42	\$4,273.29
April	\$13,391.00	\$8,220.00

I want to share more good news...thanks to generous special gifts and some funds from Dedicated Accounts, Covenant has provided \$2,510.00 in gift cards to the Stoughton Area School District for families in need in May. This is above and beyond regular giving. Wow!

During the summer months Covenant will see a new parking lot and a solar array thanks to the generous support of Covenant Lutheran Church Endowment Foundation and several grants for the solar array installation. With their generosity our offerings can do more ministries that touch people with God's gracious love. Thank you for doing your part!

Submitted by George Carlson, treasurer

## COVID Task Force:



A task force has been created, JoAnn Gilbert (Council and Property Team representative), Meghann Proper (Worship and Music Team representative), Dr. David Nelson, Dr. Thor Anderson. The taskforce convened this week with the purpose of thinking through all of the fine details and create solutions to how and when we gather again. The task force will examine the church building from every angle and find safe solutions for gathering. The Task force will be in charge of supplies, communication and research.

The Task Force will be communicating with the Covenant Council and the congregation. At this time under the Forward Dane guidelines in Phase 1: limits indoor and outdoor gatherings to 50 people. It is not recommended that we re-open at this time. Due to lack of supplies and equipment that is backordered, this is posing complexities to this process and thank the congregation for your patience. In this regard, safety is of utmost importance. We are taking all precautions to minimize risk and keep our membership safe. Worshiping at home and keeping all activities online is the best possible solution to meet this goal at this time.

The COVID Task Force will be in touch.

### June 2020 topic: Sunscreen



#### **Why should I use sunscreen?**

UVB radiation causes sunburn, skin cancer, and premature skin aging

#### **What does SPF mean?**

SPF=Sun Protection Factor

#### **What SPF should I use?**

- SPF 15 = blocks 93% of UVB
- SPF 30 = blocks 96.7% of UVB
- SPF 40 = blocks 97.5% of UVB



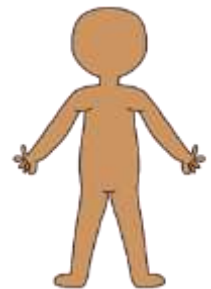
NOTE: SPF = 40 requires 25% more active ingredients than for a SPF = 30. To limit absorption of chemicals, use maximum SPF = 30.

#### **When should I apply sunscreen?**

Apply at least 15 minutes (and up to an hour is ok) before going outside. Reapply every 2 hours or after swimming or excessive sweating.

#### **How much sunscreen should I use?**

- face and neck: ½ teaspoonful each
- arms and shoulders: ½ teaspoonful to each side of body
- torso: ½ teaspoonful each to front and back
- legs and tops of feet: 1 teaspoonful to each side of body



In faith and health,

Denise Pigarelli

Resources: American Academy of Dermatology [www.aad.org](http://www.aad.org) , Professor Ron Burnette (UW-Madison School of Pharmacy)

**WE'RE ALL**  
**IN THIS**  
*Together*



**Blood Drive**  
**Covenant Lutheran**

1525 Van Buren St

**Monday, June 29, 2020**  
**1:00 p.m. to 6:00 p.m.**

Questions?  
Contact: Stephen Peterson  
Phone: 608-480-0525  
stevep72@yahoo.com

For an appointment call 1-800-RED CROSS  
(1-800-733-2767) or visit [redcrossblood.org](http://redcrossblood.org)  
Sponsor Code: Covenant

You can save up to 15 minutes when you donate blood by using RapidPass! Visit [redcrossblood.org/RapidPass](http://redcrossblood.org/RapidPass) for more information.



an appointment.

**Schedule a blood donation appointment today:**  
Download the Blood Donor App | [RedCrossBlood.org](http://RedCrossBlood.org) | 1-800-RED CROSS | 1-800-733-2767

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## Health Topics

**Covenant:** We need your help! As you can imagine we are getting new updated information multiple times a day hosting blood drives right now. We will continue to communicate when we receive new information. The upcoming blood drive is more important now than ever. Here is the most current information regarding hosting a blood drive:

The April 27th blood drive was a big success! Our team registered 36 total donors, collected 39 pints of blood and recruited 9 first-time donors. Your efforts have helped boost the community blood supply and ensure hospital patients have the lifesaving blood they need.

### **Here are some points to share about blood drives at the moment:**

- Two federal agencies are urging people in the United States to continue donating blood during the coronavirus pandemic.
- The US Department of Health and Human Services, the US Food and Drug Administration and US blood banks are urging blood donations and trying to calm fears. They said in a statement that coronavirus **does not pose any known risks to blood donors during the donation process.**
- “We need people to prevent the blood supply from getting depleted. We need it not to get to the point that surgeries are having to get canceled,” Marks said. “That’s something we absolutely do not want to have happen. To ensure an adequate blood supply we need people to come out and donate blood.”
- The FDA said there “have been no reported or suspected cases of transfusion-transmitted coronavirus and the virus poses no known risk to patients receiving blood transfusions.”
- “It is safe to donate blood,” said Admiral Dr. Brett P. Giroir, assistant secretary for HHS. “Part of preparedness includes a robust blood supply. Healthy individuals should schedule an appointment to donate today to ensure that blood is available for those patients who need it.”
- Kate Fry, chief executive of America’s Blood Centers, which collects close to 60% of the nation’s blood supply, urged people to donate before things get worse.
- “Blood donors are needed now more than ever. We cannot wait for the situation to intensify further before taking action,” Fry said. The blood supply cannot be taken for granted and the coronavirus only heightens the need for a ready blood supply.”volunteers or staff members are taking the donor's temperature. The temperature will not be recorded in EBDR and is not part of the regulated process therefore any staff member or volunteer can perform this task. If the temperature is greater than 99.5 °F or the donor refuses to take their temperature they are not permitted to enter the blood drive
- Enhance disinfecting by placing hand sanitizer at Check-In, HH, and Canteen area. Ask donors to use hand sanitizer prior to touching the tablets or laptops.
- All presenting donors must read the 2019 Coronavirus Stop Sign prior to obtaining the pre-screening temperature. This will allow the donor to self-defer prior to taking their temperature.
- Both volunteers and staff should use gloves throughout the donation process and change them in between every donor.
- All staff, volunteers, and donors are required to wear masks



Good Afternoon!

I wanted to take time to thank Covenant Church for their very generous donation of Walmart gift cards for families in need! This will go a long way in helping our students and their families. Thanks again for all Covenant has done!

Keli Melcher  
Director of Student Services  
and Special Education  
Stoughton Area School District

## The Promise—June 2020

The monthly newsletter of Covenant Lutheran Church—ELCA

Covenant Lutheran Church—Pastor Sara Rabe  
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*The next issue of "The Promise." will be published in August 2020. The deadline for submitting items for the **August** newsletter is **Friday, July 24.***

*Please submit to form [here](#) or to [covlutheran@covluth.org](mailto:covlutheran@covluth.org).  
**Thank you!***

Covenant Lutheran Church  
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