

# The Promise

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



## November 2020

The Monthly Newsletter of Covenant Lutheran Church ELCA

*Galatians 6:9 And let us not grow weary of doing good, for in due season we will reap, if we do not give up.*

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We are in the beginning the season of shortened days and lengthened darkness which has proven to be a challenge in the best of times. But this year, there is more stress and grief, and less of something to look forward to. The end of this month will be Thanksgiving and most of us will be doing something different in refraining from large family gatherings indoors. Much of what we have to look forward to, is now not going to exist, which may make the cold and cloudy days more daunting.

There is this emotion that can bind us up if we are not aware of it and that is Anticipatory Anxiety, or Anticipatory Grief. It is feeling the emotions even before we have arrived into the experience. We know life will be different through the holidays and we will weather them like every other disappointment we have experienced since Covid began. My hope is that we not grow weary of finding goodness in every day. I pray that we remain in the gratitude and thankful spirit of the blessings of today. In due season we will have the abundance of blessings if we do not give up.

Stay well, pray often and we will not give up.

God's Blessings be upon you and Happy Thanksgiving!

*Pastor Sara*

# Soul Troop

## SOUL TROOP...marches on under God's banner of love

There are 48 children currently participating in at-home DISCOVERY sessions designed for young learners (pre-K through sixth grade). Each family received a TOOL KIT of resources delivered to their homes by an older adult in their Covenant family. Included in the KIT was an age-appropriate Bible. But quite another "hidden" gift was that each COURIER promised to pray for the KIT recipient and their family. It is keeping of a promise made to each child at baptism when this family of faith answered to PRAY for the baptized..."in their new life in Christ."

Each DISCOVERY session shared by child and adult begins with a prayer inviting God to be present. The TOGETHER TIME, whatever length that fits the family schedule, ends with a blessing shared: "God loves you and always will...and so do I." It's more than another task or chore to be completed. When it becomes a new commitment of faith between "learners together", one can expect blessings beyond measure.

The focus of these stories has been on God's ACTIONS: creating, rescuing, calling. Three custom-designed videos complement each monthly Bible story. The videos feature Covenant members. (You can also enjoy these YouTube features)

On November 8, we will begin a new theme to focus on God's call to Abram and Sarai. They were called to leave their "comfort zone" and follow God's bidding to ministry in another place. Karlie will tell how she left her "comfort zone" to visit our sister parish in Puerto Rico. She felt blessed by the experience!

Though I believe that God did NOT send the COVID-19 "monster," I firmly believe that God is with us to heal, strengthen, encourage us in these very challenging times...for children AND adults, in school, work, and play. This time is certainly out of our COMFORT ZONE! God truly is PRESENT with us and will help us through these difficult times! Activity options for the month might be: 1) Make a card, send a message of care and love to a neighbor. Deliver it safely. 2) Send a greeting to a cousin or grandparent that you've not seen for some months. Maybe even arrange for a FaceTime visit? 3) Throw in some extra coins to your NOISY OFFERING container: THANK YOU, God!

## THANKSGIVING CHALLENGE MATCH...for SOUL TROOP and ALL who LOVE THEM!

Considering the month of November which contains a **THANKSGIVING** holiday, we can use our special **NOISY OFFERING** containers to share coins (and paper) to show our THANKS. The ELCA of which Covenant is a part has a program called **GOOD GIFTS**. This provides several options with designated amounts for our consideration:

Check out the website...[goodgifts.elca.org](http://goodgifts.elca.org)...to consider some options to share THANKS-giving with poor people in another part of our world: chicks, school supplies or a fruit-tree seedling (\$10/each); honeybees (\$20); piglet (\$30); Personal Protection Equipment-PPE (\$25); goat (\$50)

With gratitude from an over-flowing heart, an anonymous donor has given a dollar for each of the children in this year's SOUL TROOP: 48! This person is challenging SOUL TROOP families and ALL MEMBERS OF COVENANT to give as you are blessed. NOISY OFFERING containers will be emptied and all other gifts collected by December 15. Gifts can be sent, payable to COVENANT, with Memo:  
GOOD GIFTS                      HAPPY BIRTHDAY, JESUS!

## Confirmation

Dear brothers and sisters of Covenant Lutheran Church:

A dozen young people officially joined our membership on Sunday, October 25th with one more to be completed at a later date. The Affirmation of Baptism class of 2020 was confirmed in a ceremony that was unlike any other in the past.

Congratulations to:

Samantha Paige Austin  
Reese Ann Brekke  
Hanna Olivia Hanlon  
Ashley Jennifer Harbort  
Caleb Nicholas Herbst  
Sara Elizabeth Krueger

Kaia Elsie Maag  
Alana Elaine Ringen  
Malia Diane Rippe  
Ruby Jean Royston  
Kristina Elisabeth Weber  
Eve Rachel Wevely  
Tanner Eric Wevely

I assisted Pastor Sara in the simple rites, and we both felt the strong presence of the Holy Spirit as families and sponsors gathered around their confirmand in a small group. Beautiful photographs of the youth will be shared in a presentation along with the service for Sunday November 8.

An Affirmation of baptism ceremony constrained by distancing rules required a great deal of planning and management, and I would like to thank all the families of the confirmands who participated and remained patient and cheerful throughout. I owe an enormous debt of gratitude also to Tamarine Westrand for assisting in planning and taking care of details, to Jean Sime for the beautiful Confirmation gowns, to Alex Theissen for the beautiful photography, and to the property clean up team, especially Michelle Osterhouse, Denise Pigarelli and Penny Vodak for making the grounds around church look so beautiful in person as well as photographs.

Be well kind regards, yours in Christ always,

*Kathy Andrusz*

## Memorials



**Ramona A. Strohbusch**, age 98, passed away on Thursday, March 26, 2020, at Skaalen Nursing Home in Stoughton, Wisconsin. She was born in Stoughton on October 10, 1921, the daughter of Kenneth and Johanna (Olson) Foss. She attended Milton College and also UW Whitewater for Library Science. She married Kenneth Strohbusch at St. John Lutheran Church in Jefferson, Wisconsin on June 3, 1945. He preceded her in death exactly 6 years earlier on March 26, 2014. Ramona taught in the Clinton school district for 25 years.

Ramona is survived by her 2 children, Michael Strohbusch and Cindy (Jay) Richardson; 5 grandchildren; 4 great grandchildren, 1 sister: Diane (Rueben) Ring, sister-in law Mary Strohbusch and other family and friends. She was preceded in death by her parents, husband, sisters Mildred Stiff and Joann Stiff and brother Carmen Foss.



**Bill Storm**, age 79, passed away October 21, 2020 at Skaalen Nursing and Rehabilitation Center. Bill was born July 31, 1941 to Alma (Olson) and Ernest S. Storm. Bill married Kathryn "Kay" Kamm on September 6, 1962.

Bill was always a role model for friends and family with his positive attitude and dry sense of humor even while dealing with Parkinson's and Rheumatoid Arthritis. Bill loved his family and friends, the Cubs, Packers, and jazz music. He was gentle, kind, witty, and so funny,

Bill is survived by his loving wife Kay, his two children, Kimberly (Ryan) Vaughn, Farmington, MN and Michael (Jenn) Storm, Evansville, WI and four grandchildren David, Briana, McKenna Vaughn

and Jae-sun Storm.

The family would like to thank staff for their excellent care at Stoughton Meadows, Skaalen Nursing and Rehabilitation Center, U W Health, and Heartland Hospice.

Due to Covid-19 restrictions, funeral services will be for immediate family.

Burial will be at Forest Hill Cemetery.

In lieu of flowers, memorials can be made to Skaalen staff appreciation, Covenant Lutheran Church, Stoughton, WI, American Parkinson's Disease Association, Wisconsin Chapter and Heartland Hospice.

## Memorials and Thank Yous



*Dorothy Seamonson,  
given by  
Jack & Eileen Nelson,  
Kristi and Al Seamonson,  
Betty Seamonson, Chris & Judy  
Roegge,  
Claudia Sue Blum,  
Dale & Kathy Alme, Don & Carol Moe,  
Erik & Heidi Smedal,  
James & Joyce Seamonson,  
Jim & Denise Mattke, Joan Grefsheim,  
Mark Seamonson,  
Susan & Lynn Gregorash,  
William & Renee Wahlin  
Wilma Baumbach,  
given by  
Gary Baumbach & Marlene LaChine*

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Dear Pastor Carlson + Members of  
Covenant Lutheran Church,

Thank you so very much for the recent  
and generous donation for the Affordable  
Transportation Program. We are so grateful  
for your generosity and support for helping  
those in need for transportation services  
in our community.

We so appreciate your care.

Sincerely,  
Stathi, Volunteers & Customers of ATP

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

Thanks to members and friends of Covenant, our ministries continue to serve the congregation and community. The table below summarizes SEPT and Year-to-Date (YTD) finances:

ITEM	SEPT 2020	SEPT 2019	Year-to-date (YTD) Actual	YTD Budget	YTD 2019
Contributed income	13,858.00	17,546.00	170,954.73	194,981.26	195,549.76
Other income	1,823.39	4,196.91	14,476.27	44,969.99	16,282.21
<b>TOTAL INCOME</b>	<b>15,861.39</b>	<b>21,742.91</b>	<b>185,431.00</b>	<b>239,951.25</b>	<b>211,831.97</b>
<i>Partnerships</i>	<i>1,381.48</i>	<i>1,754.60</i>	<i>17,217.44</i>	<i>20,323.12</i>	<i>19,562.02</i>
<i>Salaries &amp; Benefits</i>	<i>11,237.55</i>	<i>16,321.18</i>	<i>115,274.24</i>	<i>163,607.99</i>	<i>132,993.47</i>
<i>Program Ministry</i>	<i>1,715.89</i>	<i>2,045.21</i>	<i>6,663.29</i>	<i>9,299.98</i>	<i>2,491.63</i>
<i>Education</i>	<i>628.55</i>	<i>113.79</i>	<i>732.14</i>	<i>187.51</i>	<i>129.79</i>
<i>Stewardship</i>	<i>0</i>	<i>0</i>	<i>547.86</i>	<i>750.01</i>	<i>520.94</i>
<i>Social Ministry</i>	<i>0</i>	<i>0</i>	<i>215.71</i>	<i>0</i>	<i>0</i>
<i>Worship and Music</i>	<i>144.05</i>	<i>737.41</i>	<i>5,172.61</i>	<i>4,556.25</i>	<i>4,150.80</i>
<i>Building Operations</i>	<i>2,521.64</i>	<i>1,394.80</i>	<i>28,750.09</i>	<i>40,874.99</i>	<i>57,018.00</i>
<b>TOTAL EXPENSES</b>	<b>17,629.16</b>	<b>22,366.99</b>	<b>174,573.38</b>	<b>239,599.85</b>	<b>216,866.65</b>
<b>Surplus/(Deficit)</b>	<b>(1,947.77)</b>	<b>(624.08)</b>	<b>10,857.62</b>	<b>351.40</b>	<b>(5,034.68)</b>

Contributed income in SEPT was somewhat lower than AUGUST and less than last SEPT by a significant amount. Other income was far behind SEPT 2019 and well behind budget projections primarily for two reasons: (1) no loose offering or rental income during this pandemic and (2) no grant money from February through July for the Director of Christian Education (DCE) as this position no longer existed. Expenses in SEPT exceeded income by nearly \$2,000.00. Thanks to stronger contributions before the summer, Covenant is still in a sound position financially for the year.

Covenant supports ministries beyond ourselves far and near. The websites of each tell about the many various ministries we help provide; check them out. Every month we pass along 10% of contributed income to our mission partners. In SEPT we shared funds with the **South-Central Synod of Wisconsin** (<https://scsw-elca.org/>) and the **Evangelical Lutheran Church in America** (<https://www.elca.org/>) as well as our sister parish, **Ascención Lutheran Church in Dorado Puerto Rico, ATP** (<https://www.atpstoughton.org/>), and **Lutheran Social Service of Wisconsin and Upper Michigan** (<https://www.lsswis.org/LSS.htm>).

When 2020 began none of us expected the events that have impacted our lives so much. I greatly miss gathering with others in person for worship and other gatherings. As a retiree my income is stable but many have experienced job furloughs or termination or decreased hours. Families have needed to develop new routines with online learning, including Covenant's new attempt to help provide faith formation for children and youth. Working from home presents challenges for many. Our congregation seeks to listen and support each other in the needs and longings that arise. **Know that Covenant deeply appreciates your support during this challenging time.** Trust that in every darkness the light of Christ shines in love for you.

Submitted by George Carlson, treasurer

# Stewardship Campaign

 <p><b>Covenant Lutheran Church</b> <b>2021 Estimate of Giving Pledge Card</b> <i><u>God's Blessings, Our Response</u></i></p> <p>For the contribution year of January 1, 2021, to December 31, 2021</p> <p>I/we plan to give regularly for an annual total of \$ _____ to support the work of Covenant Lutheran Church. I/we understand that this pledge can be changed at any time by giving notice to the church office.</p> <p>Name(s): _____ Date: _____</p> <p>Phone: _____ Email: _____</p> <p style="text-align: center;"><i>Please return this portion to the Covenant Lutheran Church office or place it in the offering plate during worship services</i></p> <p><input type="checkbox"/> Please remove me/my name family from Covenant's membership roster <input type="checkbox"/> Please have Pr. Sara contact me regarding a personal need <input type="checkbox"/> I would like giving envelopes for my donations. Number needed _____</p>	 
	<p><b>2021</b> Estimate of Giving Card</p> <p>I/we commit to give what I/we are able for the ministries of the church and its work. For the year of Jan. 1, 2021, to Dec. 31, 2021, I/we plan to give regularly for an annual total of</p> <p>\$ _____</p> <p>Covenant Lutheran Church <b>Keep for your records</b></p>

## God's Blessings, Our Response: 2021 Stewardship campaign Progress Report

Our 2021 Stewardship campaign is well underway, and so far, 54 households have made their pledge of financial support, for a total of \$76,104.00. Thank you! Your pledge ensures our continued financial stability and enables our Church Council to budget effectively for next year.

It's been a challenging year to say the least, but God's love remains constant and unchanging even during this pandemic time. Covenant needs your pledge of financial support to continue our vital ministries as we move toward next year with the hope of returning to "normal." Our goal this year is for 128 households to make pledges—the same number as last year. Now is the time to make your commitment of financial support for Covenant. To reach our goal, we need everyone's participation. Please prayerfully consider what amount you can give, complete your pledge card, and mail it in to the church office today. If you prefer to give online, or automatically, please call Mary at the church office (608-873-7494), and she'll walk you through the details.

Our campaign continues until November 15th. Be sure to watch the online worship each week to see and hear some inspiring stories from our fellow members.

November 2020 topic:

# Influenza Vaccine

**Why** get the influenza vaccine this year?

- Influenza can have serious outcomes (think hospitalization or death which can happen in children or adults)
- Symptoms of influenza can be reduced or even prevented by getting the vaccine
- It has been proven to keep people with heart disease, lung conditions, and diabetes healthier during flu season
- Reduces risk of flu-related hospitalization in pregnant women by 40% PLUS protects the baby from influenza for several months after birth
- Helps to protect the people around you and in your community



**How long** does the flu vaccine take to start working?

- ⇒ Your body needs about 14 days after a flu vaccine dose before it will protect you
- ⇒ SO... get vaccinated before the virus shows up or starts to spread where you live

**Who** should get the flu vaccine?

- Everyone aged 6 months and older (Yes, even babies older than 6 months should get it!)

What **kinds of flu vaccines** are available?

- ◆ There are 3 kinds of vaccines this year (including a nasal spray). Talk to a healthcare professional about which one is right for you

If you haven't already done so, MASK UP and GO get your flu vaccine!

In faith and health,

Denise Pigarelli

Resource: [www.cdc.gov](http://www.cdc.gov)

## November Blood Drive



BE THE LIFELINE PATIENTS NEED.

*Give blood.*



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

1525 Van Buren St

**Friday, November 6, 2020**

**9:00 a.m. to 2:00 p.m**

**Please note the time change**

**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.

NEW! All blood donations are now tested for COVID-19 antibodies.  
[redcrossblood.org/antibodytesting](http://redcrossblood.org/antibodytesting)



Scan to schedule  
an appointment.

Give Something that Means Something® | [RedCrossBlood.org](http://RedCrossBlood.org) | 1-800-RED CROSS

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## Blood Drive

**For more information** about the blood drives such as the new RapidPass, are you eligible to donate blood, information about donating if you've never donated before, and more visit [redcrossblood.org](http://redcrossblood.org)

**Are you fully recovered from a verified COVID-19 diagnosis?** If so, the plasma in your blood may contain COVID-19 antibodies that can attack the virus. This convalescent plasma is being evaluated as a possible treatment for currently ill COVID-19 patients, so your donation could help save the lives of patients battling this disease!

**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

## Solar Array News—Property Committee

We are making good progress on the final hookups to bring the Solar Array online. On Thursday, October 29<sup>th</sup>, new power/fuse panels were installed in the air handler room. This is where the main connection between the solar array power and church power will take place. Next week the main power line will be run between the new panels in the air handler room and the inverters on the East side of the Church. We plan on having a dedication ceremony when we are ready to turn the system on.



The Solar Array is Completed



The panels that connect solar power to Church power are now in place.



The Power Inverters are in place and ready for Final wiring.

***GOD'S WORK...OUR HANDS: Feeding the Hungry***

Covenant's website ([www.covluth.org](http://www.covluth.org)) includes our mission statement:

**GATHER. GROW. GO SERVE. WITH GOD'S LOVE.**

For over a year several volunteers from Covenant have gone to St. Mark's Lutheran in Madison help feed the hungry, serving with God's love. St. Mark's FRIDAY FREE MEAL on the first Friday of each month is a vital ministry.

Elaine, supervisor of the meal site, always has great concern for the health and safety of both volunteers and guests, especially so during this pandemic. COVID-19 guidelines are strictly followed. Workers always wear face masks as do guests; masks are available to guests if they arrive without one. All keep socially distanced. Guests serve themselves as they choose food from the tables and place it in bags furnished with napkins and plastic tableware. Workers remain on the other side of the food tables to restock choices as needed. Duties of volunteers include helping prepare the meal, keeping the food table stocked, and cleaning up after 1:00 pm.

**Helpers are needed for Friday, November 6, from 10:30 am until 1:30 pm. If you can help or have questions, please call or text George Carlson at 608-576-4916.** Thanks for considering this opportunity to feed the hungry.

## Foundation Scholarship Information

With the 2020/2021 school year underway, even though it's a Covid year, it's time for our high school seniors and continuing college students to start planning for next year. To assist with that effort the Foundation Board thought it would be helpful to provide our students (and of course their parents) with information about the amount of the scholarships that were granted for this year. The actual scholarship amounts are approved by the Foundation Board each spring, but we believe using last year's amounts will be a good planning tool. Here are the annual amounts for each category for this school year:

- ELCA Seminary: 100%
- ELCA College \$5,500
- Other College / University \$2,200
- Vocational Schools \$1,400
- Parochial High School \$650
- Parochial Grade School \$350
- Other Educational Opportunities Case-by-case

Watch for the application announcement this spring. We encourage all members to apply. If you have a question, please contact me or any other Board member.

Thank you.  
Mike Gilbert  
President  
Foundation Board

## Covenant News

### EXPRESSIONS OF THE HEART

In this present-day of the COVID-19, when expressions of the heart would ordinarily be carried by a hearty handshake or embrace, hand-signs become a primary communication of the heart. Aside from the signs that are offensive or vulgar, most of our hand-language flows out of a heart of love, compassion and recognition and respect of another...in a posture of reverence or prayer.

As this edition of the PROMISE is circulated, members of the community will gather in closed-up cars in the Covenant parking lot for a prayer vigil at 5:30 p.m. on November 1<sup>st</sup>. The Prayer Team invites you to consider a new daily habit for our community of faith during this month of November. It could well be an ADVENTure of readiness to celebrate Christmas. At 5:30 p.m. daily, PAUSE for one minute to pray...that's 30 minutes for the month, to STOP...and to PRAY a simple prayer:

**Come, Lord Jesus, be our Guide, our Guest  
Keep us safe and keep us blessed. My heart  
overflows with gratitude! Thanks! Amen**

An Iraqi friend taught us a common greeting: his right hand over his heart, expressing, "I see God's spirit in you." The Indian greeting, "Namaste," (palms together, perpendicular and close to one's sternum) expresses the same heart message. How might our world be changed if we would greet one another in this manner, AND hold each one in prayer?

Traditionally, for centuries in our land, we have observed a day to gather families/friends to feast and to give thanks for bountiful blessings.

In the United States, the fourth Thursday in November has been a federal holiday since 1941. However, the tradition began long before this. According to the Old Farmer's Almanac, in a 1789 proclamation, President George Washington called on the people to acknowledge God for affording them "an opportunity peaceably to establish a form of government for their safety and happiness" by observing a day of thanksgiving.

In 1863, during the Civil War, Abraham Lincoln proclaimed the last Thursday of November as a day of thanksgiving and praise..." a national holiday. Of course, THANKSGIVING is not born of presidential proclamations. Native American harvest festivals had been celebrated for centuries.

Such traditions are not being encouraged during these pandemic days. In whatever way we celebrate THANKSGIVING, it calls for a time to pause, to pray and to praise.

**May our hearts do the talking with expressions of LOVE, PEACE, HOPE!**

# Ecumenical Thanksgiving Eve Worship

Wednesday Nov 25, 2020

7pm—Drive in worship

Christ Lutheran—Stoughton

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## Building Use Form—New Procedure

If you wish to use the church for any reason, please note that you must fill out and send in [this](#) form! The form contains important guidelines for using the building in this time of Covid. Fill in the form and send it to [covlutheran@covluth.org](mailto:covlutheran@covluth.org) once it's complete. Thank you!

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**Donations of Christmas cards needed** for Madison Area Jail Ministry. The Emmaus Team and our sister congregation in Puerto Rico will work together to provide Christmas cards to those incarcerated in the Dane County Jail this season. Please take a look around and gather stray holiday cards together for this project; no envelopes needed! Contact Kathy at [my9oodness@gmail.com](mailto:my9oodness@gmail.com) to arrange for donation pickup or for questions. Thank you!

## Covenant News

### WHATCHA BEEN DOIN' to KEEP HOPE alive?

In this on-going COVID-19 time when we see little of each other and suffer from loneliness and perhaps boredom, tell us what you're doing to stay healthy in mind, body, and spirit. Here's what a few of the Covenant family have been doing:

- Canning tomatoes, dill pickles and applesauce to share with family and friends (Shirley)
- Using fabric scraps for making masks and quilts wherever there's a need (Karen L)
- Riding our e-bikes with grandkids and whenever the notion grabs us, weather permitting (Philayne and Tom)
- Playing with our new puppy and celebrating his accomplishments (Penny and Greg)
- Recording my daily steps, with reward from HUMANA for healthy habits (George)
- Home-schooling each month with our grandkids in Ohio (Dan and Beth)
- Working on jigsaw puzzles (Marcia T)
- Discovering fun places to hike in nearby preserves, county parks, playgrounds (Proper family)
- Connecting with friends in Sweden, Zimbabwe, Canada, Argentina via FB, FaceTime, emails/texts (Carlsons)
- Keeping in Touch with home-alone folks with creative notecards and special messages (Karen H)
- Working on a cross-generational project (Grandpa Ed and Jackson)
- Golfing in fair weather with buddies (George, Jack, Kendall, Larry)
- Inviting a friend for a patio or garden visit, safely distanced (Jerry & Karen)
- Helping to register voters (Chris M) and assisting at polling places (Donna T)

Now tell us **WHATCHA BEEN DOIN'** or **WILL DO** in winter?

Send answers to [covenantlutheran@covluth.org](mailto:covenantlutheran@covluth.org)

Subject: WHATCHA UP TO for the HEALTH OF IT!

## ***The Promise—November 2020***

The monthly newsletter of Covenant Lutheran Church—ELCA

Covenant Lutheran Church—Pastor Sara Rabe  
1525 N. Van Buren St.  
Stoughton, WI 53589



Phone: (608) 873-7494  
Email: [covlutheran@covluth.org](mailto:covlutheran@covluth.org)  
Website: [www.covluth.org](http://www.covluth.org)



Like us on [Facebook](#), [Instagram](#) and [Twitter](#)

*The next issue of "The Promise" will be published in December 2020. The deadline for submitting items for the **December** newsletter is **Friday, November 27**.*

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

*Thank you!*

Covenant Lutheran Church  
1525 N. Van Buren St.  
Stoughton, WI 53589