

The Promise

The People of Covenant are called to:
gather, grow and go serve...With God's Love!



March 2021

The Monthly Newsletter of Covenant Lutheran Church, ELCA

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Lenten Worship

Wednesday evenings 7pm on Zoom

<https://us02web.zoom.us/j/3596352000?pwd=aTdsNzkrUONKY29ZTDFENmsvNHNRZz09>

Call: (312) 626-6799

Meeting ID: 359 635 2000

Passcode: 843588.

7- 7:20 worship followed by a video on the life of Christ.



Message from Pastor Sara

Lent: from the Saxon word *Lenctentid* signifying springtime and the lengthening of days. The earliest reference to a 40 day fast was in 325 A.D. as one of the canons of the church rules from the Council of Nicaea, where church leaders understood this to be so. Forty days also a significance of Jesus encounter in the wilderness. Lent was instituted as a preparation for Baptism. It is a preparation for a major life change.

Chocolat is a movie that came out in 2000. *Chocolat* tells the story of Vianne Rocher, who arrives in the fictional French village of Lansquenet-sous-Tannes at the beginning of Lent with her six-year-old daughter, Anouk. She opens a small Chocolatier. Soon, she and her chocolate influence the lives of the townspeople of this repressed French community in different and interesting ways.

Since our Lenten disciplines are more private in nature these days with the restrictions of the pandemic, I invite you to take a peek at the movie, and read the article that might be of interest in this Lenten time.

View Chocolate movie on Youtube: <https://www.youtube.com/watch?v=SRaworlvv04>

Article reflecting on Law and Gospel about Chocolate Movie:

<https://mbird.com/2012/02/the-law-and-gospel-of-lent-according-to-chocolat/>

Enjoy,

Pastor Sara



Greetings to our Covenant Family:

In February we carried out our plan to refine the focus of the first-year and second-year Affirmation of Baptism students separately.

Second-year students are meeting via Zoom with Pr. Sara, making final preparations for their Affirmation of Baptism ceremony on Palm Sunday March 28.

First-year students are meeting in person with Kathy and focusing on relationship building and the basics of Lutheran sacraments and prayers, and laying the groundwork for their second and final year of confirmation classes.

We are grateful to our parent volunteers who have helped make the sessions possible, Tim Strandlie, Rachel Royston and Cindy Pietruzynski.

We are still looking for another person to help with the Confirmation ceremony on Palm Sunday morning March 28. Please email Kathy or Pr Sara if you are able and willing to help for a couple of hours!

Thank you and yours in Jesus' name always,

Kathy Andrusz

covlutheraned@covluth.org

MONEY MATTERS...REPORTING ON COVENANT'S FINANCES

Covenant continues to serve our members and the broader community thanks to the support of many. The table below summarizes JANUARY and Year-to-Date (YTD) finances:

ITEM	JAN 2021 ACTUAL	JAN 2020 ACTUAL	YTD ACTU- AL	YTD BUDGET	YTD 2020 ACTUAL
Contributed Income	12,690.00	22,950.00	12,960.00	21,375.11	22,950.00
Misc Benevolence	0	0	0	66.63	0
Other Income	1,420.06	5,276.30	1420.06	3,385.50	5,276.50
TOTAL INCOME	14,110.06	28,226.30	14,110.06	24,827.24	28,226.30
<i>Mission Partners</i>	<i>1,290.00</i>	<i>2,295.00</i>	<i>1,290.00</i>	<i>2,137.39</i>	<i>2,295.00</i>
<i>Staff</i>	<i>11,147.39</i>	<i>24,004.07</i>	<i>11,147.39</i>	<i>14,834.43</i>	<i>24,004.07</i>
<i>Education</i>	<i>0</i>	<i>140.94</i>	<i>0</i>	<i>508.37</i>	<i>140.94</i>
<i>Stewardship</i>	<i>0</i>	<i>42.75</i>	<i>0</i>	<i>58.37</i>	<i>42.75</i>
<i>Congregational Life</i>	<i>0</i>	<i>0</i>	<i>0</i>	<i>62.61</i>	<i>0</i>
<i>Social Action</i>	<i>150.00</i>	<i>0</i>	<i>150</i>	<i>166.74</i>	<i>0</i>
<i>Worship & Music</i>	<i>259.95</i>	<i>327.71</i>	<i>259.95</i>	<i>597.88</i>	<i>327.71</i>
<i>Office Administration</i>	<i>1,952.86</i>	<i>1,809.16</i>	<i>1,952.86</i>	<i>2,016.74</i>	<i>1,809.16</i>
<i>Occupancy</i>	<i>1,805.87</i>	<i>5,604.35</i>	<i>1,850.87</i>	<i>4,444.93</i>	<i>2,991.55</i>
TOTAL EXPENSE	16,651.07	34,223.98	16,651.07	24,827.46	34,223.98
INCOME--EXPENSE	(2,541.01)	(5,997.68)	(2,541.01)	(0.22)	(5,997.68)

INCOME: CONTRIBUTED INCOME total decreased \$10,260.00 from January 2020 which continues the trend we have seen since last summer. **OTHER INCOME** decreased \$3,837.24 primarily because in 2020 Kari Flatness received a full month's pay which meant a generous grant from Dedicated Account. **TOTAL INCOME** of \$14,110.56 is \$14,116.24 less than last year.

EXPENSES: JANUARY TOTAL EXPENSE at \$16,51.07 is below monthly budget of \$24,827.46 and well below January 2020 expenses of \$34,223.98. **MISSION PARTNERS** Totals show that 10% of **CONTRIBUTED INCOME** was shared; in January Covenant shared with South-Central Synod of WI-ELCA, ELCA World Hunger, HATS, and START. **STAFF** Totals is below budget which is expected until in-person gatherings and programs can begin again, hopefully late summer or fall. **UTILITIES** Total is \$1,160.03 less than a year ago. The building does not need as much heat due to non-use but I think the new solar array made a great difference in electricity cost.

BOTTOM LINE: INCOME-EXPENSE shows a deficit of \$2,541.01 for JANUARY. Because we entered the year in a strong financial position, we can easily continue our ministry for the foreseeable future. Our General Fund had \$63,428.62 at the end of JANUARY.

PERSONAL OBSERVATIONS: Our voting members showed hope in and confidence for the future by adopting the spending plan (budget) at the annual meeting via Zoom on January 31. Our spending plan shows the priorities we have a congregation. Our 2021 spending plan shows increases in program ministries intended to help us grow in faith. The new solar array will decrease utility expenses and decrease our dependence on fossil fuel, reflecting our care for creation. *The commitment and support of each of us keeps our ministry vital and vibrant.*

I welcome questions anytime about Covenant's finances. No questions or comments are unimportant.

Submitted by George Carlson, treasurer

Memorials



***For Maureen Rand, given by
Jill & Kent Hoard, Judy Hegge***

***For Dorothy Seasomson
Patrice & Donald O'Gorman***

***For John Pritchard , given by
Dan and Deb Oakland
Jane Conner***

***For Jane Anderson, given by
Grace Gullickson***

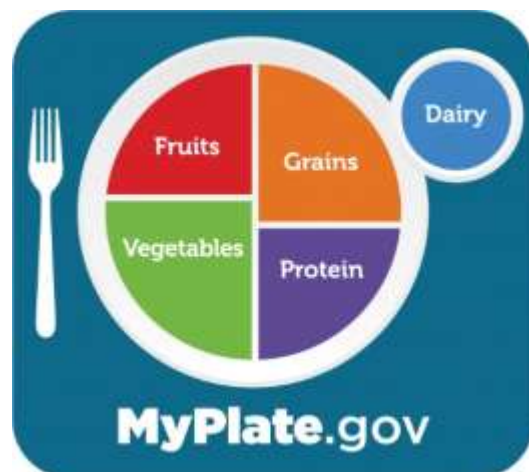
***For Marilyn Nelson, given by
Fred & Mary Sundby***

***For Those In Need, given by
Margaret Cousins***

March 2021 topic: The Plate Method

What is the plate method?

Meal planning
Healthful eating



3-step method:

1. Use a 9-inch diameter plate
2. Divide the plate into 4 sections
 - Vegetables (non-starchy vegetables such as green beans, carrots, cauliflower, or salad)
 - Fruit
 - Whole grain/starch such as brown rice, whole wheat bread
 - Protein such as lean meat, poultry, seafood, eggs
3. Have a serving of dairy on the side such as lowfat or fat-free milk or yogurt

Visit

www.myplate.gov/eat-healthy/healthy-eating-budget

to learn about:

- Planning meals
- Shopping smart
- Preparing healthy meals

In faith and health, Denise Pigarelli

Resources: myplate.gov

Covenant Lutheran Endowment Foundation, Inc.

Scholarship applications for the 2021-2022 school year are due April 1, 2021.

Click Here → [Scholarship Brochure](#) for the brochure.

Applications are available online at: <http://tinyurl.com/Foundation-Scholarship>

There are also copies of the application in the blue bin outside the main entrance to the church. For questions, contact Beth Hilgendorf, 608-279-1656, or email: Bookkeeper.CovenantFoundation@gmail.com

Congregational Life

May the road rise up to meet you...the wind be always at your back...
...The sun shine warm upon your face...the rains fall soft upon your fields,
And until we meet again, may God hold you in the palm of his hand.
(an Irish Blessing)

HOLDING IN PRAYER all of Covenant, and naming these members in March:

Margo Benson

Lillian Ofsthun

Kaye Brantmeyer

Edward/Karen Ott

Craig/Elizabeth Brekken, Carson

Shirley Page

Dale/Judy Eggen, Lily

Greg/Denise Pigarelli, Alex & Shae

Amy Elvekrog/Sara Rabe, Meredith, Alex & Samuel
Thiessen

Jeff/Stacey Reuter, Alex, Andy, & Jessica

Mike/JoAnn Gilbert

Mark/Donelle Rippe

Linda Harrison

Lois Rothen

Bruce/Julie Pankow-Helland

Sally Shieldt

Mary Ann Holtan

Bill/June Schlough

Karen Knipfer, Richard

Michelle Walker, Gabriel, Grant & Sara

Jim/Denise Mattke, Jason

Marijo Vols

Steve/Linda Muller

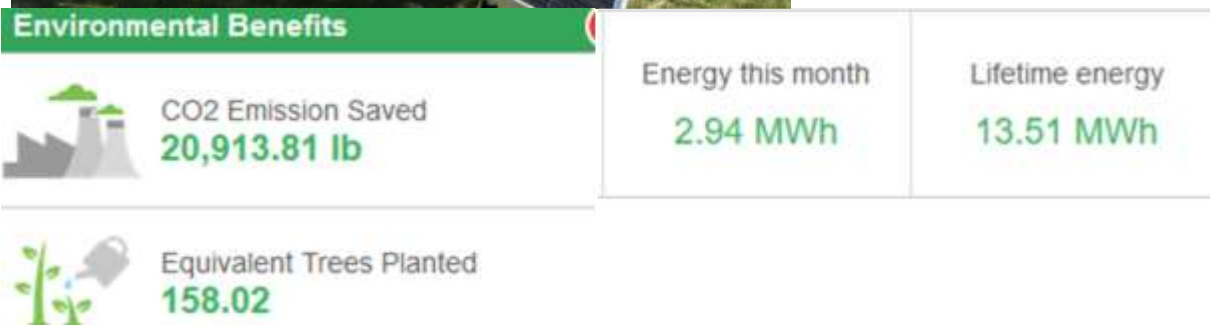
Denise Yaun, Cade & Drew Pasold

Jack/Eileen Nelson

Solar Array News—Property Committee

In **February**, the Solar Array set a new record for power production of 454 kilowatt hours, for a single day, on February 20th! Longer and sunny days along with a higher angle of the sun continue to make a big difference as we move toward spring. We have saved over **10 tons of CO2 emissions** and the equivalent of **158 trees** planted since the system was fully activated. The amount of snow along with the cold weather made it difficult to keep the panels clear in February so overall power production was down. It will be interesting to see how the panels perform in March as the snow starts to turn to rain. We have a public web site you can access to see how the array is doing whenever you want. The link is:

<https://monitoringpublic.solaredge.com/solaredge-web/p/site/public?name=CovenantLutheran#/dashboard>



This is the power of Creation flowing through the Sun, onto the solar panels and into the Church.

Mike Gilbert

Community of Faith Practice - Social Action

An open session for anyone who wishes to meet to share what they are learning and how they are working in the area of social action in our community. It will be a community of support, with a focus on encouraging each other in our journey to create a more just society for all. Members can share how they practice their faith in the areas of social action, racial equity, education and congregational life. Members will also learn how to adapt this community of practice model for use with their own group. Chris Mel-land will facilitate the conversation.

April 14

6:30 pm - 8:00 pm via Zoom

[Join our Cloud HD Video Meeting](#)

WHATCHA READIN'?

Uncle Tom's Cabin by Harriet Beecher Stowe

A review by Penny Vodak

Perhaps you read Uncle Tom's Cabin when you were in school. If I had read it in school, I would not have appreciated it to the extent I did reading it this winter, with all the time in the world to savor it. What a gift.

I stood in front of my book shelf at last, pondering where to put it. Racial inequity...seemed logical, with a growing list of books I've read on the subject in the past few years. But I could justify putting it with black history in America, the role of Christianity in black America, black family life, power, slavery, love, hate. The list goes on.

Uncle Tom serves three masters in the span of this book. Each is profoundly influenced by him. Two grow to love him, and one to loathe him.

Get ready for a journey. Uncle Tom is a character I will never forget. In the final chapters, I started a list of favorite Uncle Tom's bits of wisdom. He said, "You does for the Lord, when you does for his critters." I just might have it put on my gravestone.

Whatever you may have read or are currently reading, come to the April 14 gathering to share what you have learned along the way! We will listen and learn from each other!

Covenant News



SAVE THE DATE

For this special time to connect!

WHO: Covenant women

WHAT: April Zoom Coffee

WHEN: Saturday, April 10, 2021 from 8:30-9:30 AM

WHERE: Zoom or phone

Mark your calendar now for this special event;
details to follow in the *April Promise* and via email

Hi Everyone!

The Personal Essentials Pantry of Stoughton at 343 E. Main St., Stoughton is open for business to help people in need receive personal essential items, i.e. laundry soap, dishwashing liquid, deodorant, tooth paste/brushes, shampoo/conditioner, feminine hygiene products, soaps, diapers, incontinence products, household cleaner, and more.

Please visit us by calling 608-982-7174 on any Monday, 10:00 a.m. – noon, to let us know what you might need. An appointment will be made either on the first Thursday or 3rd Thursday of the month for you to receive your products.

WE HOPE TO SEE YOU SOON!

Noon Zoom and Devotions with Pastor Sara:

Every Thursday at 12:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/3596352000?>

[pwd=aTdsNzkrU0NKY29ZTDFENmsvNHNRZz09](https://us02web.zoom.us/j/3596352000?pwd=aTdsNzkrU0NKY29ZTDFENmsvNHNRZz09)

Call: (312) 626-6799

Meeting ID: 359 635 2000

Passcode: 843588

Covenant News

SECURE ONLINE GIVING at COVENANT

One year ago the coronavirus began disrupting our lives in many ways. The life of Covenant changed dramatically as well...gathering for worship online or by phone, no

Council or Team or Annual meetings in person, Christian education by Zoom or at home with family, in-person hospital visits curtailed, and so much more.

Covenant has sought to adapt, Working hours of all non-pastoral staff have been reduced. Building usage has dropped significantly. Yet the congregation still has financial obligations we must meet. Staff must be paid. Utilities and insurance and service contracts require payment.

Thankfully many members continue to support Covenant financially. The largest percentage of us send contributions through the US Postal Service. Some of us use secure online giving.

Covenant has offered the option of secure online giving for several years through a company named VANCO. According to their website, *“For 30 years, VANCO has been helping schools, churches and nonprofits thrive. We provide technology that helps you stay connected to your community – your members, students, customers and friends. VANCO helps you securely accept donations and payments. During these unprecedented times, we’re here for organizations that need a way for their members, students or customers to make payments and express their generosity electronically, rather than in person. VANCO: A Trusted Partner That Will Help Your Church...*

*25,000+ churches choose Vanco as their eGiving partner.
20+ years of helping churches...”*

You may wish to check out using VANCO for online giving. You can go to Covenant’s website, <https://covluth.org/>; then on the right side of the page, click

That links you to a secure website where you can indicate the amount of your offering, the frequency (one time, weekly, or monthly), and the start date. You will need to log in with an email address and password. Using secure online giving enables your steady, faithful giving as a member or friend of Covenant.

Covenant will continue to explore other ways VANCO can support our ministry through their services. If and when Covenant decides to use any other VANCO services, you will be informed.



It's been awhile! The Social Action Committee hasn't been meeting since pandemic restrictions have been in place so we want to gather virtually and touch base with everyone. Members of the Racial Equity Team can update the group about what they've been up to the past 6 months but more importantly, we'd like to hear from YOU! What are some things we could be doing to help to bring about a more just society and meet the needs of our disadvantaged brothers and sisters locally, nationally, and globally? Let's gather and discuss.

The meeting is scheduled for Thursday, March 26th at 7 pm. The Zoom link is below:

Join Zoom Meeting

[https://us02web.zoom.us/j/84923584948?
pwd=RXEzQTNwbGpjdXI6U3NKSHVWTDFFvUT09](https://us02web.zoom.us/j/84923584948?pwd=RXEzQTNwbGpjdXI6U3NKSHVWTDFFvUT09)

Hope to "see" you soon -
Linda Muller and Donna Tarpinian

STANDING WITH OUR NEIGHBORS

CONVERSATIONS ON IMMIGRATION

Tuesday, March 23rd - 7:00pm

A Virtual Discussion with Erin Barbato

The ELCA's South Central Synod Team for Immigration Reform and Refugee Support is pleased to offer a series of conversations meant to educate and inspire advocacy for immigration issues among individuals and congregations.

Erin Barbato is the Director of the Immigrant Justice Clinic at the University of Wisconsin Law School and an expert on immigration policy. In addition to assisting with pro bono services for local immigrant communities, Barbato frequently takes law students to the Dilley Detention Center in Texas to provide legal aid to detained immigrants and asylum seekers at the border.



Join us as we learn about experiences from the border, discuss federal and state immigration policy, and answer your most pressing questions.

Register for this free event here: <https://bit.ly/2OuGwqh>

Hosted by:



South-Central Synod of Wisconsin
Evangelical Lutheran Church in America
God's work. Our hands.



Evangelical Lutheran Church in America
God's work. Our hands.

Thank You



Global Health Ministries

Helping the hands that heal

December 31, 2020

BOARD OF DIRECTORS:
 President: Dan Olson, BSM, LACEW, CMPE
 Vice President: Erik Johnson, MS, DCP
 Immediate Past President: Dennis Wright, MEd, EdD
 Secretary: Bill Moe, MS, MS, CDE
 Treasurer: Ann Jovic

Center for Studies, WI, ADSP
 Dr. Thomas Arango
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 Director of Operations
 Bart Lichstein
 Director of Finance & Administration
 John Litzell
 Healthcare Manager
 Executive Coordinator
 Michelle Hoffman
 Office Manager
 Tina Isenhardt
 Manager of Water to People
 Ashley Kasperczyk
 Social Media Coordinator

Global Health Ministries is a 501(c)(3) organization. No goods or services were given in exchange for this gift.

Dear Friends,

Thank you for your generous support and partnership! Your gifts make it possible to ship vital medical supplies and equipment, offer timely grants, and educate leaders to help the hands that heal in 13 under-resourced countries.



Together we support young Christian leaders like Anica to become tomorrow's leaders. Anica just completed her medical training. Her heart is fixed on serving in some of the most remote regions of her home country of Madagascar. But Anica is motivated to do even more. So today she is among the first students to enroll in a new Community Health Nurse program that GHM helped launch in November of 2019. By this time next year Anica will have been trained and placed in a rural village where she will organize, train and manage a corps of volunteers that will teach whole villages how to live healthier lives.

Providing education to equip health workers at all levels is one of Global Health Ministries' priorities. While the World Health Organization recommends a minimum goal of 23 doctors, nurses and midwives per 10,000 people, 7 of our partner countries have fewer than 10.

Thank you for the gifts you share:

Together in ministry.
 Pastor David
 GHM Executive Director

Gift amount: \$123.15
 Designated to: GHM Mission Operations



Lutheran Campus Ministry
 Madison, WI

325 North Mills Street
 Madison, WI 53715
 608-257-7178
www.lcmmadison.org

January 19, 2021

Covenant Lutheran Church
 1525 N Van Buren St
 Stoughton, WI 53589-1028

Dear Friends,

Thank you for your recent gift Lutheran Campus Ministry. Your ongoing support ensures that students at UW-Madison have a community of faith that supports them and accompanies during their formative college years.

The fall semester has been different from any other here at Lutheran Campus Ministry. We deeply miss gathering in person at the student center, our daily lunches, and perhaps most of all, worshipping together and sharing the Lord's supper. Nonetheless, we have come to know Christ through one another this fall, through meaningful conversations held digitally and kindness and support found in new ways.

Thank you for your gift. While the landscape of ministry on campus has been constantly shifting and we have quickly learned how to keep students safe and utilize new technology, something that has been remarkably familiar is the financial support that we receive from alumni and friends.

Because of your trust and confidence in us, we have been able to continue to minister to students and dream of how God is calling us to continue renew our ministry after this pandemic draws to a close. I am excited for what God has in store for our community and thankful for a community of faithful supporters.

Now, more than ever, your support makes our ministry possible. The ministry of LCM and the young people who have been blessed, nurtured, and led through this ministry are made manifest because of your trust in God, and your trust in what the Holy Spirit is doing here on campus. Your gift of \$11.58 on 12/31/2020 means that we can continue to gather students for prayer, support, and spiritual formation in spite of the uncertainty of these days.

Your gifts are a testament to the promise that Christ walks alongside us through all that we face in life. Thank you for the ways that God's love is becoming incarnate because of you.

Wherever you find yourself in this time, may you know that God is with you. Thank you for your support.

In Christ,

Pastor Emily
 Rev. Emily Tyrtis
 Campus Pastor & Director

Thank you for your gift!
 Lutheran Campus Ministry is a nonprofit organization under IRS code 501(c)(3). No goods or services were provided by the organization in return for this donation.



January 25, 2021

Covenant Lutheran Church
 1525 N Van Buren St
 Stoughton, WI 53589-1028

Greetings to our ministry partners at Covenant Lutheran Church:

THANK YOU! For your end of the year gift of \$63.28. Your support is a tremendous help as we continue to heal from the impact COVID-19 has had on our ministry.

Your support is helping Lutherdale move forward with great plans for 2021. Our summer camp schedule is fully developed, registration is open, and children are enrolled. Church groups have begun to book retreats for 2021. We look forward to welcoming thousands of people back to Lutherdale as we continue to provide life-changing adventures for all.

As a faithful supporter of Lutherdale, I invite you to stay connected with what is happening at Lutherdale by following us on our social media channels. Find us on Facebook at [Lutherdale1984](https://www.facebook.com/Lutherdale1984), Instagram at [Lutherdale_1984](https://www.instagram.com/Lutherdale_1984), or visit www.lutherdale.org for monthly updates and where you can subscribe to receive our weekly e-newsletter.

God bless you, be safe, stay healthy.

Jeff Johnson
 Jeffery A. Johnson
 Executive Director
jeff@lutherdale.org
 262-948-2283

Donor: Covenant Lutheran Church Gift: \$63.28 Type: Check #22497 Date: 12/31/2020

Lutherdale Bible Camp, Inc. is a 501(c)(3) non-for-profit organization. All gifts to Lutherdale Bible Camp, Inc. are tax deductible to the full extent of the law. No goods or services were provided to the donor by Lutherdale Bible Camp, Inc. in consideration of this charitable donation.

Lutherdale | N7881 US Hwy 12 | Elkhorst, WI 53121 | 262-742-2352 | info@lutherdale.org



Dear Members and Staff,

On behalf of the staff, board members, + customers of the Affordable Transportation Program we want to thank you so very much for the monetary donation provided recently. We so appreciate your generosity, kindness, + support for ATP to continue to help those in need with transportation challenges.

Thank you so very much!
 Staff, board members, + customers
 of
 ATP

The Promise—March 2021

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 (Mary's cell: 608-220-0373)

Email: covlutheran@covluth.org

Website: www.covluth.org



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

*The next issue of "The Promise" will be published in April 2021. The deadline for submitting items for the **April** newsletter is **Friday, March 26.***

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

Thank you!

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