

# The Promise

The People of Covenant are called to:  
*gather, grow and go serve with Gods Love!*



June/July 2023 The Monthly Newsletter of Covenant Lutheran Church, ELCA

## Inside This Issue

1. A note from the Pastor
3. 50th anniversary RSVP
4. Council Highlights
5. Social Action
8. Volunteer Schedule
9. 50th Anniversary Update
10. Treasures Report
11. Education Updates
12. Property Report
13. Summer Dates to Save
14. Invited to Connect
22. Ways to be a Blessing
26. Health Topics
27. Gratitude
35. Contact Information

## Quick Update:

The Promise will not be printed in July. The August Promise will include July images and updates!



Dear Siblings in Christ,

We have a busy, exciting month coming up! June is FULL...FULL of celebration – graduations, scholarships, welcome, 50 years of Covenant and their just might be root beer floats to be had one Sunday, too! It feels like we turn the corner toward summer now and the sun is making a more consistent appearance, though our natural world would probably appreciate some refreshing and replenishing rain.

Last night I had the privilege of meeting with some of our newest members and talking about Covenant, our worship, and being Lutherans. We also read scripture together. Using Lectio Divina, an ancient way of praying and studying scriptures, we read aloud and reflected on this passage from Acts 16:6-15

*<sup>6</sup> They [Paul and Timothy] went through the region of Phrygia and Galatia, having been forbidden by the Holy Spirit to speak the word in Asia. <sup>7</sup> When they had come opposite Mysia, they attempted to go into Bithynia, but the Spirit of Jesus did not allow them; <sup>8</sup> so, passing by Mysia, they went down to Troas. <sup>9D</sup>uring the night Paul had a vision: there stood a man of Macedonia pleading with him and saying, "Come over to Macedonia and help us," <sup>10</sup> When he had seen the vision, we immediately tried to cross over to Macedonia, being convinced that God had called us to proclaim the good news to them.*

A note from the Pastor continues on the following page >>

## A Note from the Pastor

<sup>11</sup> We set sail from Troas and took a straight course to Samothrace, the following day to Neapolis, <sup>12</sup> and from there to Philippi, which is a leading city of the district of Macedonia and a Roman colony. We remained in this city for some days. <sup>13</sup> On the sabbath day we went outside the gate by the river, where we supposed there was a place of prayer; and we sat down and spoke to the women who had gathered there. <sup>14</sup> A certain woman named Lydia, a worshiper of God, was listening to us; she was from the city of Thyatira and a dealer in purple cloth. The Lord opened her heart to listen eagerly to what was said by Paul. <sup>15</sup> When she and her household were baptized, she urged us, saying, "If you have judged me to be faithful to the Lord, come and stay at my home."; And she prevailed upon us.

I love this passage! So much action! Going here...Being forbidden by the Holy Spirit...Going there...not allowed by the Spirit of Jesus...a vision... setting sail...proclaiming the good news...Lydia, a dealer in purple cloth...a household baptized.

It is thought that Lydia was a wealthy business woman, with employees, servants, possibly slaves who came to believe in Jesus. She also became a great supporter and resource for Paul and the early church.

And, all because Paul and Timothy felt and discerned the guidance of the Holy Spirit and were willing to trust and step out in faith. What might God be asking of you with this passage as you read it today? Where is the Holy Spirit leading you?

Wherever, whatever...God be with you.

In thanks, Pastor Wendy

Pastor Wendy

Covenant Lutheran, Stoughton, WI

[www.covluth.org](http://www.covluth.org)

240-506-1388



**50th Anniversary RSVP**

**Covenant's 50th Anniversary Celebration**

**Sunday, June 25, 2023**

Please RSVP to our 50th Anniversary Celebration  
**TODAY**, by turning the information below into the Church  
Office, if you have not already done so.

Dinner RSVP

Covenant will be providing a meal  
consisting of meat, vegetables, fruit, cake and beverages.

\_\_\_\_\_ Yes, I/We plan to attend the celebration.

\_\_\_\_\_ Number of people

Name[s]:



*Rooted in our Past. Committed to our Future.*

## Council Highlights



The word “celebration” is defined as a joyful occasion or a day on which special festivities are organized. The purpose of a celebration is to mark a happy event. June is a month of celebration. On June 11th, Covenant will be celebrating our young men and women graduating from high school and the Foundation Scholarship recipients. On June 25th, we will celebrate the 50th anniversary of the merger of Our Savior’s and Central Lutheran Church into Covenant Lutheran Church. A time to celebrate and thank God for the many blessings we have received. I invite you to be a part of these special celebrations! Please RSVP for the luncheon if you have not already done so!

Another special celebration in June is Juneteenth, also known as Freedom Day, Jubilee Day and Cel-Liberation Day. This American holiday is a federal holiday celebrated on June 19 th. Juneteenth marks the emancipation of slaves in the United States. The church office will be closed on June 19th in observance of this holiday. Activities commemorating this day are being planned in Stoughton. Stay tuned for further information.

A reminder that on Sunday, July 16th following our worship service, we will be holding our first mid-year congregational meeting. This meeting will be for the purpose of hearing verbal reports from Pastor Wendy as well as our Ministry Teams. In addition, we will be ratifying the non-required amendments of our Constitution and Bylaws that were approved at our annual meeting in January. Covenant will be sponsoring a blood drive on Monday, June 26th.

If you are willing and able to donate, please use the direct link below to schedule an appointment. <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=CovenantStoughton>

Last month, I commented on our issues with the air conditioning systems in the office and sanctuary. A special thank you to our Property Team for working with the company to get these systems functioning before the real warm weather arrived.

Deb Oakland, Council President

### Can we celebrate Pride Month as a church? Yes, and here's why.



The Social Action Team met on May 15<sup>th</sup> and discussed how we should recognize Pride Month this coming June as part of our year-long efforts toward emphasizing various Heritage and Awareness Months. This year as we have started work on revising our Welcome Statement and exploring the possibility of becoming a Reconciling In Christ congregation, it seems even more important to recognize the month because we are all children of God and all deserve respect, dignity and love.

In collaboration with the Worship & Music Team, we will be recognizing the month at our June 4<sup>th</sup> service along with providing a display for members to share words of affirmation for our LGBTQI+ brothers and sisters.

We'd like to share an excerpt from a commentary from James Martin, a Catholic priest, that provides wisdom and clarity on how to best to support the LGBTQ individuals in our lives and communities (<https://outreach.faith/2022/06/can-catholics-celebrate-pride-month-yes-and-heres-why/>).

*First, it's important to remember that there are (at least) two kinds of pride. The first is the satisfaction that can come from your own accomplishments. This can turn into vanity, which is something to avoid. That brand of pride says, "Look how great I am!" It's the opposite of humility, a key virtue in the Christian life.*

*Humility reminds us that we are not the center of the universe and that our lives depend on God. This is the kind of humility Jesus speaks of in the Beatitudes when he says, "Blessed are the poor in spirit" (Mt. 5:3). So the first kind of pride can be a threat to humility, to discipleship and to the spiritual life overall.*

*But the second kind of pride is a consciousness of one's own dignity. And that's closer to what Pride Month is meant to be for the LGBTQ community: a recognition of the human dignity of a group of people who have, for centuries been, treated with contempt, rejection and violence.*

*For the religious person, this month is also a reminder that LGBTQ people are beloved children of God. Pride Month reminds Catholics to treat LGBTQ people with the "respect, compassion and sensitivity" that the Catechism commands, the "closeness, compassion and tenderness" that Pope Francis has taught, and the love and mercy that Jesus showed to all people, especially those on the margins, during his public ministry.*

*It's especially important for churches to mark Pride Month since much of the*

Social Action article continues on the following page >>

## Social Action

*rejection that LGBTQ people have faced has been motivated by Christianity -at least what many people think Christianity teaches. An example: One of the most common reasons for homelessness among LGBTQ teens is that they have been kicked out of their families for ostensibly religious reasons.*

*Churches have also been places where LGBTQ people have felt insulted, rejected and unwelcome, a result of the words and deeds of not only some bishops and pastors, but Catholic lay leaders and the faithful. So, it's important for churches to mark Pride Month and remind our LGBTQ friends that they are welcome in what is, after all, their church, too.*

*We also have to remember that in many countries, being LGBTQ is a life and death issue. In several countries, you can be executed simply for being gay or engaging in same-sex relations. In these places, LGBTQ issues are life issues. In some 70 countries, you can be jailed for LGBTQ advocacy. And in many others, LGBTQ people are regularly harassed, assaulted or murdered. The church is called to stand with these persecuted people throughout the year, but especially during Pride Month.*

*And just because you celebrate Pride Month doesn't mean that you necessarily agree with what every person, every organization or even every float in every parade has to say. Pride Month is mainly about supporting the fundamental human rights of the LGBTQ community: the right to live in safety, the right to be treated as equals, and the right to be fully welcome in society.*

*Besides, complaints about the use of the word "pride" never seem to apply to other groups. People often say, "I'm proud to be an American" on the Fourth of July. Or they wear buttons that say "Proud to be Irish" on St. Patrick's Day. Or when something wonderful happens in the church they tell their friends, "I'm so proud to be Catholic." Few people object to that or would describe that as vanity. People generally understand the kind of pride that these people are talking about.*

*For the LGBTQ person, pride is not about vanity but about human dignity.*

*Maybe the best way to think about Pride Month is to imagine what you would say to a young person who finally summoned up the courage to tell you that they are LGBTQ. You know that God created them. You know that God loves them. And you know that God wants them to be who they are. So, you would probably say, "I am so proud of you for being able to say that."*

*That's the kind of pride we celebrate this month, and that Catholics worldwide can celebrate.*



For additional ELCA resources, please visit <https://www.elca.org/lgbtq>



Juneteenth is a holiday that commemorates the end of slavery in the United States. It recalls how the states of Louisiana and Texas heard the news that President Abraham Lincoln had signed the Emancipation Proclamation on January 1, 1863. Slavery continued in those two states for more than two years after the proclamation was signed because the word had yet to travel there. Texas and Louisiana finally got the good news on June 19, 1865. Former slaves broke out in celebration.

Official Juneteenth celebrations began the following year in 1866 with parades, picnics, barbecues, and speeches in remembrance of their liberation. By 1900, the festivities had grown to include baseball games, horse races, street fairs, rodeos, railroad excursions, and formal balls.

June 21, 2021, Juneteenth became a federal holiday and all 50 states, including the District of Columbia, recognize Juneteenth as a holiday or observance.

In Stoughton, Juneteenth will be celebrated at the local Rotary park and will focus on children's activities, food, fun and community togetherness.

**Covenant will be collecting a special offering on Sunday, June 18 to help the organizers defray costs for Stoughton's 4th annual Juneteenth Celebration at Rotary Park June 18th 1-4pm. Please look for the special basket when you come to church that day.**

In addition to Covenant collecting a special offering on Sunday, June 18 to help the organizers defray costs for the event. If you'd like to help the team of neighbors with organizing next years event, or by volunteering at this years event please contact [StoughtonJuneteenth@gmail.com](mailto:StoughtonJuneteenth@gmail.com).

## Volunteer Schedule

# Thank You-Volunteers

### Volunteer Assignments for Sunday Services in June/July

Role	Jun 4	Jun 11	Jun 18	Jun 25
Assistant Minister	Andrusz, Kathy	Oakland, Deb	Thompson, Ingrid	Heil, Matthew Heil, Judy
Lector	Chose, Philayne	Nelson, Thomas P.	Currie, Kimberly	Vols, Marijo
Usher Team Leader	Nissler, Karl	Westrand, Tamarine	Sime, Norm	Chose, Thomas
Ushers	Anderson, Thor Grefsheim, Larry Olson, Larry E	Tarpinian, Gary Vodak, Greg	Christian, Thomas Seamonson, Mark	Cope, Jack Peterson, Stephen V.
Communion Prep	Oakland, Deb Oakland, Dan	Oakland, Deb Oakland, Dan	Oakland, Deb Oakland, Dan	Oakland, Deb Oakland, Dan
Altar Guild	Diebold, Susan	Diebold, Susan	Diebold, Susan	Diebold, Susan
Greeter	Cope, Jack Cope, Helga	Hanson-Cook, Rhetta Smith, Sam	Harrison, Linda Pritchard, Carol	Just, Laura Vodak, Penny

Role	Jul 2	Jul 9	Jul 16	Jul 23	Jul 30
Assistant Minister	Nelson, Thomas P.	Diebold, Jessica	Andrusz, Kathy	Sime, Jean	Oakland, Deb
Lector	Tarpinian, Gary	Craig, George	Vodak, Penny	Vodak, Greg	Chose, Philayne
Usher Team Leader	Herbst, Mark	Nissler, Karl	Westrand, Tamarine	Sime, Norm	Chose, Thomas
Ushers	Cook, Bill Hanson-Cook, Rhetta Herbst, Garrett Herbst, Evan Herbst, Caleb	Anderson, Thor Grefsheim, Larry Olson, Larry E	Heil, Matthew Heil, Judy Tarpinian, Gary Vodak, Greg	Christian, Thomas Seamonson, Mark Sime, Jean	Cope, Jack Peterson, Stephen V.
Communion Prep	Vols, Marijo	Vols, Marijo	Vols, Marijo	Vols, Marijo	Vols, Marijo
Altar Guild	Nelson, Jack Nelson, Eileen	Nelson, Jack Nelson, Eileen	Nelson, Jack Nelson, Eileen	Nelson, Jack Nelson, Eileen	Nelson, Jack Nelson, Eileen
Greeter	Carpenter, Gloria Liddle, Cynthia	Brekken, Monty Brekken, Carol	Cope, Jack Cope, Helga	Hanson-Cook, Rhetta Smith, Sam	Oakland, Deb Oakland, Dan

Please let the office know if you are unable to make your scheduled date or if you are interested in changing the way you are currently being scheduled. Amanda will be happy to get you on the volunteer schedule as your time allows!

## **Celebrating 50 years of Covenant's Ministry**

It's time to celebrate! Covenant will reach a major milestone in June for having been established 50 years ago. On June 1st of 1973, Central Lutheran and Our Savior Lutheran churches of Stoughton merged to become Covenant Lutheran.

In recognition of the ministries Covenant has provided near and far to thousands of people, it would like to pause, reflect and celebrate at this special moment in time. "Rooted in our Past. Committed to our Future" will be the theme of the day.

On Sunday, June 25th, available former Covenant pastors and staff will join Covenant members [both past and present] to worship together, giving thanks and glory for our precious time together over this half-decade. God has truly been faithful to our church family.. A program and a luncheon is planned to follow the special service.

It would be an honor to have you attend the special activities of the day. If you intend to join us for the luncheon, we need your reservations by June 1st. Please let the church office know. Reservations will be especially helpful in preparing the luncheon.

We're excited to host this meaningful event, marking not only our past, but the beginning of a future full of possibilities in more ministries within our walls and beyond.

Anniversary Committee

*[JoAnn Gilbert, Denise Pigarelli, Ingrid Thompson, Rev. Wendy Moen]*



## Treasurer's Report

### TAKE A CLOSER LOOK:

These Reports are an easy way to share the Church's financial position giving the congregation a simple view of where the church stands on budget, expenses while also sharing that same information from the previous year.

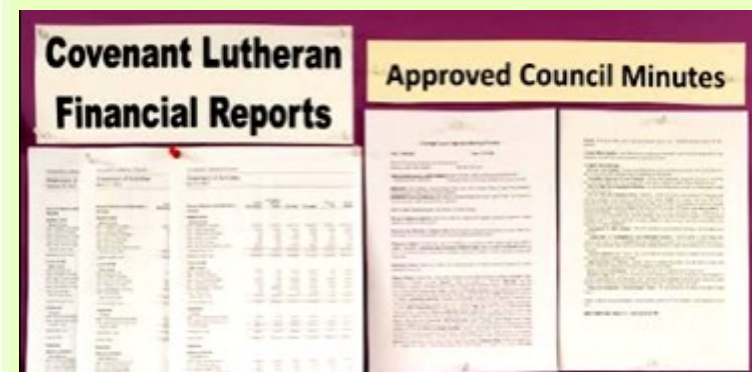
INCOME	Current Month Actual	Same Month Last Year Actual	YTD Actual	YTD Budget	YTD Last Year	Annual Budget
Member Giving	33,109.40	17,444.00	102,438.05	87,450.00	97,610.04	262,350.00
Other Income	475.16	-574.15	12,631.11	8,611.52	710.49	25,834.48
Transfers (Dedicated/G&M)	1,866.17	227.19	11,338.05	16,674.73	1,023.91	50,024.25
<b>TOTAL INCOME</b>	<b>35,450.73</b>	<b>17,097.04</b>	<b>126,407.21</b>	<b>112,736.25</b>	<b>99,344.44</b>	<b>338,208.73</b>
EXPENSE						
Mission Partners	4,140.73	8,145.83	10,865.11	9,066.56	15,085.83	27,200.00
Staff	18,140.02	13,649.50	68,413.78	71,074.31	51,936.59	210,858.73
Education	130.70	81.87	707.75	2,200.00	519.15	6,600.00
Congregational Life	352.53	0.00	1,664.63	1,200.08	929.12	3,600.00
Social Action	266.07	0.00	476.07	1,333.28	100.00	4,000.00
Worship & Music	725.29	499.60	1,927.36	4,216.64	1,074.76	12,650.00
Office Administration	2,407.60	1,323.43	13,181.42	8,849.84	8,784.69	26,550.00
Occupancy	3,771.85	3,110.10	29,050.51	18,249.96	18,023.13	46,750.00
<b>TOTAL EXPENSE</b>	<b>29,934.79</b>	<b>26,810.33</b>	<b>126,286.63</b>	<b>116,190.67</b>	<b>96,453.27</b>	<b>338,208.73</b>
<b>INCOME – EXPENSE</b>	<b>5,515.94</b>	<b>-9,713.29</b>	<b>120.58</b>	<b>-3,454.42</b>	<b>2,891.17</b>	<b>0.00</b>

I hereby submit the approved treasurer's report for the month of April 2023 and I do so while doing a HAPPY DANCE. Our contributions appear to be on target so thank you for your continued support!

Please contact me if you have any questions or concerns.

*Donna Tarpinian, Treasurer*

# Bulletin Board



**Have you seen the updates on the Bulletin Board?**

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**For your convenience, you can find Covenant financial reports anytime on the bulletin board in the Church hall way!**

## Education Updates

The Sunday School students would like to thank the congregation for their support in donating to ELCA Good Gifts this year. The kids made choices in how to spend the money collected. For the year, they purchased: 3 shares of a cow, 2 shares of a fish farm, 8 goats, 4 pigs, 4 bee colonies, 6 roosters, and 10 groups of chickens.

Going through this process, they were so thoughtful and prioritized having an impact on more people over a large impact on a single family. They got the opportunity to think about what the gifts could mean for the families' futures, be strategic in what they chose, and be mindful of the financial aspects of giving.

### **This summer, we will have an intergenerational activity every month.**



June 21 at 6:30 we will be making stepping stones. This year, we will mix the cement in a large batch and scoop it into the forms. Now that some members have a sense of how they can decorate the stones, please feel free to pick up things you really want for your stone. For example, if you know you really want some colored glass in a particular color, you can make sure you have it by purchasing some ahead of time. Another option is to bring your own “treasures” to put into the stone to personalize it.

We will continue to provide decorations. Now that some members have experience with making the stones, it would be very helpful to have volunteers help others to get started or answer questions. You can indicate that you would like to help on the forms. For planning purposes, please sign-up [here](#) or on the sheet in the back of the church.

On July 11 at 6:30 we will be doing Stories and Smores. It's a chance to hear Bible stories you might not be as familiar with and enjoy some fellowship around the fire pit.

In August, we will be reimagining some of the piggy banks we have in the storage area of the church. More information will be coming in the next newsletter.



Karla

## Property Report

### Property Committee – Solar Array

Great news again! The reimbursement rate from Stoughton Utilities, for our excess power, went way up starting in January of this year. We were **credited \$220 for our electric usage in April**. This is the first time we have received a credit since the system was installed. Our prayers have been answered! The amount we paid for our electric usage in March was only **\$3.21** so we knew we were getting close. The summer months will have our highest power production from the array but we will also be using our air conditioning so we will have to see what the financial results will be. Our Solar Array has now saved over **430,000 pounds of CO2 emissions** and the equivalent of over **3,250 trees** since the system was fully installed. Total power produced by the array is over **278 Mega Watt Hours**. We are definitely doing our part to help protect the environment!



### Property Committee – Playground



The Church Council has approved removing the old playground equipment from the Southeast corner of our lot. The wood structures are old and give off splinters. Some pieces have broken off. Many of the plastic parts are cracked and the top fabric covers are ripped or missing. We know the existing playground equipment is a safety hazard and our insurance company views it as a big potential liability. The area will be smoothed out and returned to grass

Peace and Friendship, Mike Gilbert

## Save the Dates

### Celebrating the beginning of PRIDE Month



Join a Special Service  
June 4th where Covenant  
will be celebrating the  
beginning of PRIDE month!

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### Graduate and Scholarship Recipient Recognition

Celebrate Covenant's Graduates and the  
Foundation Scholarship Recipients  
June 11, 2023 during and after Worship.



Help to show our young adults how important they are to Covenant!

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### Create Stepping Stones with Covenant Family

June 21 at 6:30 we will be making stepping  
stones together as a church family.

For planning purposes, please sign-up [here](#) or  
on the sheet in the back of the church.



### 50th Anniversary Lunch and Program

Join in the Celebration as Covenant turns 50!

A lunch and special ceremony are scheduled for June 25, 2023.

Please **RSVP** right away if you plan to attend and have not already!

## Save the Dates



### **VBS is coming up soon, and you can help!**

Are you interested in helping with VBS this year?

Some tasks include: Taking photos , signing kids in and out, making lunches and planning activities to connect with the camp leaders throughout the week.

**Whatever your specialty, we'd love your hands to help!**

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### **Stories and Smores**



On July 11 at 6:30 we will be doing Stories and Smores. It's a chance to hear Bible stories you might not be as familiar with and enjoy some fellowship around the fire pit.

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### **New Member Reception**

Join our New Member Reception July 9th where we will welcome new members into our Covenant Family.

Help us to show them we are glad they are here!



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### **Mid Year Congregational Meeting**

Gather as we discuss the happenings at Covenant July 16, 2023.

Our end of year Congregational meeting has been moved to mid year to more evenly space out our congregational meetings.



## **Bible Study Meets Each Wednesday Night**

You are invited to Bible Study June 7, 14, 21 and 28!

Meeting in person in the Gateway room or via Zoom

Please Note: a time change now beginning at 5:15pm!

[Click here to join the Zoom Meeting](#)

(Link also on the webpage!)

Come laugh, learn and grow together while we discuss the Bible.  
This is a non-committal opportunity there is no homework,  
no required preparation. Just come as you are!



## **Service of Remembrance and Lament**



You are invited to a brief and special Service each Wednesday evening throughout Summer, beginning at 6:30pm.

This service will include scripture, prayer, candles and silence.

The names of those killed by guns in or area and around the country within the last week will be read aloud.



Come, gather as a community of love and support to lament with people near and far.

## Covenant Lutheran Lunch Bunch

Join every first Wednesday of the Month at 11:30 am

### **Location Change:**

Meeting at 11:30 am  
on June 7th at:

*The Green Lantern,*  
in McFarland



**We Encourage Everyone to join this Dutch-treat style gathering.**

Contact Ann Nelson or the office for more information!



## **Celebrating our Graduates** **& Scholarship recipients**



Sunday, June 11th at 9:30am during Worship

Join to support our graduates and Foundation Scholarship recipients'  
as they venture on to life after High School!

# **Please join your Covenant Family** **in Celebrating with our Young Adults!**



## Feeding the Hungry



In Search of Volunteers to serve food.

**2nd Friday of each month**  
from 10:30-1:30,  
at St. Marks in Madison  
(Upcoming dates: June 9,  
July 14, August 11)



**If you are interested please contact  
the office for more information!**

**Thank you for your partnership in this Ministry!**



## Covenant Social Action Committee



**Will you join our meeting this month?**

June 19th at 6:30 pm  
by Zoom or at the Church



Scan the QR code or click [Here](#) to join the meeting virtually!  
Link also available on our webpage!

**You're Invited to Stoughton's 4th Annual Event**



**Rotary Park Stoughton 1pm-4pm**

The office will be closed June 19th in honor and celebration of Juneteenth, we encourage all to continuously work to end oppression.

In honor of the Holiday & following God's mission, Covenant is collecting funds to help the organizers of Stoughton's 4th annual Juneteenth Celebration offset the cost of the event June 18th.

This is just one way that Covenant shows its support and commitment to serving its community and showing the love that Jesus would show!

This event is planned and organized by community members! If you're interested in being on next years planning team you'd be appreciated!

We hope you'll attend this Family Friendly,  
Community Organized event!

**Let's gather and grow as a Community of Stoughton!**

**Covenant Lutheran Book Group**  
**Takes a Summer Vacation**



**Watch for a Special Invitation for YOU,**  
**to join when we return in September!**

  
**Come** **create** **the**   
**Love of Jesus**  
**by gathering at Covenant!**



## STOUGHTON CITY BAND 2023 SUMMER CONCERT SERIES

**Wednesday, June 7      6:45 p.m.**  
Nazareth Health and Rehabilitation Center  
814 Jackson St., Stoughton

**Wednesday, June 21      6:45 p.m.**  
Skaalen Retirement Services  
400 N. Morris St., Stoughton

**Bring a chair or blanket and enjoy a free, open-air concert!**

*(Concerts will be canceled in the event  
of inclement weather—no rain dates.)*





## Covenant Lutheran Blood Drive

1525 Van Buren Street

**Monday, June 26, 2023**  
**1:00 p.m. to 6:00 p.m.**

For an appointment call 1-800-RED CROSS (1-800-733-2767) or visit [RedCrossBlood.org](https://RedCrossBlood.org) and enter Sponsor Code: CovenantStoughton

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

All presenting donors will be entered into a raffle for a chance to win a Summer Fun Grill Package including a Wireless Bluetooth Portable Travel Speaker, 60qt Wheeled Insulated Portable Cooler and Standup Propane Gas Grill! Approx. Value \$325. The package is non-transferrable or redeemable for cash.

Do good things this summer. Come to give in June for a \$10 gift card by email. Plus, automatically be entered for a chance to win a backyard theater package. Includes projector & screen, smokeless firepit, and MORE! Terms: [rcblood.org/June](https://rcblood.org/June)



Scan to schedule an appointment.

**Be part of something big. Make an appointment.**

1-800-RED CROSS | [RedCrossBlood.org](https://RedCrossBlood.org) | Download the Blood Donor App

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## Invited to Connect

Who  
Can We  
Sit With  
Today??

To whom can  
we offer  
Comfort  
and Love?

Thirsty... Hungry... Homeless... Sick... Imprisoned... Lonely...

Sick & Imprisoned

hungry Jesus



homeless Jesus



Who Will Help



Jesus



Who Will Help??

A stone thrown, A friendly phone call or visit,  
a personal invitation to worship,

How are you beginning the  
ripples of kindness this week?

Who can you reach out to let them know:

You are thinking of them?

Praying for them?

That you would love to see them?

Make that call today!



## Hospitality Sign Up in the Narthex!

**Gathering** for light refreshments, **Growing** from connection and conversation and taking time to replenish our light before we **Go** out again into the world to do Good Work for our Lord!

## Sunday Hospitality is a Group Effort!



There is a sign-up in the Narthex. Choose to provide set-up, refreshments and clean-up any Sunday you choose.

Coffee will always be served even on those Sundays no one has signed up to bring refreshments. **Many thanks to all the helping hands!**



## Looking for **Stress Free** way to Get Involved at Covenant Lutheran Church?

**We have opportunities for you!!**

Is it a weekly, monthly or seldom commitment you are looking for? We have many ways to get involved!

**Sunday Worship Service Assistants, Weekday Service Prep,  
Church Committees, Sunday School assistance,  
Sunday Greeters & Much More!**



Contact the office if you're interested in information on our current Volunteer Opportunities!

## **Stoughton's Lunches for Vikings Needs YOU!**

Lunches for Vikings is a volunteer-led program that offers free brown bag lunches to kids through 12th grade in the Stoughton Area School District who no longer have access to a free or reduced cost lunch at school during summer break.

Lunches for Vikings, Stoughton's summer lunch program, is in need of a Coordinator to help on Mondays each week during the summer break.

The dates are June 12th to August 28th from 9:15am - 1:15pm.  
We can work with co-coordinators and around vacation plans.

The Coordinator's responsibilities are quite simple:

1. Arrive at the Youth Center where food is prepped, between 9:00-9:15am
2. Organize food for prep by the volunteers that arrive by 9:30am
3. Supervise food prep and assist as necessary. Be sure safe food handling protocol is used (hand washing, wearing gloves and hairnets, etc.)
4. Assist with packing up food for delivery. Those volunteers arrive by 11:15am and then leave to distribute lunches to the kids.
5. The volunteers return to the Youth Center after lunches are delivered; around 1:00pm.
6. Record number of sandwiches distributed.
7. Put away any remaining lunches in the refrigerator. Should be done by 1:15pm so you can enjoy the rest of your day.

**Can you sign up for a shift of two?  
Or a maybe even a re-occurring weekly commitment?**

If interested or have questions please contact AnnMarie Oakland at [lunchesforvikings@gmail.com](mailto:lunchesforvikings@gmail.com) or 608-347-7521.

## **Stoughton's Lunches for Vikings Needs YOU!**

Lunches for Vikings is a volunteer-led program that offers free brown bag lunches to kids through 12th grade in the Stoughton Area School District who no longer have access to a free or reduced cost lunch at school during summer break.

### **Not able to be a coordinator but want to help?**

That's okay- Lunches for Vikings Still Needs Your Help!

Check the signup for single opportunities below.

**Sign up to volunteer at:** <https://www.volunteersignup.org/MRWC9>

Below is a description of the volunteer opportunities.

Please take a few minutes to check out our website [lunchesforvikings.com](http://lunchesforvikings.com).

**Food Prep:** Volunteers make sandwiches and get lunches ready for distribution. All volunteers must be over the age of 16, unless preapproved by the coordinator.

**Lunch Distribution:** Volunteers will meet at the Stoughton Youth Center, assist in loading the lunches and drive the lunches to three sites to distribute them to children. Volunteers must be friendly and exhibit leadership qualities. Transportation to and from the distribution site is needed. Weather appropriate clothing is highly recommended.

**ALL VOLUNTEERS MUST BE OVER 18 AND  
NOT A STUDENT TO DISTRIBUTE LUNCHES.**



If interested or have questions please contact AnnMarie Oakland at [lunchesforvikings@gmail.com](mailto:lunchesforvikings@gmail.com) or 608-347-7521.



## Stoughton Clothing Center helps everyone!

The Clothing Center receives daily requests for clothing. If you have gently used clothing especially in children's sizes we can get them into the hands of families who need them!

**Everyone is welcome,  
Come shop the Stoughton Clothing Center!  
No referral or identification is needed!**

Our current schedule is posted on a Google Document [here](#), and on our website ([www.stoughtonclothingcenter.com](http://www.stoughtonclothingcenter.com)).

**Please view the schedule before you plan to visit,  
for updated hours and availability.**

We are also open by appointment via email at [contact@stoughtonclothingcenter.com](mailto:contact@stoughtonclothingcenter.com) or message us through our Facebook page The Clothing Center.

The Stoughton Clothing Center is located at the back entrance of Covenant Lutheran Church. Typical weekly hours are Tuesdays 10am - 2pm, Wednesdays, Fridays and Saturdays from 10am – noon, and Thursdays from 10am – 5pm.

The Clothing Center is extremely appreciative for the partnership with Covenant as they work to serve a need in our community day after day, creating a safe and loving environment.

**Thank you for helping to make every season brighter for our neighbors and surrounding communities members!**



**Together we can build a  
Supportive and Safe Community!**

**Thank  
you!**

## Ways to be a Blessing



**Contact Richard  
at 608-873-6112 or  
rwhoffman64@yahoo.com**

Looking for a way to volunteering but not sure when or how?

**ATP is looking for volunteer drivers!!**

Mileage reimbursement of 65.5 cents per mile driven, no commitment. Just helping those in need— one trip at a time!



**Help build  
stable futures,  
one volunteer  
hour at a time!**

Habitat has a critical need for construction volunteers in Stoughton, **Thursday – Saturday, 8 a.m. – 3:30 p.m.** Individual & group volunteers appreciated.

**All skill levels welcome!**

Build with us at  
**[habitatdane.org/stoughton](http://habitatdane.org/stoughton)**

June 2023 topic:

# Sunscreen



## Why should I use sunscreen?

Ultraviolet B radiation causes sunburn, skin cancer, and 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 SPF = 30.  
To limit absorption of chemicals, use maximum SPF = 30.

## When should I apply sunscreen?

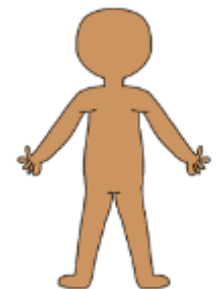
Apply at least 15 minutes (and up to an hour is ok) before going outside.  
Reapply every 2 hours OR after swimming or excessive sweating.

## 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
- total amount for an adult body = amount to fit in a shot glass

In faith and health,

Denise Pigarelli



Resources:

American Academy of Dermatology [www.aad.org](http://www.aad.org) , my lecture (UW-Madison School of Pharmacy)

## Gratitude



Thank you to our **Members, Volunteers, Friends, Neighbors, Musicians, Pastor and Staff!**



Covenant Lutheran Church survives on the dedication & love you share!



*This community is better because of you.*

Blessings to you as you continue to bless others.  
**May God's Grace and Love Surround you always!**



# Lutheran World Relief 2022 Information



- [facebook.com/LuthWorldRelief](https://facebook.com/LuthWorldRelief)
- [instagram.com/luthworldrelief](https://instagram.com/luthworldrelief)
- [twitter.com/LuthWorldRelief](https://twitter.com/LuthWorldRelief)
- [youtube.com/LutheranWorldRelief](https://youtube.com/LutheranWorldRelief)

## WHERE DID LWR QUILTS & KITS GO IN 2022?



	COUNTRY	SHIPPING WAREHOUSE	QUILTS	BLANKETS	SCHOOL KITS	PERSONAL CARE KITS	BABY CARE KITS	FABRIC KITS	MASKS
<p><b>462,262</b> QUILTS &amp; KITS IN 19 COUNTRIES</p> <p><b>220,317</b> QUILTS      <b>1,650</b> BLANKETS</p> <p><b>94,060</b> PERSONAL CARE KITS      <b>90,860</b> SCHOOL KITS</p> <p><b>46,560</b> BABY CARE KITS      <b>8,815</b> FABRIC KITS</p> <p><b>31,950</b> FACE MASKS</p>	ANGOLA	Maryland	18,480			9,690	4,950	1,230	
	ARMENIA	Maryland	12,375					1,230	
	BURKINA FASO	Minnesota	14,760		4,480	9,100	4,480	4,100	4,400
	DIJIBOUTI	Minnesota	10,080		15,360				
	DOMINICAN REPUBLIC	Minnesota			15,360				
	GEORGIA	Maryland	36,960						
	GUATEMALA	Minnesota	7,200			21,700	7,200		
	HAITI	Minnesota	8,640			2,800			
	JORDAN	Maryland	7,260		5,500				
	LEBANON	Maryland	15,180		8,000	6,900	4,200	1,230	
	MALI	Maryland	22,440		5,000	4,830	3,150	205	6,250
	NIGER	Minnesota	11,160		5,760		3,840		4,400
	PERU	Minnesota	15,840			7,000			
	POLAND	Maryland	11,520		2,500	7,360	3,480		
	SIERRA LEONE	Minnesota	10,800			7,000	3,840		4,400
	SOUTH SUDAN	Maryland	3,630	1,650	13,000	3,220	2,100	820	6,250
	SYRIA	Maryland			6,500	5,908			
	TANZANIA	Minnesota	7,920		6,400		6,080		
	UKRAINE	Maryland	6,072		3,000	8,280	3,240		6,250
	<b>TOTAL</b>		<b>220,317</b>	<b>1,650</b>	<b>90,860</b>	<b>94,060</b>	<b>46,560</b>	<b>8,815</b>	<b>31,950</b>

*This shipping information is from LWR's 2022 fiscal year (Oct 2021 - Sept 2022).*

## Affordable Transportation Program

# Thank You

*Dear Pastor Moen + Members of Covenant Lutheran Church,  
Thank you so very much for the recent monetary  
donation for the Stoughton Affordable  
Transportation Program. We so appreciate  
your support + generosity for keeping this  
resource a safe, dependable service for those  
facing challenges with transportation.  
In appreciation + kind regards,  
Staff, Volunteers, + Customers  
of  
ATP*



Looking for a way to volunteering but not sure when or how?

**ATP is looking for volunteer drivers!!**

Mileage reimbursement of 65.5 cents per mile driven, no commitment. Just helping those in need— one trip at a time!

Contact: Richard at 608-873-6112 or [rwhoffman64@yahoo.com](mailto:rwhoffman64@yahoo.com)

**VOLUNTEER  
RECRUITMENT**

**Contact: Richard at 608-873-6112 or [rwhoffman64@yahoo.com](mailto:rwhoffman64@yahoo.com)**

## Personal Essentials Pantry

Dear Staff + Members,



Thank you so very much for the wonderful personal essential items that were recently collected and donated for the Stoughton Personal Essentials Pantry. We are so grateful for your kindness + generosity toward helping those in need to help keep this service available in our community.  
Thank you so very much! PEP  
Volunteers

## Stoughton Resettlement Program

Dear Pastor Mark & members of Covenant Lutheran Church + Social Ministry,

We thank you so very much for the opportunity to present information about the mission, operation + activities, + updates for the Stoughton Resettlement organization. We found it exciting to present this information to the members & those interested in this mission followed by great questions + thoughts/ideas!

Thank you again for your support + time for this opportunity. Fondly, Co Dir's of SR



## Stoughton Festival Choir

music



music



music



music

Dear Covenant staff and congregation,

Many thanks for allowing the Stoughton Festival Choir to rehearse and perform our Spring 2023 concert at Covenant. We are grateful for your willingness to open your doors to local organizations that don't have the resources to rent meeting space. Your generosity and community spirit are a blessing to Stoughton!



Beth Hardner  
Co-Director  
Stoughton Festival Choir

## Gratitude



Lutheran  
Campus  
Ministry  
Madison, WI

325 North Mills Street  
Madison, WI 53715

608-257-7178

[www.lcmmadison.org](http://www.lcmmadison.org)

Dear Friends,

May 10, 2023

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

Students on campus continue to struggle with loneliness, mental health issues, and the developmental challenges of the college years. Your support makes it possible for us to care for these students and equip them to care for one another.

Now, more than ever, your gifts make our ministry possible. The ministry of LCM and the young people who have been blessed, nurtured, and fed through this ministry are possible because of your trust in God, and your trust in what the Holy Spirit is doing here on campus. Your gift of \$30.25 on 2/28/2023 gives us confidence as we gather students for prayer, support, and spiritual formation.

Thank you again for your gift. May God bless you.

In Christ,

Rev. Emily Tveite  
Campus Pastor & Director

*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.*



May 9, 2023

Skaalen Retirement Services • 400 North Morris Street • Stoughton, WI 53589  
[www.skaalen.com](http://www.skaalen.com) • 608.873.5651 • Fax: 608.873.5748  
Affiliated with the Evangelical Lutheran Church in America

Dear Friends of Covenant Lutheran Church;

Skaalen Nursing & Rehabilitation Center gratefully acknowledges your gift of \$96.59.

Thank you for this gift that will help us care for all who reside here for years to come.

Sincerely,

Kris Krentz  
President/CEO

## Gratitude



May 8, 2023

# Global Health Ministries

*Helping the hands that heal*

Dear Friends,

Thank you for your part in God's work to "make a way" where there seems to be no way (see Isaiah 43: 16-19)! Daily in each of the 13 countries where we partner, people die from what you and I might consider preventable and treatable conditions. But your support for GHM is helping to change that. Together we are helping the hands that heal spread hope and healing where there often seems to be no way.

Like Elisha, a young Maasai boy, in rural Tanzania. Surrounded by natural beauty and a loving family...but very little money. Elisha, grew up much like other boys. As a child, he walked, he ran, like children everywhere. But by the time he was eight, Elisha could no longer walk...and no one understood why. Far from medical services and too poor to pay, he spent seven years unable to leave his bed. His mother prayed for a miracle all that time, and finally found it at Orkesumet Lutheran Hospital, where a skilled doctor diagnosed him with a severe case of tuberculosis of the spine. Global Health Ministries helps equip mission hospitals like Orkesumet for their life-giving work with medical equipment, training, charity funds and more –helping the hands that heal, in Christ's name. After months of treatment and against all odds, Elisha walked in 2022!



**Thank you!**

Together in service and prayer,

Pastor Doug Cox

Gift Amount: \$96.59

Designated to: GHM Mission Operations



*Everyone deserves a home to hang their hat*

**HOUSING ADVOCACY TEAM OF STOUGHTON, INC.**  
1525 N. Van Buren St., Stoughton, WI 53589  
[hatsofstoughton@gmail.com](mailto:hatsofstoughton@gmail.com)

Dear Covenant Congregation,

May 15, 2023

Your continued support of the Housing Advocacy Team of Stoughton, Inc. (HATS, Inc.) *Step Forward Program* through your recent tithes of \$139.17 makes a significant difference in our efforts to help Stoughton area families who struggle to achieve stable affordable housing. We are extremely grateful for your support.

With gratitude,

*Joyce Kaping, Secretary*

on behalf of the  
Board of Directors

Housing Advocacy Team of Stoughton, Inc.

President: Cindy McGlynn, Treasurer: Mark Petersen, Secretary: Joyce Kaping

Directors: Scott Dirks, Mike Eversoll, Teresa Hermanson, Sharon Mason-Boersma, Donna Tarpinian

## Gratitude



May 15, 2023

**SToughton Area Resource Team - START**

135 W Main St, Suite 102

Stoughton, WI 53589

[STARTstoughton.org](http://STARTstoughton.org)

Dear Covenant Lutheran Church,

Thank you for your support of SToughton Area Resource Team Inc. (START) through your recent donation of \$265.62. Your generous gift will help Stoughton Area School District residents experiencing hardship or crisis. It will allow us to link families with community resources and provide support in case management, housing, utilities, health, employment, education, and all other areas of basic needs. Please know that your contribution truly makes a difference.

Thank you again for your generosity, and feel free to contact me if you have any questions or suggestions. I can be reached at 608-577-5650 or [lbraund@startstoughton.org](mailto:lbraund@startstoughton.org).

With gratitude,

Laura Braund  
Executive Director



## CITY OF STOUGHTON

### Food Pantry Drop-Off Position

Serving families in need and adapting to those crisis, is a work of HEART!



Covenant has a Food Pantry bin in the Narthex for members to easily donate food to those in need while attending worship each week.

We are looking for a volunteer to take these donations to the Stoughton Food Pantry on 4th St. near the EMS station when the bin is full.

**Might that somebody be YOU?**

## ***The Promise - June/July 2023***

The monthly newsletter of Covenant Lutheran Church—ELCA

Covenant Lutheran Church  
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 August 2023.*

*The deadline for submitting items for the **August** newsletter is **Tuesday, July 24th**.*

*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