

# The Promise

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



September 2023 The Monthly Newsletter of Covenant Lutheran Church, ELCA

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## Psalm 104:2b-6

*You stretch out the heavens like a tent,  
<sup>3</sup> you set the beams of your chambers on the  
waters, you make the clouds your chariot, you  
ride on the wings of the wind,  
<sup>4</sup> you make the winds your messengers, fire and  
flame your ministers.  
<sup>5</sup> You set the earth on its foundations, so that it  
shall never be shaken.  
<sup>6</sup> You cover it with the deep as with a  
garment; the waters stood above the mountains.*

While on vacation I read Psalm 104 amidst the Rocky Mountains of Colorado and the Black Hills of South Dakota. I marveled at the bison and wild donkeys, mountain goats and small animals of Custer State Park in South Dakota. I was amazed at the Crazy Horse Memorial that is being constructed on a granite mountain in the Black Hills. And, as beautiful as the Badlands of SD are, it is also very sad how much they erode each year.



**Building  
Community  
Together**

Now, one does not need to travel to see God's handiwork. Indeed, it is on display in our

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

## A Note from the Pastor

backyards, along the Yahara River and Trail, in the blue sky and colorful sunrises and sunsets.

*<sup>19</sup> You have made the moon to mark the seasons; the sun knows its time for setting.*

*<sup>20</sup> You make darkness, and it is night, when all the animals of the forest come creeping out.*

May these verses help us to give thanks!

*<sup>31</sup> May the glory of the LORD endure forever; may the LORD rejoice in his works —*

*<sup>32</sup> who looks on the earth and it trembles, who touches the mountains and they smoke.*

*<sup>33</sup> I will sing to the LORD as long as I live; I will sing praise to my God while I have being.*

*<sup>34</sup> May my meditation be pleasing to him, for I rejoice in the LORD.*



## Updates from the Office

### **Notice of: Monday Morning office Meetings**

To avoid any inconvenience, we'd like to inform you of our weekly Monday morning meetings in the office.

**Monday from 9 -9:30am**

If you call early Monday and we don't answer, we promise we're not ignoring you!



### **Prayer Requests**

To submit a Prayer Request:

Please use the paper Prayer Request forms in the Narthex.

Prayer Requests will be read for four weeks, if you wish for the name to be read longer please resubmit the name to be read for an additional four weeks.



### **Guide Book Publishing**

We are updating our Guide Book & Directory for the Church. This book will be the our Congregations: '*Who, What, Where, When, Why, and How*'. The book is being provided at no cost, including the mailing to each family, being subsidized by local businesses that advertise in it. If you own or manage a business and would like to find out about advertising in our book, please call Joshua Bucko at 262-818-8021 or e-mail him at [Joshua.Bucko.GBP@gmail.com](mailto:Joshua.Bucko.GBP@gmail.com).

### **Preparing to Reorganize Member Nametag Storage**

Covenant Council is discussing updating the member mailboxes with a new style of organization for nametags.

Please empty your mailbox in preparation!

*(Name badges can stay and will be moved for you!)*



## Musician Opportunity



### **Covenant Lutheran Church seeks Pianist and/or Organist**

Pianist and/or Organist: Covenant Lutheran Church (ELCA), Stoughton, WI, seeks organist/pianist to lead liturgy and congregational song at weekly Sunday service and accompany adult vocal choir rehearsals on Sunday mornings. Responsibilities include playing for midweek Lenten worship and additional services during Holy Week and at Christmas. Optional weddings and funerals available for additional pay.

The ideal candidate is an organized and collaborative musician who is proficient in piano and/or organ, comfortable in a wide variety of musical styles, and experienced in leading congregational singing. Familiarity with Lutheran liturgy is desirable but not essential. Other musical and/or artistic talents are a plus.

Attendance at monthly Worship and Music Team meetings is required. A successful candidate must be willing to collaborate with pastor, staff, and volunteer musicians. Our focus is to make services inviting, clear, and unifying, with the understanding that church music is an offering to support and enhance worship, not a performance.

Additional responsibilities in the areas of children's music ministry, music coordination, and/or arts coordination could be possible, depending on the candidate's skills, interest, and experience.

Compensation:

Sundays - \$82.12/service

Midweek Service (Lent/Holy Week, Advent, etc.) - \$79.61/service

Vocal Choir Accompaniment - \$161.71/month

To apply, send resume and cover letter to [hr@covluth.org](mailto:hr@covluth.org).

Please share this position with your personal networks.  
Position will remain open until filled.

## Volunteer Schedule

# Thank You-Volunteers

## Volunteer Assignments for September

### Sunday Worship

Role	Sep 3	Sep 10	Sep 17	Sep 24
Assistant Minister	Diebold, Jessica	Heil, Matthew Heil, Judy	Sime, Jean	Thompson, Ingrid
Lector	Chose, Philayne	Vols, Marijo	Diebold, Jessica	Tarpinian, Gary
Worship Communion Assistants	Chose, Philayne	Heil, Judy Nelson, Thomas P.	Andrusz, Kathy Nelson, Ann	Cook, Bill Hanson, Karen Oakland, Deb
Usher Team Leader	Chose, Thomas	Herbst, Mark	Nissler, Karl	Westrand, Tamarine
Ushers	Cope, Jack Peterson, Stephen V.	Cook, Bill Hanson-Cook, Rhetta Herbst, Garrett Herbst, Evan Herbst, Caleb	Anderson, Thor Grefsheim, Larry Olson, Larry E	Tarpinian, Gary Vodak, Greg
Communion Prep	Baltus, Judy	Baltus, Judy	Baltus, Judy	Baltus, Judy
Altar Guild	Unzicker, Christy	Unzicker, Christy	Unzicker, Christy	Unzicker, Christy
Greeter	Brekken, Monty Brekken, Carol	Cope, Jack Cope, Helga	Harrison, Linda Pritchard, Carol	Just, Laura Vodak, Penny

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.



Each time you donate your time and talents to Covenant you are part of the hands- keeping Covenant and God's mission, alive.

**We are so very grateful for your help!**

## 'Celebrating 50 years' with a helpful Opportunity

In celebrating Covenant's 50th Anniversary the Stewardship and 50th Anniversary Planning Teams and Covenant's Council would like to offer a stewardship opportunity to celebrate our 50th anniversary.

Please consider a financial gift that will be shared 50/50 - 50% for use at Covenant and 50% shared with the wider Stoughton community through donations to START and the Senior Center.



We will have special 50th Anniversary envelopes created by Catherine Forde Quint that can be found in the Narthex. We hope you will share what has been so generously given to us by God to further our ministry at Covenant and with our neighbors.



### Covenant Lutheran Church, ELCA

1525 North Van Buren Street, Stoughton, WI 53589  
(608) 837-7494 [www.covluth.org](http://www.covluth.org)

#### OFFERING ENVELOPE

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

Date: \_\_\_\_\_

Amount: \$ \_\_\_\_\_

Offering Type: \_\_\_\_\_

Make Checks Payable to  
Covenant Lutheran Church.

Name \_\_\_\_\_

Address \_\_\_\_\_

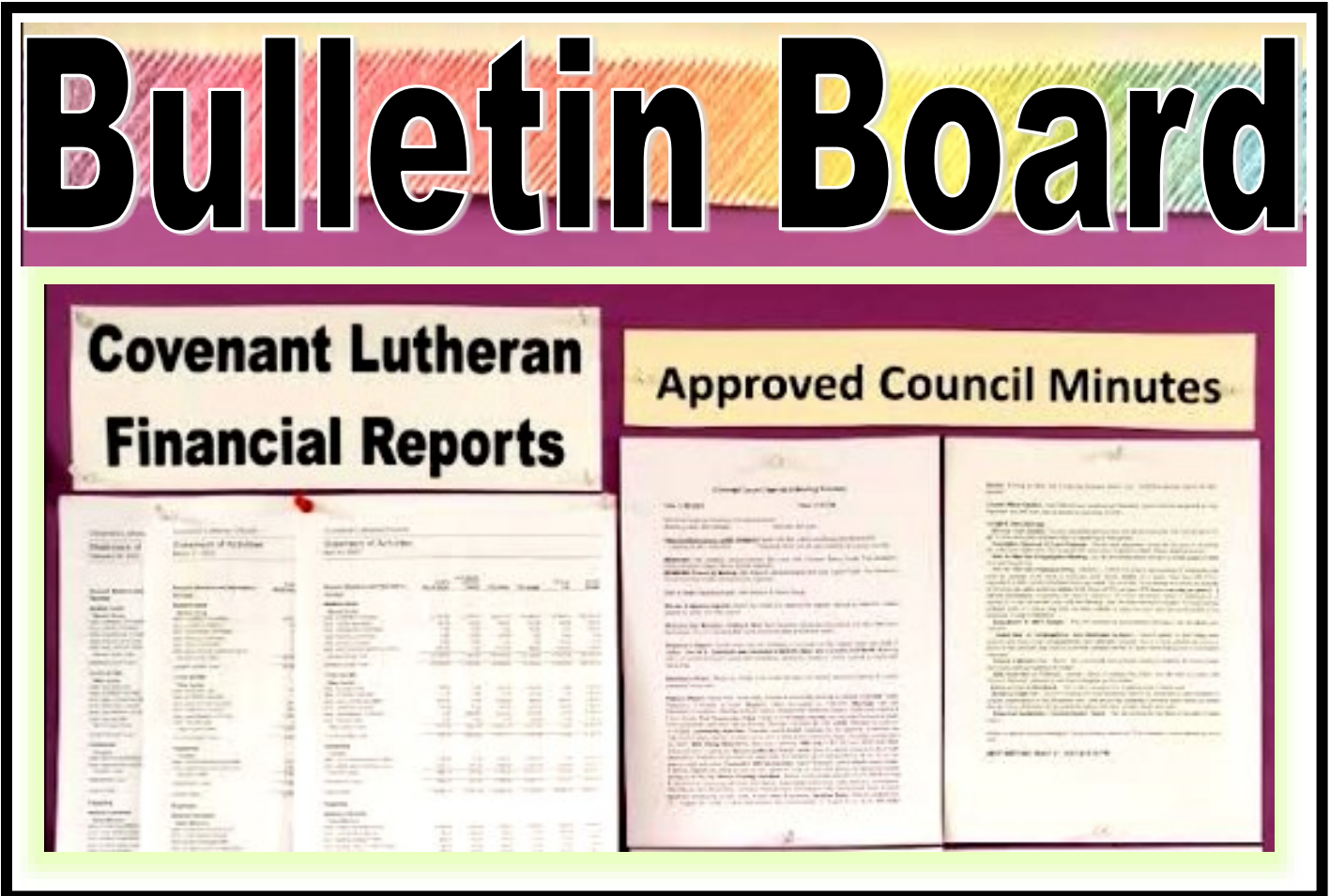
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

TAKE A CLOSER LOOK:

# Bulletin Board



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 and expenses while also sharing that same information from the previous year. **Monthly reports can be found on the bulletin board, in the Church hallway.**

Please contact me if you have any questions or concerns.

*Donna Tarpinian, Treasurer*

## Education Updates

It's time to gear up again for Sunday School. The registration form is [here](#).

The calendar of what will be happening each Sunday is [here](#). We are making some changes to the way we run Sunday School this year.

First, we will keep the kids in class until we finish our activities. That means they may miss communion and your children may not return to the church simultaneously if they are in different groups. We wanted to make sure that we aren't rushing students to get through an activity. Pastor Wendy will give your child communion after the service if they miss it and would like to participate.

Next, we are going to look at numbers to determine what grades will be in the younger and older groups. We have a lot of second graders. Taking all of them out of the younger group might result in a very small group. We will determine how the students will be split once we see how many students we have.

We also want to attempt some service projects for the older students. If you have an idea of a need that needs to be filled, please let me know. Our first attempt will be making a quilt top. We will work on it after we are done prepping for the Family service. My hope is that many hands make light work instead of many hands push Miss Karla over the edge.

Last year, Solvieg Carlson came to share a story from her time in Africa. The kids loved listening and learning about the baobab tree. She will be returning again this year to occasionally share a story with students. If anyone else would like to share a story or have an activity they would like to do with students, please let me know.

Finally, we will be taking an offering during the Family worship again this year. The kids will look at the options that Good Gifts offer and they will decide if they would like to stay with animals or donate to another area of the ministry.



### ***Looking for a bit of fun on Friday, September 15th?***

We will be showing the movie *Sing* in the cinema starting at 6:30. *Sing* follows a koala named Buster who decides to host a singing competition to boost attendance at his struggling theater. If you love music, this movie gives you many wonderful songs. Also, who doesn't love a pig in gold lame? We will have popcorn and lemonade to sweeten the deal.

## Invited to Connect

# You're Invited to the Covenant Museum



## THE COVENANT MUSEUM IS OPEN

The much anticipated Covenant 'Museum' is ready

Big thanks to Mike Hirsch, the Foundation and the Parish Care Team!!

The Museum door will be unlocked and you are welcome to visit the Covenant Museum anytime you'd like!

Please enter through the main doors during office hours,  
or schedule a time to have the lower exterior doors unlocked!

## There is room for YOU in the Covenant Bell Choir!



We rehearse on Wednesdays from 5:30 to 6:30 and play about one Sunday a month. There is no rehearsal the Wednesday after we play at the service. You do not need to know how to read music.

Please contact Meghann with questions  
(608.332.4491 or  
[meghann\\_foug@yahoo.com](mailto:meghann_foug@yahoo.com))



## Bible Study Returns



Think of making this a weekly fellowship opportunity.  
Gather to discuss the bible! Each Wednesday evening beginning  
September 20th at 5pm in the Gateway Room.

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!

## Invited to Connect

### Vocal Choir sings~ *COME SING WITH US!*



Vocal Choir rehearsals will resume at 8:15 a.m. on Sunday, September 10. All singers, high school age and up, are welcome; there are no auditions.

We'd really love to add some new voices to the group, and we're modifying our schedule to make participating in choir a little less time-intensive.

Plans for the fall include singing a wide variety of sacred music and helping to introduce new hymns and liturgy from the All Creation Sings hymnal supplement.

For more information, contact Beth Gardner (bethgardner5678@gmail.com or 608-873-9426) or talk to any choir member. Hope to see you in the music room!

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### Covenant Book Group - September 2023

*A special invitation to **You**, we would **LOVE** to have you join!*

In preparation for a September gathering, feel free to read:



*The Nightingale*  
By Kristin Hannah

**Join: September 14th at 1pm  
in the Gateway Room**



Described as a New York Times #1 Bestseller and  
*'an unforgettable novel of love and strength in the face of war'*  
this book tells the story of heroism, sacrifice and strength.



**Invited to Connect**

**Covenant Lutheran Lunch Bunch**

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

Meeting at 11:30 am  
on September 6th at:  
*Springers on the Lake*  
in Stoughton



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

Contact Ann Nelson or the office for more information!



**Feeding the Hungry at St. Marks**

In Search of Volunteers to serve food.



**2nd Friday of each month**

from 10:30-1:30,  
at St. Marks in Madison  
(Upcoming dates: Sept. 8,  
Oct. 13, Nov. 10, Dec. 8)



If you are interested please contact  
Pat Johnson at (608) 535-0441 or [Johnson.pat.skip@gmail.com](mailto:Johnson.pat.skip@gmail.com)!

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



**God's Work Our Hands and Rally Day**

Litter Cleanup, Card & Blanket Making Available  
after Worship **Sunday, September 10th.**

Sign up in the Narthex, today!



**Let's use our hands to do God's Work!**

## **You're Invited - Save the Date!**



## **Social Action Opportunity**

**You're Invited!! Please Save the Date and plan to attend:**  
Fall Study on Civic Life & Faith

**Thursday, September 14, 21 and 28**

Two times available: 1-2:30 pm and 6:30-8 pm  
both held in the Cinema Room & Fellowship Hall.

Yes, we can talk religion and politics!

Join to learn more and to answer some fundamental questions:

- How is God's invite to discipleship lived out in a democracy?
- What are Lutheran views on civic life?
- How do we 'go in peace to love & serve the Lord' in civic life?

Sign up [here](#) today or by contacting Chris Melland.

***Thank you for your participation!***



## Covenant Social Action Committee



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

September 18th 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!



**Come  
create  
the  
Love of Jesus  
here at Covenant!**





## **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.



**New:** Coffee will only be served on Sundays that someone has signed up to bring refreshments. **Many thanks to all the helping hands!**



## **Covenant Volunteer Opportunities**

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, Education Assistants,  
Sunday Greeters & Much More!**



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

# Only Leave Should Fall by Safe Communities

ARE YOU CONCERNED ABOUT FALLING?

## Only Leaves Should Fall

### Falls Prevention Event

Tuesday, September 26, 2023

Covenant Lutheran Church

1525 N. Van Buren St., Stoughton

12:00pm - 2:45pm



Dr. Zorba Paster,  
Keynote Speaker

Please Join the Falls Free Dane Coalition of Safe Communities for this FREE event! Registration is required.

#### SCHEDULE:

11:45 - 12:00pm	Registration
12:00pm - 1:00pm	Lunch & Keynote Address
1:00pm - 1:15pm	Break
1:15pm - 2:30pm	Screenings
2:30pm - 2:45pm	Wrap-Up/Goal Setting
2:45pm	Adjourn

September is Falls Prevention Month! Dr. Paster will speak about strategies for maintaining independence and keeping upright by preventing a fall. Learn about your own fall risk and leave with resources to prevent a fall!

To register or for questions, contact:

**Ashley Hillman,**  
Falls Prevention Program  
Manager, Safe Communities

608-235-1957  
ahillman@safercommunity.net



Covenant Lutheran Church, ELCA



#### Supported By:

- Falls Free Dane Coalition of Safe Communities
- United Way of Dane County
- Covenant Lutheran Church
- Stoughton Hospital
- Stoughton Senior Center



## Ways to be a Blessing

# Suicide Prevention Opportunity

If we all do our part, people can feel safer and more supported.



### LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

### AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.

Join the more than

**2.6 MILLION**

*First Aiders who have chosen to be the difference in their community.*

### REGISTER TODAY!

#### Delivery Format:

In-person (2nd Edition) – Learners receive their training through 2 hours self-paced virtual pre-work and during during TWO 3-hour, Instructor-led, in-person sessions.

#### Date and Time:

Tuesday, Sept. 19th AND Thursday, Sept. 21st from 6-9 pm

#### Location:

Community Health and Wellness Center, 3162 CTY HWY B, Stoughton

#### Where to Register:

Contact Teresa Pellett, [tpellett.swc@gmail.com](mailto:tpellett.swc@gmail.com) or (608)877-3474

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.



For more information, visit [MHFA.org](http://MHFA.org)



## Stoughton Clothing Center helps!

It's hard to believe that the new school year is just around the corner. Back to School is one of the busiest times of the year at the Stoughton Clothing Center.

The Center has a great need for children's clothing in sizes baby through size 16/18 for both boys and girls. If you have clean, gently used children's clothing that no longer fits your kiddo's, the Clothing Center would be delighted to get those items into the hands of families who would put them to good use.

Small donations of a few tops or bottoms are appreciated and helpful! No young children around, but still want to help? Consider a monetary donation. Our savvy shoppers scour garage and online sales to help fill our racks, and we keep our eye on the dollar racks at Walmart and other discount stores for deals.

Everyone is welcome at the Stoughton Clothing Center, and everything is free. Donations are accepted during our regular hours, which can be found on a Google Document [here](#), and on our website ([www.stoughtonclothingcenter.com](http://www.stoughtonclothingcenter.com)).

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, generous and loving environment.

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

## Ways to be a Blessing



Are you or a  
loved one  
struggling  
with  
addiction?

*We can help!*

**Medication Assisted Treatment**  
**is Available**

Vivitrol

Buprenorphine/  
Naloxone

Methadone

### For More Information:

(608) 758-1944

1312 Barberry Dr. Suite 110  
Janesville, WI 53545

<https://amsjanesville.com/>

Outpatient  
Services



### What can a community do if there is an overdose spike?

Everyone in a community can learn to recognize the signs of an overdose:

- † Pale, sweaty or clammy skin
- † Lips/fingertips turn blue
- † Slow or irregular breathing: gasping, gurgling, or snoring
- † Difficult or unable to wake
- † Always call 911 if you suspect someone is overdosing

Contact the [Behavioral Health Resource Center of Dane County](#) for treatment and recovery resources: (608) 267-2244

These resources and more information found at: <https://publichealthmdc.com/community-initiatives/reducing-drug-harm/overdose-spike-alerts>

## Affordable Transportation Program



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!

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## S.T.A.R.T. Stoughton Area resource Team

**Supporting Stoughton's Community every step of the way.**

Dignity Drives provide items to those unable to acquire them by their own means.

Donate underwear and Period products to S.T.A.R.T. today at:

135 W Main St, Suite 102 Stoughton, WI 53589

They can be reached at: 608-577-5650

Schedule and more info at: <http://www.startstoughton.org/basicneedsdrive>



Whether homeless or living below the poverty level everyone needs essentials and START is here to provide that comfort, dignity and safe space for those in need in our community. **Can You Help?**



## Eggs Cartons Needed at St. Vincent De Paul



**Please drop off your gently used egg cartons at our St Vincent's!**

We use egg cartons to sort our purchases and donated eggs to distribute to families through our charitable Food Pantry.

Currently, we have none on hand, and so our egg supply (some wonderful farm fresh eggs) are stuck on our cooler, unable to be distributed.

**If you have any egg cartons, please feel free to drop them off at the Service Center or a store location near you!**

## 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!**



## ***The Promise - September 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" isn't promised, please let the office know of your preference. .*

*When necessary please submit your publication [here](#) or to [covlutheran@covluth.org](mailto:covlutheran@covluth.org).*

***Thank you!***

Covenant Lutheran Church  
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