



# The Covenant Compendium

## Session Meeting Minutes, October 9, 2018

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**Sunday Morning Schedule**

- 9:00-10:00 Early Gathering
- 10:00-10:20 Fellowship time
- 10:20-11:00 Study Groups
- 11:15-12:00 Second Service

**Important Dates ...**

- Nov. 3: Monthly Work Day, 9:30am—12:00pm, F. Hall
- Nov. 4: FALL BACK! Daylight Savings Ends
- Nov. 4: Communion Sunday, Both services, open to all. Guest speaker, Mary's House
- Nov. 4: Sound Healing Class, 12:30pm in the Sanctuary, with Nancy Pitkin
- Nov. 6: ELECTION DAY! VOTE! VOTE! VOTE! VOTE!
- Nov. 6: In\*Spire Meditation, 12:00pm, Sanctuary, and brown bag lunch at 12:30pm in Fellowship Hall
- Nov. 12: Veterans Day, federal holiday
- Nov. 13: Session Meeting, 6:00 pm, Faselso Room
- Nov. 13: Sierra Club, 7:00pm, Fellowship Hall
- Nov. 22: Thanksgiving Day Office closed 11/22 & 11/23
- Nov. 25: 10:00 Joint Service, no classes
- Nov. 26: College Hill Neighborhood Assn. meeting, 7:00pm, Fellowship Hall
- Nov. 27: ARC meeting, 7:00pm, Fellowship Hall

The church has agreed to rent the current pastor's office to After Gateway for their use as office space. After Gateway will have their board meeting on October 24 to approve this addition. We have not made a decision regarding where the pastor's office will be. When the pastor's office has been moved we will make modifications to facilitate communication between the secretary and minister's office and to provide additional safety for the secretary.

We now have posted "No Trespassing" signs around the church building and property and have added boxes containing information regarding community resources. The Session allocated funds to duplicate the information booklets for the boxes since the city is no longer making them available.

As we did last year, we had PCoC's name added to the list of churches supporting the group My Out Spirit, which supports LGBTQ people, and we made a contribution to support GLAAD, a national advocacy group.

As of this publication, the electrical reconstruction for the boilers and the installation of them will be completed and inspected. The boilers will be put into operation immediately. This has been a major project which required the work of many people to complete.

A sign-up sheet indicating your interest in joining a lunch or dinner group is on the back table in the Sanctuary. The Fellowship Committee is facilitating the formation of the groups. Start dates and times will be determined by the groups, with possible start dates right away, or possibly in early 2019. Supper groups have been an important way of deepening friendships with other people in the church.

Annie Oakley, Clerk of The Session

## November Sunday Service Information

### **Nov. 4: Communion Sunday TIME CHANGE!**

9:00 Host: Linda Jensen  
 9:00 Music: Nancy Pitkin  
 11:15 Asst.: TBA  
 11:15 Music: Nancy Pitkin  
 11:15 Ushers: Nancy Schaefer, Lem Cox

### **Nov. 18:**

9:00 Host: TBA  
 9:00 Music: Brad Reaves  
 11:15 Asst.: Janet Blue  
 11:15 Music: Dave Fox  
 11:15 Ushers: Ann Finch, Charlie Finch

### **Nov. 11**

9:00 Host: Susan Andreatta  
 9:00 Music: Nancy Pitkin, Vijaya Sankaran  
 11:15 Asst.: TBA  
 11:15 Music: Dave Fox  
 11:15 Ushers: Clara Kelly, Barry Barber

### **Nov. 25: Joint Service (No Classes)**

10:00 Host.: TBA  
 10:00 Music: Nancy Pitkin

*Volunteers needed...call church office*

### Church Office Hours

Mark Sandlin: Mon.—Thurs., 9:00am-3:00pm  
 Kate Baird: Mon.—Friday, 9:00am-3:30pm

### *In\*Spire Meditation Each Tuesday*

In\*Spire Meditation meets every Tuesday at noon in the Sanctuary for 20 minutes of free, group-led meditation. It's open to the church and the community, so come enjoy some spiritual nourishment. We share a brown bag lunch following meditation on the first Tuesday of each month; join us on Tuesday, November 6th, to enjoy food and fellowship.

### *Weekly Wednesday Night Supper*

PCoC's weekly potluck supper group gathers at 6:00pm in the Fellowship Hall. Bring a dish to share and enjoy dinner and conversations with the group. It's always fun, always delicious! Sometimes there's a program afterwards, or a class; contact Vance Arnold to suggest a topic: (336) 272-5736.

### *Monthly Work Day, Nov. 3rd*

We meet at 9:30am in the Sanctuary to share coffee and browse the task list. Just a few hours a month helps keep the church clean, neat, and welcoming. We can't do it without you! Volunteer by contacting Lora Farlow: lora.farlow@gmail.com. **HOLIDAY DECORATING ON DECEMBER 1st!** On our next work day we'll need plenty of volunteers to decorate

### *Poinsettia Order Forms Are Here*

Order your holiday poinsettias now with the forms on the back table in the Sanctuary!

### Choir Schedules

#### Choir Rehearsals:

Chancel Choir: 4:00pm, Nov. 5, Nov. 13  
 Men's Quartet: 4:00pm, Nov. 19  
 Bell Choir: 5:30pm, Nov. 19  
 The choirs are always seeking fresh faces and new voices. No experience necessary! Contact Nancy Pitkin for more information: nancypitkin@aol.com

### *Every Week ...*

**Mon.:** 6:00pm, Yoga, Parlor \*\*  
 6:00m, Meditation, Marty's Room (106)  
**Tues.:** 12:00pm, In\*Spire Meditation, Sanctuary, free!  
**Wed.:** 9:00am, Coffee Group, The Green Bean  
 6:00pm, WNFS Potluck, Fellowship Hall  
**Thur.:** 5:00pm, Yoga, Fellowship Hall\*\*  
**Fri.:** 9:00am, Coffee Group, Panera (New Garden Rd.)  
 \*\* \$10 per class; \$7 for church members!

### *Spring Lake PCoC Assistance*

The 110-year-old (1909) Presbyterian Church of the Covenant in Spring Lake, NC, was flooded by Hurricane Florence. The church must be restored and all contents replaced. We are holding a fund-raising drive through November to assist. All contributions will go directly to the church itself. Make checks payable to OUR PCoC; write in the memo line, "Donation to Spring Lake PCoC".

### *Higher Ground Breakfast, Nov. 5th*

Join our volunteers at 10:00am on Nov. 5th at Higher Ground, 210 East Bessemer Ave., as we make and serve breakfast to this community group for those with HIV/AIDS. Contact Sue Stinson to volunteer or for more information: suestinson1968@yahoo.com. Donations go directly for meal supplies; make checks to PCoC; write "Higher Ground" in the memo line.

## ***Tea and Sound Healing Class on Nov. 4th***

Nancy Pitkin leads this class; learn how to restore balance to your body through breathing, positive intention, and toning the Chakra system. Feel relaxed and renewed by letting go of stress. Bring a snack to share at 12:00pm, if you're staying after the service. The Class will begin at 12:30pm in the Sanctuary; yoga mats are welcome. There will be a sound meditation at the end of the class. A love offering to benefit the church will be taken. Contact Nancy to sign up: [nancypitkin@aol.com](mailto:nancypitkin@aol.com)

## ***November Drive to Benefit Mary's House***

PCoC is holding a donations drive this month for the residents of Mary's House, a local faith-based ministry providing transitional and permanent housing, life skills training, and a supportive community for homeless women in recovery from substance abuse. They need canned or dried food items, cleaning supplies, toilet paper/paper towels/Kleenex, new or gently used twin bed sheets/crib sheets, NEW pillows, bath towels/wash cloths, and office supplies (copy paper, black pens, manila folders). A complete list of items needed will be distributed with the bulletin on Sunday, November 4th at both services. Contribution boxes are at the back of the Sanctuary; donations will be disbursed in time for Thanksgiving and the holidays. We're also collecting jewelry for the Mary's House annual jewelry sale until Nov. 11th. Financial contributions are accepted; make checks to PCoC and write "Mary's House" in the memo line.

## ***PNC Update***

The Pastoral Nominating Committee has nearly concluded the process of candidate interviews and is focusing on discerning the ideal candidate. We seek a leader who can help us become known in the area for our unique offerings, who will inspire and inform us to work for social justice, to help the homeless, feel the hungry, and help us care for each other in our church and in our community. Because we are not a typical Presbyterian community, we need to find someone uniquely suited to our church. We ask that you hold us in the light as we try to complete our work.

## ***Lunch/Dinner Groups Beginning in January***

The Fellowship Committee is interested in finding ways to enable PCoC to engage in community, and has suggested forming new lunch or dinner groups to do so. If you're interested in forming or facilitating such groups, please contact Joyce Powers at [jkpowers42@gmail.com](mailto:jkpowers42@gmail.com). Sharing a meal with each other is a fun way to build fellowship and friendship and to grow our community.

## ***CROP Walk Volunteers Raise Funds to Fight Hunger***

Many thanks to the PCoC volunteers who walked to raise funds for the 2018 CROP Walk and to all those who generously made financial contributions to the cause.

We are still accepting donations for another few weeks, and would love to push our fundraising total even higher, with your help.

At least 25% of the funds raised stay right here in Greensboro to fund Greensboro Urban Ministry, who provide daily meals for the community and also run a year-round pantry to help feed those in need.

Continue to help us help our community through this and other fundraising efforts throughout the year!



## ***Who Are The PCoC Service Hosts And How Can I Become One?***

In each service a volunteer member of our community (church membership is not required) welcomes us to the service and the church and helps to lead us through the service. Every church has different ways of "sharing the load" on Sunday; this is our way. Service hosts are not necessary, but I think folks agree that they make the service more inviting and interesting. Mark Sandlin appreciates having other voices in the service. I asked the current hosts to share why they volunteer in this way.

Susan Andreatta says: "First, you look for a few inspiring words to say. You can find them in many places. Besides, you need those words yourself and when you find them you can share them with others. Then, you get up on Sunday morning in front of your friends. They have probably been your friends for a long time. If they are not your friends already, they soon will be. So, smile and say, "Good Morning" to your friends!"

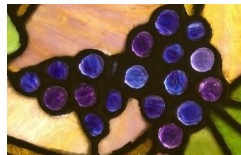
Gratia Wright commented that she serves as a host because "it puts my feet to our mantra of inclusive, openminded and "home" for my soul." The operative word is home -- everyone knows that where your home is where your feet and hands are also -- otherwise your home will end up being a big mess!" When you are a host you sign up for a day that is good for you. You'll receive a draft bulletin early in the week so you can see the title of Mark Sandlin's message. If you wish, you can call Mark and ask for insight to help you find opening or centering words to share. A sheet will be provided to help you remember what to say and when to transition from one part of the service to the next. If you have stage fright, what a great place to overcome that fear! You will be thanked by many people for standing up there and sharing something of yourself with us.

Gratia summed it all up with a saying from Rabindranath Tagore: "I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy."

If you would like to give this path of service a try, contact me, Elsie Hutchens, or Kate Baird, our secretary.

### ***Presbyterian Church of the Covenant***

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Check us out online!

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



**COVENANT**

Inclusive, Open-Minded and Home for Your Soul.