

THE COVENANTER  
March 29, 2020

LENT

Member NE GEORGIA Presbytery, Synod  
of the South Atlantic, General  
Assembly of the Presbyterian Church  
(USA)

Please click here to view Covenants Worship Services: <https://www.youtube.com/channel/UCCkRp1t3MnecoYXnds4X03A>

**Our Upcoming Host Week for Family Promise, 4/19-4/26:** Interfaith Hospitality Network (Family Promise) had homeless families in the network when the local call to 'shelter in place' was made. Now, although no new families are being accepted during this crisis, Family Promise of Athens is committed to continue housing and caring for our currently enrolled families. At present these guests are in a motel and are receiving meals and any necessary transportation subsidies. The housing situation may change before our host week, but regardless of specifics, Covenant volunteers will be needed in some form. The needs may be financial contributions, or meal preparation, hosting, etc. as is more typical. We just don't know yet.

Thank you for your faithful participation in this ministry in the past. Please keep these vulnerable families in your prayers and watch the Covenanter for updates soon on how we can help Family Promise care for them during our upcoming host week.

**Prayer Concerns:** Evelyn McMullen and family in the passing of our dear Coffee Worth March 25; Dot Handley, Covenants office volunteer, out of ICU & improving at Piedmont; Clayton Adams mother, Cathy Adams quarantined in ICU at the hospital at Blairsville, GA with pneumonia; Zeb Hendricks with a fever; for those who are affected by the COVID-19 illness, as well as their caregivers, our healthcare professionals, government leaders and those who are working around the clock to minimize the impact of this virus; Heide Wiegel at home recovering well from back surgery; Shirley Reinert recovering from a car accident; Mike Swanson preparing for cancer treatment; Paula Zimdars ongoing merkel cell carcinoma treatment; Anne Page at Avery Place #145; Ruth Brewster at Arbor Terrace #222; Pauline Marshall at Highland Hills #112; John & Elizabeth Brewer, & Anna Holshouser at home.

COVENANT  
PRESBYTERIAN CHURCH

1065 Gaines School Road  
Athens, Georgia 30605  
706-548-2756 or 706-613-2344  
[www.covpresathens.org](http://www.covpresathens.org)  
[covenantp@covpresathens.org](mailto:covenantp@covpresathens.org)

## DAILY BIBLE READINGS—March 30—April 5

M - Psalm 118:1-2, 19-29

T - Isaiah 50:4-9a

W - Psalm 31:9-16

Th - Psalm 36:5-11

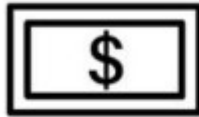
F - Psalm 71:1-14

Sat - Philippians 2:5-11

Sun - Matthew 2:1-11

**HOW TO GIVE**—We have a new online giving option through the Presbyterian Foundation on the website. Click on this link <http://covpresathens.org/wp/contributions/>. You will be directed to our donations button. Or on the website click on Online Giving. You can also click on this link <http://covpresathens.org/wp/financial-contributions/> to contribute through Paypal. Our deepest thanks for your ongoing support and pledges towards our new year of ministry during our current stewardship campaign.

## NEED SOME HELP?



Worried about bills,  
rent, or loans?

Need groceries or supplies?



Need delivery to you?

**Call: (844)423-6886**

**and press "1"**

**or visit online: [tiny.cc/reliefathens](http://tiny.cc/reliefathens)**

**We can't do this alone!**

**Can you help out a neighbor in need?**

**Sign up to volunteer at  
[tiny.cc/athensmutualaid](http://tiny.cc/athensmutualaid)**

**ATHENS MUTUAL AID NETWORK**

**#WeGotOurBlock**

As the Coronavirus continues to spread, so do fear and misinformation. Here are some simple actions that will help reduce your risk, and also reduce the risk of others.

1. **Wash your hands.** It may seem boring and “old news,” but it works. Wash with clean running water and lather with soap; don’t forget the backs of your hands, between your fingers, and also your nails. Scrub for at least 20 seconds – this is about the amount of time it takes to sing the Doxology. (How good it is to remember to praise God, even in the midst of this crisis!) If you use alcohol-based hand sanitizers, the gel must contain at least 60% alcohol, and this should also be done for about 20 seconds.
2. **Stock up.** Make sure you have at least a 30-day supply of prescriptions, as well as over-the-counter medicines for flu, food staples, and laundry detergent. For families with young children, buy sufficient diapers. You may also want to purchase bottled water.
3. **Develop a plan.** Planning prevents panic. Create an emergency checklist and action plan, and share with all family members. Be in contact with schools regarding their contingency plans, and think ahead about dealing with early dismissals or closures. Prepare for caring for elderly family members or those with special health concerns.
4. **Use common sense.** Get a flu shot; avoid people who are coughing and sneezing; don’t make hospital visits unless absolutely necessary. Please note that health experts say face masks are fairly useless in preventing infection. If, however, someone has contracted the virus, then they should wear one to prevent spreading the illness. Get plenty of rest, eat healthily, and maintain a good exercise regimen.
5. **Keep calm and trust God.** Stress and anxiety can compromise your immune system. Don’t fixate on the news; instead, feed your soul with God’s word. In Psalm 46 we read: *“God is our refuge and strength; a very present help in trouble. Therefore we will not fear...Be still, and know that I am God.”* Remember, too, that we are always called to serve others who are hurting and fearful; be open to situations where God can use you to be a calm and helpful presence in the lives of others. Let the love of Jesus be shared through us wherever it is most needed.

For more information, please visit the website of the Centers for Disease Control: [www.cdc.gov/coronavirus/](http://www.cdc.gov/coronavirus/)

Blessings,

Rev. Ed Rees  
Chair, Disaster Preparedness Team PC (USA)