

COVENANT TIDINGS

From the Desk of the Pastor

These days are filled with a lot of fear and uncertainty. The coronavirus has changed our lives drastically – children and teachers are not in school but trying to teach and learn in different ways, many parents are working from home, some are out of work altogether. Maybe you're tired of staying in the house – you can't get out to be with friends, go to the movies, or dine out at your favorite restaurant. God made us to be together, not alone, not in isolation. So this is a difficult time.

This coronavirus is pretty serious stuff. It's not just all the inconvenience, a change in our daily routines. A lot of people are getting sick. Some are dying. Where do we turn at a time like this? Where do we look for comfort and assurance?

I'm reminded of the story of David and Goliath in the Old Testament. God's people, the Israelites, were being threatened by the Philistines. The Philistine army was ready to attack Israel. The great champion of the Philistines was a man named Goliath. The Bible says he was over 9 feet tall. Every day Goliath would come out and challenge the army of Israel. "Choose a man and have him come down and fight me. If he is able to kill me, we will become your subjects" (1 Samuel 17:8-9). But none of the Israelite soldiers were brave enough to challenge the giant Goliath.

This went on for forty days until one day David, a shepherd boy, came to bring food and supplies to his brothers who were in the army of Israel. David heard the challenge of Goliath. He heard the taunts and the insults directed at the Israelites and their God. And he said to King Saul, "I will go and fight him." Saul said, "David, you're only a boy and he has been a soldier, a fighting man, from his youth." David replied, "I have been keeping my father's sheep. When a lion or a bear came and carried off a sheep of my flock, I went after it and struck it and rescued the sheep. The Lord who delivered me from the paw of the lion and the paw of the bear will deliver me from the hand of this Philistine" (1 Sam. 17:34-37).

So David went out to meet the giant Goliath and he didn't have a sword or a spear, just a sling and a few stones. David said to Goliath, "You come at me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied. This day the Lord will hand you over to me and I will strike you down . . . and the whole world will know that there is a God in Israel. All those gathered here will know that it is not by sword or spear that the Lord saves, for the battle is the Lord's, and He will give you into our hands" (vv. 45-47).

You probably know what happened next. David struck down Goliath and the army of Israel soundly defeated the Philistines. The thing that always impresses me in this story is that David gave credit where credit was due.

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He didn't claim to be a great and powerful warrior. He didn't take any of the credit himself for defeating Goliath. He said – "The Lord will deliver me from this Philistine, the battle belongs to the Lord, the Lord saves." David trusted in the Lord to help him and fight for him.

Maybe you feel like you are facing a giant these days. The coronavirus is a big deal, a huge threat. You may feel hopeless, afraid, anxious in the face of this threat and all the changes and the uncertainty. But I want to encourage you to do what David did. He didn't trust in his own power and ability, but he looked to God. We can do that too. We look to God and know that He is with us and that He is in control. Our faith assures us that God is there for us even in the darkest of days. Put your hope and trust in Him. Understand that no matter what happens in the days and weeks to come, nothing can separate you from God's love in Jesus Christ.

So we look to God, we put our trust in Him, and we pray that He would spare us and deliver us from this giant, this coronavirus pandemic, just as he delivered David from the Philistine Goliath.

Pastor Steve Voigt

OFFICIAL ACTS

SPECIAL GIFTS

Birthday Fund.....	\$213
Easter Egg Hunt.....	\$40
Helping Hands Food Pantry	\$275
Initial Offering	\$5
Portals of Prayer	\$25.50

MEMORIALS

Alva Heup Memorial—	\$225.00
Jim Gottsacker Memorial—	\$280
June Kewley Memorial—	\$275
Frank Koepke Memorial—	\$315

FUNERALS

Frank Koepke Jr.
October 28, 1921 - March 6, 2020
Service was held March 16
at Covenant Lutheran

Wilfred Picchiottino
November 20, 1922 - March 17, 2020
Service was held March 20
at Krause Funeral Home

BIRTHDAYS

April 2

Marcia Rosynek

April 3

Rachel Kopp
Jennifer Lair

April 4

Chad Winn

April 5

Erich Klett

April 8

Charlotte Klett

April 10

Lynda Kopp

April 11

Andrew Klett

April 13

Deborah Johnston

April 14

Lisa Bath
Bev Johnson
Maria Riley

April 15

Debbie Frank
Chuck Krause

April 17

Judythe Anson
Conor Eiff
Alex Gottsacker
Judith Weiss

April 22

Ryan Kerby
Kortney Maletzke

April 23

Paighen Smith

April 24

Judy Omet
Ben Winefeld

April 25

Len Ernst
Eric Winn

April 28

Jadee Krueger

Anniversaries

April 5

Jim & Sandy Wrangell



If your birthday or anniversary was omitted,
please call the Church Office at 414-464-2410 and let us know.

Mental Health Wellness During Challenging

cast ALL
your anxiety
ONTO HIM
because he cares
for you

1 PETER 5:7

The following tips are provided by the therapists and counselors at **Lutheran Counseling and Family Services of Wisconsin.**

Feelings of Isolation & Depression

- ⇒ Remember that this is a temporary period of isolation to slow the spread of the virus and your effort is helping others in the community to stay healthy.
- ⇒ Stay connected. Social isolation or quarantine does not mean complete cut off from the world. Reach out to others.
- ⇒ Develop a plan to reach out to at least one new person each day. Call, video chat, email, or text and let them know that you are thinking of them.
- ⇒ Find one person who you can openly communicate with. Talk about your worries and fears and listen to theirs. Nurture and reassure each other.
- ⇒ Exploring what you can do to help others can boost your own self esteem and will be greatly appreciated by those you affect.

Anxiety

- ⇒ Limit over saturation of news and media. Being informed is important, but avoid news overload. Pick two reliable sources of information and check them once per day.
- ⇒ Distract yourself. Watch a positive, movie, read a feel good book, play your favorite music, do a puzzle or a craft you enjoy.
- ⇒ Remind yourself to *TRUST*. Trust in your faith and find hope and peace there. Trust in those who love and care for you. Trust the medical experts that are working hard to do what is best for everyone.
- ⇒ Practice self care. Get enough sleep, go for walks, do online yoga. Eat healthy. Set up a schedule for a daily routine and stick to it. Maintaining a sense of normality can reduce stress and anxiety.



Obsessive Compulsive Disorder (OCD)

- ⇒ The continuous mentions of disease, hand washing and cleansing may be a trigger to those experiencing or recovering from OCD.
- ⇒ Understand you are not alone in your worries and fears. There are experts guiding us. Give yourself permission to follow the Center for Disease Control's advice. Your brain may be making its own rules, but stick just to the expert's. For example, when washing hands restrict yourself to only do the recommended time. Once you follow the recommendations, tell yourself it was enough and let it go.
- ⇒ Don't over saturate on the news. Believe the experts when they say there is no real shortage of food and hoarding is not necessary and is counterproductive.
- ⇒ Set rules you can follow and know what you can and cannot control. You can't control the worries, but you can control what do next.
- ⇒ Be kind to yourself. Acknowledge you are doing the best you can. A mistake here or there is okay. Give yourself a time out and refocus on your personal rules. Tell yourself you can do hard things.

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Mental Health Wellness During Challenging Times

Children

- ⇒ Discuss the situation in an open and honest way with children, relating facts in a way that is appropriate for their age and temperament.
- ⇒ Listen to any questions they may have, assure them they are safe and it's normal to feel concerned. Let them know you are safe as well and following expert advice to stay healthy and well.
- ⇒ Remind them that medical, scientific and public health experts around the world are working hard to contain the virus, treat those affected and develop a vaccine as quickly as possible.
 - ⇒ Share how you deal with your own stress.
 - Develop a plan to do stress busting activities together.
- ⇒ Be a role model. Take breaks, get plenty of sleep, exercise, stay connected with friends and eat well.
- ⇒ Create a daily schedule. Kids are used to routine and structure in schools and thrive on having consistency in their lives.



It's normal to feel overwhelmed or stressed by the coronavirus pandemic. If you are concerned about your own mental health, we encourage you to acknowledge your feelings and concerns activate your support network and seek professional support.

The *Lord* himself goes before you and will be with you; *He will never leave you nor forsake you.* Do not be afraid; do not be discouraged.” *Deuteronomy 31:8*

WORSHIP SCHEDULE

Summer Schedule

Memorial Day to Labor Day
Sunday - 9:30 am
Wednesday - 6:30 pm
Last Sunday of the Month - Praise Service

September to May

Sunday - 9am & 10:30am
Wednesday - 6:30pm
Family Education Hour:
Sunday - 9:00am
Communion Service:
1st & 3rd Sunday - 9am
2nd & 4th Sunday - 10:30am
last Wednesday - 6:30pm

CHURCH INFO & STAFF

CHURCH OFFICE PHONE: 414-464-2410
WEB SITE: covenantlutheranmke.com
E-MAIL: covenantlutheran@sbcglobal.net
FACEBOOK: Covenant Lutheran Church
OFFICE HOURS: Mon. - Thurs.; 9am - Noon
PASTOR: Steven Voigt
pastorvoigt@sbcglobal.net
DIRECTOR OF OUTREACH: Karen Winefeld
CHURCH SECRETARY:
Alyssa Gottsacker
FACILITY MANAGER: Keith Rosynek

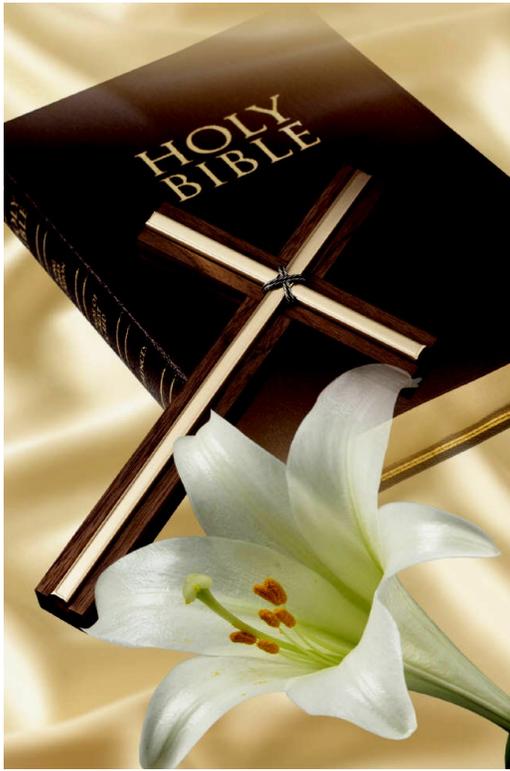
EARLY CHILDHOOD INFO

EARLY CHILDHOOD PHONE: 414-438-9712
E-MAIL: covenantkids1@sbcglobal.net
EARLY CHILDHOOD HOURS:
Mon. - Fri.; 6am - 6pm
Director: Marcia Rosynek



APRIL 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 8:00pm AA Meeting	4
5 Sunday of The Passion	6	7 6:00pm Confirmation	8	9 Maundy Thursday	10 8:00pm AA Meeting Good Friday	11
12 The Resurrection of Our Lord	13	14 6:00pm Confirmation	15 7:00pm AA Monthly Mtg. Newsletter Deadline	16	17 8:00pm AA Meeting	18
19 Second Sunday of Easter	20	21 6:00pm Confirmation	22	23	24 8:00pm AA Meeting	25
26 Third Sunday of Easter	27	28 6:00pm Confirmation	29	30		



APRIL

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|--|---|---|
| 1. Isaiah 25:1-9
Romans 1-3 | 11. Psalm 119:33-40
I Corinthians 15-16 | 21. Psalm 119:113-120
Philippians 3-4 |
| 2. Psalm 114
Romans 4-6 | 12. Psalm 119:41-48
II Corinthians 1-4 | 22. Psalm 119:121-128
Colossians 1-2 |
| 3. Psalm 115
Romans 7-9 | 13. Psalm 119:49-56
II Corinthians 5-7 | 23. Psalm 119:129-136
Colossians 3-4 |
| 4. Psalm 116
Romans 10-13 | 14. Psalm 119:57-64
II Corinthians 8-10 | 24. Psalm 119:137-144
I Thessalonians 1-3 |
| 5. Psalm 117
Romans 14-16 | 15. Psalm 119:65-72
II Corinthians 11-13 | 25. Psalm 119:145-152
I Thessalonians 4-5 |
| 6. Psalm 118
I Corinthians 1-3 | 16. Psalm 119:73-80
Galatians 1-3 | 26. Psalm 119:153-160
II Thessalonians 1-3 |
| 7. Psalm 119:1-8
I Corinthians 4-6 | 17. Psalm 119:81-88
Galatians 4-6 | 27. Psalm 119:161-168
I Timothy 1-3 |
| 8. Psalm 119:9-16
I Corinthians 7-9 | 18. Psalm 119:89-96
Ephesians 1-3 | 28. Psalm 119:169-176
I Timothy 4-6 |
| 9. Psalm 119:17-24
I Corinthians 10-11 | 19. Psalm 119:97-104
Ephesians 4-6 | 29. Psalm 120
II Timothy 1-2 |
| 10. Psalm 119:25-32
I Corinthians 12-14 | 20. Psalm 119:105-112
Philippians 1-2 | 30. Isaiah 25:1-9
II Timothy 3-4 |

APRIL 2020

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