



Holy Covenant UMC Newsletter

February 1, 2021 | Issue 188

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Join us Sundays
at 10:30 am at the
[Holy Covenant United
Methodist Church
Facebook page](#)

You can also follow our online
worship on our website or
watch previous online services
you may have missed
at [hcumc.org](#).



Message from Pastor Cheryl

40 DAY SEARCH TOWARDS PROFOUND FAITH

Stay awake, stand firm in your faith, be brave, be strong. 1 Corinthians 16:1

On February 17, Ash Wednesday, you will be invited to begin a spiritual journey. The journey is yours and only yours. The journey, if you choose to take it, will deepen your relationship with your Lord, and create a profound impact on your faith. As your pastor, I will try to give you some tools and encouragement for the journey. However, the journey is yours. If you focus, set aside time, and commit to daily practices for 40 days, when Easter arrives you will be a better version of yourself.

Join us for Live streaming worship every Sunday on [Facebook](#) or [hcumc.org](#) - 10:30 AM - you will be guided through this journey.

There are three aspects to our journey:

DAILY PRAYER

1. Please set your alarm for 12:30 PM to pray for our church, our community, and yourself. Your prayer doesn't need to be



**Outdoor Worship
SUSPENDED
Due to Cold Weather**

Staff

Rev. Cheryl Murphy
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Pastor

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Music Director

Julian-Louis Carter
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Youth Director

Christine Perry
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Financial Administrator

Elise Webb Odell
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Administrative Assistant

Erin Shepardson
preschool@hcumc.org
Interim Preschool Director



**Youth Ministry
February 2021**

long, but if all of us pause for one minute and pray, there will be tremendous power moving within us and around us. We will be united in those moments.

2. Find space every day to pray. If your prayer time is in the morning - perhaps it will begin your day. Maybe your best time is a thanksgiving prayer for the end of a day. Perhaps you have a prayer partner, or you pray each evening with your children. If you find yourself struggling to begin, read Matthew 6:7-15. Jesus will explain how to pray.
3. Each week, there will be a prayer walk in the Holy Covenant backyard. Bring your phone so you can scan the QR Code to retrieve the invitation to prayer. We will use all areas of the back including the labyrinth and cross. Each week will be a reflection on the themes that are guiding worship. These are planned for you to come as a family, or alone. Find time in your week to be present at Holy Covenant to pray.
4. There are wonderful meditation apps with times, music, sounds and guiding thoughts. Meditation might be a wonderful way for you to connect with your breath and body. It will also bring great calmness to your anxiety.

FASTING

1. Give up something that separates you from God. Another way to think of this is that God created you to do many things, with lots of gifts and strengths, but sometimes we lose sight of that, we let distractions come making us less than our best selves. Think and reflect on how you can remove that poor behavior from your life. Join us for Ash Wednesday worship and I will offer suggestions. This is not easy and it requires an authentic inward search to find what will be challenging and will improve you or your world to give up this Lent. It may be chocolate or red meat; but more likely it is judgement, gossip, language, anxiety...

SPIRITUAL GROWTH

1. In your email you will receive a devotional every morning from your Holy Covenant family. There are many other devotionals that you can receive that will help you grow in your

We will meet outside if the weather permits, in the gym if it doesn't.

February 7: 2 - 3:30pm
February 14: 12:30- 2pm
February 21: 12:30- 2pm
February 28: 12:30 - 2pm



NEW OFFICE HOURS - for the next 60 days

Mondays - Church Office Closed
Tuesdays - Open 9 am - 3 pm
Wednesdays - Open 9 am - 3 pm
Thursdays - Open 9 am - 3 pm
Fridays - Church Office Closed

Pastor Cheryl cmurphy@hcumc.org is in the office Tuesday, Wednesday, and Thursday mornings and available afternoons and evenings by appointment.

discipleship and your faithfulness. Find one you can reflect on daily.

2. Do something! Find a way to give to something beyond yourself and your family. Reach out to someone every day. Hold a person in your heart for the day, letting them know you have held them in prayer for your Lenten journey. Drop a note to someone - you will have contacted 40 people by the end of Lent.
3. Read a Psalm a day. It will take more than Lent to complete but it will change your spiritual life!
4. Keep a blessing journal finding the way God is moving in your life every day!

We are in a liminal year, in a season that calls us to reflect on our spiritual health. As we prepare for this journey, walking in the footsteps of our Lord, let us continue to grow in our faith, to improve ourselves and to feel the presence of God wrapping around us bringing us breath to live gratefully every day.

I hope and pray you will join me for this holy journey!
Pastor Cheryl

Prayer List

The Ponce family; the McAnally family; the Boren family; Randy Richter; Kristen, Sean and Harris Murphy; Andy Edwards; Max and Nicole Thomas; Paul and Shelley Fincke; Kent Prindle; Mary Harrison; Tyler Ackerman; Jojo Sain; our friends at Atria Carrollton; and those who have lost employment.

Loved Ones in the Military

KeNi Gaines, Sean Murphy, Jake Oliver and Antonio Ramirez.

Phone Streaming



Do you know someone who would like to follow along with our worship by phone? Contact Pastor Cheryl cmurphy@hcumc.org or call Elise Odell in the church office 972-492-2432

February Dates

2/2 7 pm Trustees - via Zoom
2/3 10:40 am Preschool Chapel - by the cross outside
2/4 6 pm Advocates for Justice & Peace - via Zoom
2/9 7 pm SPPR - via Zoom
2/10 10:40 am Preschool Chapel - by the cross outside
2/11 7 pm Music Ministry Check-in - via Zoom
2/14 1-3 pm Food Drive-Thru - HC parking lot
2/16 7 pm Finance - via Zoom
2/17 10:40 am Preschool Chapel - by the cross outside
2/17 6 pm Missions - via Zoom
2/17 7 pm Ash Wednesday Worship - streaming
2/23 7 pm Ad Council - via Zoom
2/24 10:40 am Preschool Chapel - by the cross outside
2/25 7 pm Music Ministry Check-In - via Zoom
2/28 1-3 pm Food Drive-Thru - HC parking lot



February Worship



For the month of February our worship services will still be live streaming on [Facebook](#) or the church [website](#) at 10:30 AM on Sundays. The leadership does not think we are keeping you from harm if we open our sanctuary to in person worship. We are quickly arriving at a year, we know it is hard on you personally and all of us as a community. We are hoping to begin the 8:30 outside worship service sometime in March. Please continue to find ways to be present with us every week!

Sundays at 10:30 am Live Streamed on the [website](#) or [Facebook](#).

February 7 Fifth Sunday after the Epiphany - Matthew 7:7-12, Mark 1:35, "Power of Prayer"

February 14 Transfiguration Sunday - John 3:16, 21:15-19, "Love"

February 17 Ash Wednesday - 7 pm for a prayer service (sanctuary and labyrinth open for prayer noon to 7 pm)

February 21 First Sunday in Lent, Fasting from Temptation/Embracing Compassion - Mark 1:12-13, 8:31, "Watch for Angels"

February 28 Second Sunday in Lent, Fasting from Shame/Embracing Self-Love - John 4, "Jesus Meets Us Where We Are"

Ash Wednesday

February 17 7 pm Streaming Prayer Service

The sanctuary and the labyrinth will be available for in-person prayer from noon to 7 pm. Worship will begin at 7 pm on [Facebook](#) or at [hcumc.org](#).



Preschool Update



We are so excited to have the pitter-pattering feet of our students back at school. They are enjoying being with their teachers and meeting new friends. One of our most anticipated endeavors this semester has been the opening of OLA (Outdoor Learning Area), and our students have LOVED exploring in this space. OLA is an open-ended outdoor play space that allows students to use their imaginations to play and explore, so far students have made nature soups, created music, and investigated creepy crawlies. We hope to expand activity offerings by adding

more tree stumps and other nature related items (pinecones, sticks, rocks). If you plan on pruning or cutting down a tree, please consider bringing stumps of varying sizes to us. They will make great workspaces, chairs, and stepping stones. If you have any kitchen items you no longer need like muffin tins or flatware, we would gladly accept those donations as well. Thank you for your continued prayers and support of this ministry.

Food Pantry Update

In the Weekly Email and Sunday Announcement, it was stated that 29% of Texans are food insecure. This mostly affects families with kids, those who live in rural areas, and seniors.

FACT: Hunger costs the Texas economy **\$44,200,000,000.00** annually and costs a loss of **239,000 jobs**.

The Holy Covenant Food Pantry is doing its part to lower food insecurity in our neighboring areas. Did you know that we have clients who come from as far away as Garland? They have to take several busses to reach us.



So, thank you to all the folks who have donated food and money and for the volunteers who have packed boxes and bags and worked the Distributions. If our numbers continue to grow, we are going to need more people to sign up to pack food. Please sign up on signupgenius.com for the **next Distribution on February 14th**.

If you would like to donate money to the Food Pantry, you can do so online, by mailing a check to the church, or by dropping off your money or food donation at the church office Thursday and Saturday from 10:00 am to noon.

We are doing well with the food we can order from the North Texas Food Bank, but we still come up short on a few items.

For that, we need:
Canned chicken
Soup
Pasta Sauce

Thank you for all you do for the Food Pantry.

Finance Update

January Giving:
Projected: \$49,713
To Date: \$41,290

Online Giving

[Donate Here](#). You may set up regular giving by choosing the Donation Frequency.



Creating with Little Creators



“Saved by the Bell” fans might remember the Date Auction episode where Lisa Turtle, in an attempt to seem “smart” says “What is Art? Are we Art? Is Art Art?”

While this provokes fond memories of childhood, it also rings so true. Whether you’re a creative mind or not, you can find appreciation for art in anything.

As we embark on this new year, it’s a wonderful time to surround ourselves with beautiful creations and we don’t have to limit these to paint on a canvas, but we can find art in a well put - together outfit or the sleek lines of a car and even the shape of a newfound rock. Our children are drawn to a variety of art that oftentimes we don’t fully understand. You might see my middle

son, Liam, dressed in some crazy combination of shimmering shorts and a sweater or Santa emoji pants and a Halloween tee. Is this art? I believe it is, because it’s an expression of himself and that ultimately is what art should be.

There are many ways to cultivate an appreciation of the arts in our children. One of my favorite ways to explore is with books! Beautiful illustrations can bring the stories to life and give them inspiration for their own projects. In my personal homeschooling journey this year, we have focused on one specific book each week and it serves as the inspiration behind each subject lesson including art. We explore ways the illustrator uses lines to create motion or contrasting colors to evoke sadness. Sometimes, we simply discuss these things, but most of the time we recreate illustrations or copy techniques. The results of our creations are not as important as the creating. I never anticipate a literal copy, but focus on the work they put into the project.

Developing a plan, gathering supplies and using the tools given are very important growth opportunities. You may be frustrated if their process doesn’t match your own process, but that’s the beauty of artistic expression. If you lay out supplies for a project, one child might literally spend 90% of their time doing something like sharpening colored pencils. Then, they will scribble something on a page and say, “I’m finished!” Your first instinct might be to criticize the effort, but in fact the freedom to manipulate different materials in an organic and unstructured way allows for exploration and experimentation. These artistic endeavors and self - directed explorations are not only fun, but educational as well.

I recently created a Maker’s Space where children were able to create a variety of art including painting, fashion, architecture, sculpture, music and photography. We used a majority of recycled materials and turned trash into treasures! Here’s how we set it up: The first station was painting on canned vegetable flats! We used recycled flats from the food pantry that just happen to be the perfect shape for an 8 x 10 canvas. Next, we used some homemade model

magic to create sculptures. There are dozens of recipes online for homemade modeling dough. Here's a handful I found from the "Be a Fun Mum" blog. <https://www.beafunmum.com/2014/06/different-play-dough-recipes/> These are easy to make (so easy the kids should help!), they are cheap and surprisingly they hold up to the store-bought versions. Just lay out balls of modeling dough and they can form and mold to create whatever their heart desires.

One of my personal favorites is jewelry making. Sometimes we forget that fashion is a way to express ourselves on a daily basis. While a good portion of the time my fashion expresses my need for comfort and the least amount of effort, this is one of the first forms of art children can recognize. By using various pasta shapes, some colored with a simple mix of alcohol and food coloring, pony beads and pipe cleaners, little fingers created jewelry masterpieces!

Photography is one of the early artforms children will use. Have you ever looked at your phone's album after your toddler has snatched it unbeknownst to you? We had a photo booth set up to give them a chance to practice taking and posing for pictures.

For those who have an interest in engineering (any Lego lovers out there?), there was an architectural building station. With an inspiration wall and different recycled boxes and containers they built an Eiffel Tower replica and the Golden Gate Bridge!

At last, we dabbled in the musical arts by crafting paper plate tambourines. This is a tangible way for them to begin exploring musical sounds and beats. These also happen to be important skills needed for early literacy.

While the opportunity to create art is especially fun and plays an important part in appreciation, another opportunity is just a short walk away. In the early days of quarantine, when we were desperate for fresh air and beauty, I took my crew to downtown Carrollton for an art walk. Oh my, did we discover all forms of art. In our jaunt we viewed four large murals and several sculptures. Don't forget the old town architecture of the shops, the theater and the silos, plus, the mix of newly built architecture. We wrapped it all up with some window shopping to look at the fashion. Of course, there was a ton of photography and Pandora provided the soundtrack to guide us. I encourage you to go on your own art walk soon.

Whether you are providing direct lessons and professional supplies, digging in recycling to see what you can reuse, or taking a trip to the Dallas Museum of Art or Downtown Carrollton, I hope you can encourage your littles to create and seek out beautiful things to view and hear. In addition to helping them develop important skills, giving your child a creative outlet can help relieve stress and work through things happening in their lives. By encouraging artistic expression, you can help facilitate learning on all levels for the rest of their lives.

-Kammie Powell



Streaming Ministry

Volunteers Needed!

Would you like to help with our online worship? We are looking for volunteers for our worship streaming ministry. You will be asked to commit to 2 worship services per month to operate either a video switcher or a camera.

Experience welcome--but not required! There will be training. If interested, please contact Tim Shepardson at tim@shepardson.us.



Holy Covenant
united methodist

**meeting Christ in our local community
to serve our children and youth**



We are welcoming and open to all people;
black or white or brown, you are welcome here;
rich or poor, young or old, you are welcome here,
gay or straight, citizen or sojourner, you are welcome here.

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