



Outside Our Walls

Covenant United Methodist Mission & Outreach Newsletter

February 2023

Upcoming Events:

Feb. 22-April 9: Lenten Offering to raise funds for Nov. 4 Project 216 Packing Event
May 23 - Drive-thru Fish Fry for Habitat



Help feed our hungry Neighbors!

The holiday season is over but there are still people who need our help. Associated Churches' Neighborhood Food Network is a place where families can receive food once a month at no charge. The food banks are "emergency food banks" which provide a 5-day supply of food.

Food donated at Covenant (leave your donations at the Mission Collection Center) will be taken to the Associated Churches Food Bank at Gethsemane Lutheran Church.

If you prefer, you may make a monetary donation to Covenant, indicating "Food Bank", and Associated Churches will use your donation to purchase food in bulk.

List of needed food items:

Grains: rice, oats/, oatmeal, ramen noodles, pasta, noodles, Hamburger Helper, mac & cheese, crackers (any kind), stuffing, cereal, cake mix

Proteins: canned tuna/meat, canned beans, roasted nuts, peanut butter, granola bars

Condiments: canola, sesame or olive oil, salt & pepper, ketchup, mustard, spaghetti sauce, jelly, honey, salad dressing

Other: Jell-O, instant potatoes, dry milk

Hygiene Products: soap, body wash, detergent, deodorant, toothpaste/toothbrush, shampoo/conditioner, razors, toilet paper

NO GLASS PLEASE - DONATIONS MUST BE NON-PERISHABLE

To learn more about Associated Churches and their programs visit associatedchurches.org



Lenten Offering

Lent is a season of forty days, not counting Sundays. This year Lent begins on Ash Wednesday, February 22, and ends on Holy Saturday, April 8.

It's a time of repentance, fasting and preparation for the coming of Easter. It's a time to focus on our relationship with God, to focus on growing as disciples and extending ourselves, often by choosing to give up something or to volunteer and give of ourselves for others.

During Lent the Mission & Outreach Team encourages you to give something up, to sacrifice, and give the money you would have spent as a Lenten offering to help cover the costs of the ingredients needed to package Project 216 meals for starving children.

Covenant will be packing Project 216 meals on Saturday, October 14, mark your calendars now to participate!

(The Mission & Outreach Team realizes this collection is far in advance of the actual packing date but the number of meals we can pack is determined by the amount of money donated to purchase the supplies needed for the meals. Your donation will only be used for Project 216)

The 3 meanings of the name Project 216:

- James 2:16 says, "If one of you says to those in need, 'Go in peace, keep warm and well fed' but does nothing about their physical needs, what good is it?"
- Every Project 216 box that gets shipped contains 216 meals.
- Every 2 hours at a packing event each volunteer (age 5-95) will average 216 meals designed to help the hungry thrive.



The meal ingredients are formulated to provide the easily digestible protein, carbohydrates, and vitamins needed by an undernourished child. The food is also acceptable to the broad diversity of ethnic tastes and religious differences around the world and it's very easy to prepare.

The meal has been shown to reverse the effects of malnutrition, including anemia, respiratory infections, stunted growth, and delayed cognitive development. Each bag of food packaged at a packing event contains rice, soy, vegetables, and a Mathile M+ Micronutrients® packet which will serve 6 children when boiled with 6 cups of water. The meal provides all the vitamins and minerals a child needs for a day and a way to improved health.

It only takes \$.30 to pay for the ingredients of one meal. Just think

\$30 = 90 meals, or \$60 = 180 meals, or \$120 = 360 meals!

We need to raise \$6,000 to purchase the supplies for 20,000 meals!

Please prayerfully consider what you will sacrifice so starving children may be fed. Not only will these meals improve their health but they will improve their chances of living the life God has planned for them.

Questions? Contact Janet Hall at janet.hall60@gmail.com or visit www.project-216.org

What has Covenant done at Lincoln already this school year?



As one of our mission focuses, Covenant partners with Lincoln Elementary School. Since August, 2022 we've...

- helped to prepare items for the start of the school year
- assisted at registration and back-to-school night
- provided breakfast for teachers on their first day back to school
- provided a meal for the teachers during Parent/Teacher Conferences
- collected underwear, socks, sweatpants, winter hats and gloves for any student who needed them
- provided money so every student was able to purchase a book at the book fair and helped at the book fair
- gave devotion books to every staff member and United Art & Education gift cards to teachers (\$50 for full-time teachers and \$25 for part-time teachers) at Christmas
- helped in the classrooms and with classroom prep
- prayed for the students, the staff and families

To learn how you can help at Lincoln, contact Barb Hering at barbhering@gmail.com.



Food Insecurity in Kenya Millions of Kenyans at Risk of Starvation

Kenya's extreme drought is impacting harvests that are an essential source of food, the delayed grain shipments from Ukraine, and lasting effects of Covid-19 are all contributing to an extreme food shortage in Kenya.

Life for Children Ministry is working to build community sustainability and address food insecurity by supporting a new animal agriculture program in Wachara and Kisumu.

You can help: donate \$100 for a goat or \$30 for 2 chickens.
Why goats and chickens?

- ◇ Goats and chickens provide income.
- ◇ Goats are small & easy to care for. They are tough & hardy & can survive during water and food shortages.
- ◇ Goats build community sustainability if the first few goat kids are passed on to others.
- ◇ Goats' milk can provide most of the essential nutrients and energy needs for growing children.
- ◇ Goats have a short reproductive cycle, often producing twins in five months.
- ◇ Chicken eggs & meat are a source of protein & can be sold.
- ◇ Chicken can scavenge for food in the environment.
- ◇ Chickens mature quickly and will reproduce.



Ways you can donate to Life for Children Ministry:

- ⇒ Visit lifeforchildrenministry.org
- ⇒ Write a check to Covenant and indicate "Life for Children Ministry" on the memo line
- ⇒ Donate on Covenant's app
- ⇒ Donate on-line at covenantumc.net



ON ANY GIVEN NIGHT THERE ARE 3,000 OR MORE HOMELESS IN OUR COMMUNITY!

**Imagine you are shivering, wet, and alone
outside in the cold.**

Imagine being outside in the cold and dark with nowhere to go. No family or friends and no one to turn to for help. You lay down to sleep in a parking garage without feeling safe and then toss and turn all night.

Carey is **one of many** homeless men, women, and children who experience the harsh conditions of winter. With a spiraling addiction to drugs, no job, broken relationships, and no affordable housing options, Carey turned to The Rescue Mission for help.

Because of gifts to The Rescue Mission, Carey received more than a warm bed, clothing, and hot meals. She also gained a fresh start. Donations provide life-changing programming to address the root causes of homelessness. With continued support, more people like Carey can have access to mental health support, healthcare, job training, financial literacy classes, housing assistance and so much more.

No one should have to sleep in stairwells, abandoned houses, or cars. You have the power to change a life. A gift from you provides hope. Will you consider giving?

Ways you can donate to The Rescue Mission:

- ⇒ Visit fwrm.org to make a donation
- ⇒ Write a check to Covenant and indicate "Rescue Mission" on the memo line
- ⇒ Donate on Covenant's app
- ⇒ Donate on-line at covenantumc.net

For more information on how you can make a difference at
The Rescue Mission
contact Barb Hering at barbhering@gmail.com



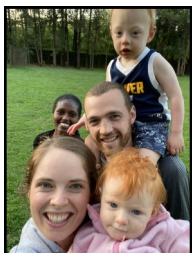
News from Mason & Claire Miller (rec'd Jan. 15, 2023)

New beginnings, For so many, January 1 brings the hope of a fresh start. A new hope for their year. The chance to leave the past behind and gaze forward toward the future.



In youth group, I (Claire) led the students through a reflection on Isaiah 43:19 that says "Behold, I am doing a new thing; now it springs forth; do you see it? I will make a way in the wilderness + rivers in the desert." The reality is, we don't (and shouldn't) wait until January 1 to start new + fresh. Jesus promises new mercies every morning and is committed to us becoming "new" over and over again. He is constantly molding us into more of His character--if (big if!!!) we allow it. Where there is wilderness + desert, God promises water and provision. I wonder when you take a second to reflect in your own life if there is anything you've declared is desert? Anything you've said is too far gone? Anything you've declared is impossible for the mercy of God to reach?

A theme we see with our students a lot is that the old holds them back from the new. That they are so focused on staring at the past shame and hurt they carry that they miss the healing, the comfort, the forgiveness, and the "newness" that God is trying to bring in their lives. And the fear of change--man this is a big one! We often are so nervous about the new things God is calling us to that we chose to stay stuck in the past rather than allow springs of water + life to sprout forth.



This week we invited Pamela (the 22 year old living with us) to join us in youth group, and she declined, saying that she was worried people would make fun of her for being poor and being an orphan. We had such a beautiful conversation about how when we let how others have labeled us (unloved, broken, poor, unworthy), we miss the chance to share the testimony of how we have been chosen, redeemed, loved, and cherished.

But how often do we do that in our own lives too? Our stuck-ness keeps us from allowing God to transform the ashes into beauty. My challenge for my own life this year is to press into the new mercies and fresh perspectives that Jesus has for my day, day by day.

Many more pictures can be found at the Mission Center.

This month held a lot of beautiful ministry + family moments!

- We took students camping + rafting and dove into what it looks like for us to Rest in Jesus and how he makes our burdens light. Our kids joined us + have proven themselves to be great campers!
- We had 45 kids at our Christmas youth group (such a gift to be able to start ministry back for kids who are hungry to be discipled!)
- At our New Year's bonfire many kids asked God and received a word of the year--a place where God is calling them to grow and rest in Him
- Several students have asked to be discipled and mentored as they process through their trauma and learn to be a light in the world
- Several parents expressing their gratitude towards us for ministering to their kids and sharing testimonies of how their kids have been changing through their time at BlueSky
- We started planning D-NOW, our biggest event of the year
- Pamela got a job!!! She is going to work and save money for a few months before starting her own business
- Holland started walking
- We got out of Nairobi for Christmas break with some friends and loved camping with the kiddos. Zion still talks about seeing cocodias (crocodiles) and feeding the eeeegul a fshhhh (eagle a fish)
- We have two volunteers now for our ministry for the first time ever (hooray!)
- We went to a top-secret waterfall in the tea fields & learned that Zion can walk 2 miles!



Prayer requests:

- For us as we balance ministry + family life in these next 3 busiest months of ministry
- For wisdom in mentoring our students who are really struggling with their mental health
- For our high school students to show interest in leading our middle school students
- For us as we plan D-NOW
- For Mason + his family as his grandfather passed away in December

Thank you so much for your love, prayers, and support as our family mentors + disciples the multinational youth in Nairobi!

Much love,
Claire, Mason, Zion + Holland

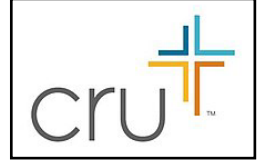
Covenant helps to support Mason & Claire and their ministry by sending them \$415 a month, which comes from the Mission & Outreach Team's budget. Your donations to the church budget make this possible - thank you!

BlueSky Global Ministries' vision is to see the multinational community of Nairobi, Kenya, spiritually transformed and equipped to influence the world for God's glory. They pursue this by building relationships through adventure, using three core platforms: BlueSky Adventures (rock climbing gym, expedition trips, and team building), Camp BlueSky, and BlueSky Community (year-round relational ministry). Learn more at blueskyglobal.org



Caleb and Amy Cox's Adventures in Ministry with Cru

January 2023 Prayer Letter (rec'd 1-27-23)



Over Martin Luther King weekend, we joined Cru staff and students from Houston and Chattanooga for our annual FastBreak conference at SkyRanch camp. It was a weekend filled with worship, Bible teaching, games and fun. The Lord worked in our students' hearts and lives tremendously throughout the weekend.

A highlight for me (Caleb) was talking with a sophomore whose best friend passed away just a week before. He was hesitant to talk to the friends he came with to FastBreak. I felt honored that he opened up to me. It was a privilege to listen to him share about his friend, encourage him with how God is with him in his pain and grief, and pray with him.

At the end of last year, I started a new, hybrid role within Cru. I still am working with the high school ministry and lead Bible studies with students, but now I also do software development, which was my major in college. I've sensed that the Lord wanted use to the coding skills he's given me within Cru in addition to working with high school students.



Amy & female students



Caleb praying with students at FastBreak

My new team develops and maintains Cru's myriad of websites, including the tool we use to register students for conferences like FastBreak. Having personally used many of those sites and listened to coworkers bemoan their quirks and limitations, I'm grateful for the opportunity to now be on the other side improving them to better serve thousands of staff around the country and world.

Thank you so much for your partnership and prayers! Even with my change in role, Amy and I are both still fully supported by your generous donations. Thank you for making it possible for us to continue serving the Lord within Cru.

PAST

Praise God for how he met students at FastBreak and how they came away wanting to be more committed to the Lord!

PRESENT

Pray that the spiritual high students experienced at FastBreak would translate into a deeper commitment to prayer, the Word, and surrender to Jesus.

FUTURE

Pray for more opportunities to share the gospel with sports teams this spring.

Caleb and Amy would love to hear from you!

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Want to help support Caleb and Amy? Visit give.cru.org/0864190

Covenant helps to support Caleb & Amy and their ministry by sending them \$415 a month, which comes from the Mission & Outreach Team's budget. Your donations to the church budget make this possible - thank you!

Covenant United Methodist Church



Covenant was a very generous church in 2022.

We donated our time, our talents and our gifts in a variety of ways.
To find the annual Mission Report [Click here](#) or visit covenantumc.net click "Resources" and then "Mission Newsletter".

Read what the Core Values of the Mission & Outreach Team are and how they direct the decisions of the team. Be amazed by just some of the ways Covenant served in 2022.
And discover how monetary and in-kind giving totaled \$136,024!

Questions or comments? Contact Barb Hering at barbhering@gmail.com