

---

---

# THE INSPIRER

Volume 9 Issue 11

COVENANT PRESBYTERIAN CHURCH

August 2007

---

---

## When I Say: I AM A CHRISTIAN



When I say, "I am a Christian,"  
I'm not shouting, "I am saved!"  
I'm whispering, "I was lost."  
"That's why I chose His way"

When I say, "I am a Christian,"  
I don't speak of this with pride--  
I'm confessing that I stumble,  
Needing God to be my guide

When I say, "I am a Christian,"  
I'm not trying to be strong.  
I'm professing that I'm weak  
And pray for strength to carry on.

When I say, "I am a Christian,"  
I'm not bragging of success,  
I'm admitting I have failed  
And cannot ever pay the debt.

When I say, "I am a Christian,"  
I don't think I know it all.  
I submit to my confusion,  
Asking humbly to be taught.

When I say, "I am a Christian,"  
I'm not claiming to be perfect.  
My flaws are all too visible--  
But God believes I'm worth it.

When I say, "I am a Christian,"  
I still feel the sting of pain.

I have my share of heartaches  
Which is why I seek His name.

When I say, "I am a Christian,"  
I do not wish to judge--  
I have no authority,  
I only know I'm loved.

---

---

## A REASON TO SMILE



### *Five Minutes To Happiness*

It can be so easy to get caught up in the rigors of modern life that we tend to forget that happiness need not come with stipulations. Happiness becomes something we must schedule and strive for—a hard-won emotion—and then only when we have no worries to occupy our thoughts. In reality, overwhelming joy is not the exclusive province of those with unlimited time and no troubles to speak of. Many of the happiest people on earth are also those coping with the most serious challenges. They have learned to make time for those simple yet superb pleasures that can be enjoyed quickly and easily. Cultivating a happy heart takes no more than five minutes. The resultant delight will be neither complex nor complicated, but it will be profound and will serve as a reminder that there is always a reason to smile.

So much that is ecstasy-inducing can be accomplished in five minutes. Alone, we can enjoy an aromatic cup of our favorite tea, take a stroll through the garden we have created, write about the day's events in a journal, doodle while daydreaming, or breathe deeply while we listen to the silence around us. In the company of a good friend or treasured relative, we can share a few silly jokes, enjoy a waltz around the room, play a fast-paced hand of cards, or reconnect through lighthearted conversation. The key is to first identify what makes us dizzyingly happy. If we do only what we believe should bring us contentment, our five minutes will not be particularly satisfying. When we allow ourselves the freedom to do whatever brings us pleasure, five minutes out of 14 wakeful hours can brighten our lives immeasurably.

It is often when we have the least free time or energy to devote to joy that we need to unwind and enjoy ourselves the most. Making happiness a priority will help you find five minutes every day to indulge in the things that inspire elation within you. Eventually, your happiness breaks will become an established part of your routine. If you start by pursuing activities you already enjoy and then gradually think up new and different ways to fill your daily five minutes of happiness, you will never be without something to smile about.

**DailyOM**  
Nurturing Mind Body & Spirit

# LIVE BOLDLY

Rev. Steven E. Frazier  
Second Presbyterian Church

I haven't written *Live Boldly* for six months. When I wasn't writing I had all sorts of ideas, but now I can't think of what to say.

One thing I've learned from other writers is it's often in the very discipline of writing that you discover what you need to know or say. Or as my English teacher used to say, "Write what you know."

I know I'm a morning person. I know I love to fold clothes fresh from the dryer. I know I'm too concerned about what others think of me. I know I hate Brussels spouts. I know I have many doubts. I know the first time I saw the Golden Gate Bridge it took my breath away.

It's easy to forget our experiences or to take them for granted. I've been guilty of overriding what I know about myself and my limits, or deferring to someone's experience thereby marginalizing my own.

The Bible says that we are made in the image of God. Our pleasures and pain, our family history, the way we process information, the choices we've made, our genetic inheritance, our hopes all shape that "image of God" that's unique to us. Given the wonderful variety we see in nature, surely God delights in what's distinctive in each of us.

We honor God when we pay attention to our lives and value the amazing "creatures" that each of us is...and is becoming.

**Thank you, Steve.  
What a concept!!**

August 2007

# WHO IS JESUS?



In chemistry, He turned water to wine.

In biology, He was born without the normal conception.

In physics, He disproved the law of gravity when he ascended into heaven.

In economics, He disproved the law of diminishing return by feeding 5000 men with two fishes and five loaves of bread.

In medicine, He cured the sick and the blind without administering a single dose of drugs.

In history, He is the beginning and the end.

In government, He said that he shall be called Wonderful Counselor, Prince of Peace.

In religion, He said no one comes to the Father except through Him.

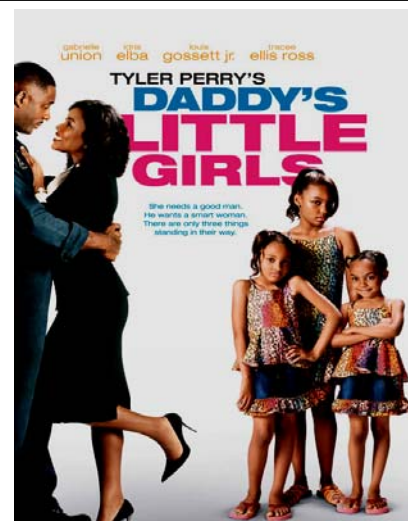
So, who is He?

**He is Jesus! He is worthy!**

*Submitted by Orlander Whitaker*

# AUGUST 24TH MOVIE NIGHT

6:00 p.m.  
Fellowship Hall  
Covenant PC



Monty (Idris Elba) is a mechanic struggling to make ends meet while raising his three young daughters. When the court awards custody of his daughters to his ex-wife, Monty desperately tries to win them back with the help of Julia (Gabrielle Union), a beautiful, Ivy League-educated attorney. Monty and Julia couldn't be less alike, but a flame is ignited...touching off a firestorm of love and conflict.

**There's ALWAYS good  
food and lots of FUN!!!**



# WELCOME

**Our new  
Church  
Secretary,  
NANCY DREW**

---

Stop by just to say "Hello".  
Her hours are 10:00 a.m.  
until 2:00 p.m.

---

## AUGUST BIRTHDAYS



**Percy Jones, 6<sup>th</sup>  
Patsy Jones, 14<sup>th</sup>  
Krystal Moore, 23<sup>rd</sup>**

---

If your birthday is not listed, please  
get the information to:  
NANCY DREW,  
CHURCH SECRETARY. You may  
email Nancy at:  
[covenant@covenant913.net](mailto:covenant@covenant913.net) or call  
her at Covenant Monday-Friday  
between the hours of 10:00 a.m. and  
2:00 p.m.

---

# CLINGING TO THE CORE

*When Our World Falls Apart*

There are times when our whole world seems to be falling apart around us, and we are not sure what to hold onto anymore. Sometimes our relationships crumble and sometimes it's our physical environment. At other times, we can't put our finger on it, but we feel as if all the walls have fallen down around us and we are standing with nothing to lean on, exposed and vulnerable. These are the times in our lives when we are given an opportunity to see where we have established our sense of identity, safety, and well-being. And while it is perfectly natural and part of our process to locate our sense of self in externals, any time those external factors shift, we have an opportunity to rediscover and move closer to our core, which is the only truly safe place to call home.

The core of our being is not affected by the shifting winds of circumstance or subject to the cycles of change that govern physical reality. It is as steady and consistent as the sun, which is why the great mystics and mystical poets often reference the sun in their odes to the self. Like the sun, there are times when our core seems to be inaccessible to us, but this is just a misperception. We know that when the sun goes behind a cloud or sets for the night, it has not disappeared but is simply temporarily out of sight. In the same way, we can trust that our inner core is always shining brightly, even when we cannot quite see it.

We can cling to this core when things around us are falling apart, knowing that an inexhaustible light shines from within ourselves. Times of external darkness can be a great gift in that they provide an opportunity to remember this inner light that shines regardless of the circumstances of our lives. When our external lives begin to come back together, we are able to lean a bit more lightly on the structures we used to call home, knowing more clearly than ever that our true home is that bright sun shining in our core.

---

**DailyOM**  
Nurturing Mind Body & Spirit

---

## WOMEN'S DAY - 2007

Women's Day will be held on **Sunday, September 23, 2007** during our regularly scheduled **Worship Service**. **Deacon SherNita McFarlin** is the **Moderator** of the Presbyterian Women of Covenant.

We are proud to announce that Virginia State Senator, **Dr. Yvonne B. Miller**, will be our keynote speaker.

Please see **Deacon Eva Rice** or our **Clerk of Session, Genoa McPhatter** to purchase your Women's Day ads.

**We need your  
support!!!!**

# OFFICER CLASSES

## ELDERS

2008

*Melinda Harris*  
*Margie Haynes*  
*LeAnne Kerry*  
(Term ends 1/2008)

2009

*Shelia Adams*  
*Elizabeth Miller*  
*Marty Miller*  
(Term ends 1/2009)

2010

*Marjorie Johnson*  
*Genoa McPhatter*  
*Vivian Moore*  
(Term ends 1/2010)

## DEACONS

2008

*Jeanette Moses*  
*Eva Rice*  
*Orlander Whitaker*  
(Term ends 1/2008)

2009

*Francine Dozier*  
*SherNita McFarlin*  
*Elnora Ruffin*  
(Term ends 1/2009)

2010

*Helen Lewis*  
*William Shepperson*  
*Robert Thompson*  
(Term ends 1/2010)

**NOTE: The above appears in  
THE INSPIRER for  
informational purposes.**

# ANNOUNCEMENTS

## IMPORTANT

If you have announcements you would like to appear in Sunday's Church Bulletin, please give them to our **Church Secretary, Nancy Drew**, no later than 3:00 p.m. on **Thursdays**. Nancy may be reached at Covenant between the hours of **10:00 a.m.** and **2:00 p.m.** (Telephone: 623-1875, Fax: 623-1838). You may also email

Nancy your announcement at:

[covenant@covenant913.net](mailto:covenant@covenant913.net).

## MEMBERSHIP INFORMATION FOR CERTIFICATES

### Information Needed

Those of you who have not responded to the request for the information needed to issue proper membership certificates, please do so as soon as possible.

Certificates have been processed for those whose information was available. Certificates will be disseminated at Covenant for all members present to receive them on. Members who are not available will receive their Certificate of Membership via the postal service.

After receipt of your certificate, if you have any questions, please contact: **Mrs. Elizabeth R. Miller**. She will be happy to address any additions/corrections as needed. You may send her an email. The email address is: [covenant@covenant913.net](mailto:covenant@covenant913.net).

## COMMUNITY OUTREACH



**(WITH COMPUTERS)**



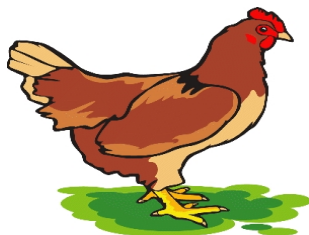
In the next several weeks, we would like to make our free computer training classes available to the Covenant community. We would like to assist both children and adults in learning more about computers and computer applications. Also be reminded that any member of Covenant is invited to attend the free computer training classes on Tuesday and Thursday nights from 6:00 p.m. until 7:00 p.m.

# LIFE AND THE MOUSETRAP



A mouse looked through the crack in the wall to

see the farmer and his wife open a package. "What food might this contain", the mouse wondered. He was devastated to discover it was a MOUSETRAP. Retreating to the farmyard, the mouse proclaimed the warning. "THERE IS A MOUSETRAP IN THE HOUSE! THERE IS A MOUSETRAP IN THE HOUSE!"



The chicken clucked and

scratched, raised her head and said, "Mr. Mouse, I can tell this is of grave concern to you but it is of **no** consequence to me. **I CANNOT BE BOTHERED BY IT.**"

The mouse turned to the pig and told him, "There is a mousetrap in the house! There is a mousetrap in the house!" The pig sympathized, but said, "I am so very sorry, Mr. Mouse, but there is nothing I can do about it but pray.



**BE ASSURED YOU ARE IN MY PRAYERS."**



The mouse turned to the cow and said, "There is a mousetrap in the house! There is a mousetrap in the house!" The cow said, "Wow, Mr. Mouse. **I'M SORRY FOR YOU, BUT IT'S NO SKIN OFF MY NOSE.**"

So, the mouse returned to the house, head down and dejected, to face the farmer's mousetrap--**ALONE.**

That very night a sound was heard throughout the house – like the sound of a mousetrap catching its prey. The farmer's wife rushed to see what was caught. In the darkness, she did not see it was a venomous snake whose tail the trap had caught. The snake bit the farmer's wife. The farmer rushed her to the hospital and she returned home with a fever.

Everyone knows you treat a fever with **FRESH CHICKEN SOUP**, so the farmer took his hatchet to the farmyard for the soup's main ingredient. The chicken soup was nourishing but his wife's sickness continued, so friends and neighbors came to sit with her around the clock. To feed them, the farmer **BUTCHERED THE PIG.**

The farmer's wife did not get well; she died!!!!

After her death so many people came for her funeral, the farmer had the **COW SLAUGHTERED** to provide enough meat for all of them.

The mouse looked upon it all from his crack in the wall with **GREAT SADNESS.**

So, the next time you hear someone is facing a problem and think that it does not concern you, **remember – when one of us is threatened, we are all at risk.**

We are all involved in this **JOURNEY CALLED LIFE!!!!** We must keep an eye out for one another and make an extra effort to encourage one another. Take a bit of time to reflect on the lessons you learn from the experience each day gives you. But remember one of the most important things in life:

**Each of us is a vital thread in another person's tapestry.**

*Author unknown*



**Presbyterian Women**

*Nurture Faith, Support Mission, Work for Justice & Peace, & Build Community*

**PEVA PRESBYTERIAN WOMEN will hold their annual FALL GATHERINGS as follows:**

**Sept. 8 - Naomi Makemie Church (Eastern Shore)**

**Sept. 14 - Hidenwood Church (Newport News)**

**Sept. 15 at Covenant Presbyterian Church (Norfolk)**

**There will be displays, contests and leadership training at all locations.**

# COVENANT PRESBYTERIAN CHURCH

913 Covenant Street

Norfolk, VA 23504

Voice: (757) 623-1875

Fax: (757) 623-1838

Website: [www.covenant913.net](http://www.covenant913.net)

Email: [covenant@covenant913.net](mailto:covenant@covenant913.net)

Place  
Stamp  
Here

---

## ON THE LIGHTER SIDE

---

### H\*POLITICAL FAITH\*

H

Politicians have a constant need to be diplomatic. Witness this candidate for the Senate who traveled to a small town community to address the only church there. Unfortunately, he had forgotten to ask which denomination so that when it was time for his speech, he inquired in this way:

My brethren, all, I must tell you that my great Grandfather was Baptist (absolute silence); but my Grandmother was an Episcopalian (more silence); I must tell you that my other Grandfather was a Catholic (deep silence); while my other Grandmother was Methodist (continued silence).

But I must tell you that I had an aunt who was a Presbyterian (loud cheers!) ...and I have always considered my aunt's path to

### THE BACK PEW - *JEFF LARSON*



<http://thebackpew.com>

God is not amused by the use of cell phones during church.