

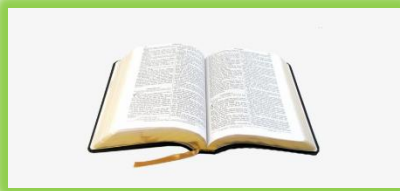
The Covenant Contact

May 2026

Getting into the Word before. . . .

For the word of God is living and active, sharper than any double-edged sword. . . . (Hebrews 4:12)

Before emails, before headlines, before conversations and responsibilities begin pressing in – there is an invitation. It is quiet, often easily overlooked, but profoundly transformative: to meet with God in His Word before stepping into the noise of the world.



Hebrews 4:12 reminds us that Scripture is not static or lifeless. It is “living and active.” That means when we open the Bible, we are not just reading ancient text but encountering the voice of

God. His Word does not sit passively on a page; it moves, searches, reveals, and shapes us from the inside out. Like a double-edged sword, it cuts through distractions, half-truths, and self-deception, reaching the deepest parts of who we are.

This is why when we engage with Scripture matters. We begin our day in the Word; we allow truth to set the tone. But even beyond that, when the voice we hear first is not the voice of the world, we are able to see the world from the perspective of the gospel. This is why it’s good for our souls to **get into the Word before getting into the world.**

This is about alignment; making sure God defines our reality before the world attempts to do so. The world tells us who we should be, what we should chase, and how we should measure success. God’s Word reminds us who we are in Christ and where our hope lies.

There is also a matter of formation. What we consume shapes us. If our first intake each day is social media, news,

or the demands of others, that is what disciplines our hearts. But when Scripture comes first, it becomes the lens through which we interpret everything else. Instead of reacting impulsively, we are more able to respond thoughtfully. Instead of being ruled by anxiety, we are grounded in truth. Instead of chasing approval, we can rest in Jesus.

Hebrews 4:12 also speaks to the penetrating nature of God’s Word: it “judges the thoughts and attitudes of the heart.” This can feel uncomfortable, but it is deeply good. When we start our day with Scripture, we are inviting God to examine us early — before pride hardens, before bitterness grows, before fear takes root. It is a soul reset.

Think of it like tuning an instrument. A musician doesn’t wait until the end of a performance to tune – they do it at the beginning so that everything that follows is in harmony. In the same way, time in God’s Word in the morning tunes our hearts to His truth, so that the “music” of our day – our words, actions, and decisions – flows from the right place.

This doesn’t require hours of study or perfect conditions. It can begin simply: a few verses read slowly, a moment of reflection, a quiet prayer. The power is not in the length of time, but in the posture of the heart. Consistency matters more than intensity.

Of course, there will be days when it feels rushed or distracted. Days when the Word doesn’t seem to “move” us emotionally. But Hebrews 4:12 assures us that Scripture is active regardless of how we feel. Even when it seems quiet, it is working beneath the surface to plant seeds, shape perspective, and renew the mind.

As you consider your daily rhythm, ask yourself: “What is forming me first each day? What voice am I allowing to speak the loudest?” Choosing to get into the Word before getting into the world is not about obligation – it is about opportunity. It is an invitation to begin each day anchored in truth, guided by wisdom, and reminded of God’s presence.

The world will always be waiting. Its demands will not slow down. But God’s Word offers something the world cannot:

clarity in confusion, peace in pressure, and truth in the midst of noise.

So tomorrow morning, before reaching for your phone or stepping into your to-do list, reach for the Word. Let it speak first. Let it shape you. And then, go into the world — not empty or reactive — but grounded, equipped, and transformed.

In Christ, Pastor Stephanie

Women Ministries



Women Ministries events are for all women of the church and their friends.

- **WM Board:** Wednesday May 6, 10:00 a.m.
- **The Book Club** next meets on Thursday, May 14, at 6:30 p.m. The book to read is *The Lies They Told* by Ellen Marie Wiseman. We will meet at Martha Tillow's.
- **WM Spring Outing:** All women of the church are invited to our Women Ministry Outing on Friday, June 12, to the Helen S Kamen Rose Garden in Elizabeth Park. The roses will be blooming! We will meet at the church at 9:30. After our visit to the garden, we will have lunch at a location TBD. Please sign up on the sheet on the Women Ministry bulletin board in Potter's House or contact Martha Tillow.

Women's Study

The Tuesday morning Bible Study, "The Gospel in the Movies," discusses how movies can lead us into conversations with others about Jesus. We will look at how movies reflect God, and how we can share our own story with those who don't know him yet, by using movies as our inspiration. We meet at 9:30 am in the Potter's House.

Summary - Board Meeting of March 29

Pastor Stephanie reported that, through the East Coast Conference, she has provided training to a group of ECC pastors on how to present Revitalization training she did with us last November. She will attend the East Coast Conference annual meeting near Boston in April.

General Fund offerings through March 22, 2026, are \$36,848.78, or \$457.14. below budget goal of \$37,305.92. All bills are up to date. The general fund balance was \$24,638, with \$8,115.92 in restricted funds. Due to high snow removal expenses, the Trustees will soon exceed their budget for repairs and maintenance. Women Ministries offered to consider donating for some of the expenses.

The Diaconate is working with Missions and Evangelism on holding worship and music events in Seth Thomas Park the weekend Teen Challenge will be here (June 21) Changes to the Confirmation program are being considered

Water issues relating to the pressure of the water entering the building are being addressed. Inside the steeple will be examined during a rainstorm to see if there are leaks that need attention. Possible grants are being researched to see if the church can find extra funding for repairs. The Gathering Room clock will be repaired.

Eight people from the church plan to go on the November mission trip to Guatemala.

Women Ministries has already made the ditty bags for this fall's donations to the Seafarers Mission. They are planning several spring activities.

There was considerable discussion on making our church more welcoming for visitors and newcomers, The denomination is providing sessions on this and several people had watched the first session. Consensus was that a committee is needed to address this, including outside signage, our website and safe church practices.

Mike Barrett, Chair

Youth Groups

PARENTS' NIGHT OUT now includes Trailblazers/Pathfinders (grades K-6). Leaders are Peggy Schwetz, Brenda Tousignant and Lori Vigeant. They meet once a month, usually on a Friday.



5/9 Bowling (Saturday afternoon)

CHYG (Covenant High Youth Group) is for all students in grades 7-12. The leaders are Beth Campbell and Sue Sundell.



Liturgical Dance is for girls in grades 1-8. The leader is Jessica Bedosky. Practice times vary and are in the Sanctuary.



Christianbook GiveBack

The Covenant Church of Thomaston has been enrolled in the Christianbook GiveBack Program. Through this program our church will earn 4% cash back on all eligible purchases when members shop at christianbook.com after linking their accounts to our church account there.

To link your Christianbook account, go to:
<https://www.christianbook.com/apps/giveback?org=GOTIXV>

Zoom Prayer

Join us on Sunday nights (7:30-8:00) to pray about our community, how to reach the lost and those who don't know Christ, and our congregation's prayer needs. Contact Jessica Bedosky for the Zoom link.

Banquet of Blessing

Need: chunky peanut butter, cereal, fruit cups, snack bars/fruit rollups, plastic wrap, paper towels.

No perishable foods. Check expiration dates. We don't give away out of date food.

Prayer Chain

Contact Ruth Johnson at prayer@covchurchthomaston.org for prayer requests and rejoicings. Note, this is a dedicated address, not Ruth's personal email or the church office email.

Benevolence Needs

Consider giving to the church to help those who need basic necessities: write "Diaconate Benevolences" on your check's memo line. If you have a benevolence need, contact Pastor Stephanie (pastor@covchurchthomaston.org or 860 283-9146) or John Butkevich or Linda Lawrence.

Meal Coordinator

Providing a meal to someone during a difficult time is one way to show how much we care. If you know someone who might benefit, contact Sandy Dunn.

Giving Made Easy

Give online in just two minutes. You can opt for one time, weekly or monthly donations. Just open the camera app on your phone and scan the QR Code. You will then be taken right to the Giving Page on our website.

Covenant Church of Thomaston
[Giving Page QR Code](#)



May 2026

(Rev 4/29/2026)

For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others.

Romans 12:4-5

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>★Sundays: 9:00 am Sunday School; 10:00 am Worship; 11:15 Fellowship Sunday worship services are recorded and posted on the church website. (covchurchthomaston.org).</p>					1	2
3*	4 10:30 39ers Study (Fellowship Room)	5 9:30 Women's Study (Potter's House)	6 10:00 WM Board 6:30 NA (Fellowship)	7 7:00 NA Subcommittee (Gathering Room)	8 6:00 Crafty Fridays, (Potter's House)	9 Parents' Night Out: Bowling (Afternoon-Time TBD)
10* MOTHERS DAY 7:30 Zoom Prayer	11 10:30 39ers Study (Fellowship Room)	12 9:30 Women's Study (Potter's House) 7:00 Diaconate (Conference Room)	13 6:30 NA (Fellowship)	14 6:30 WM Book Club (Martha Tillow's)	15 6:00 Crafty Fridays (Potter's House) 6:30 Tres Dias Secuela (Fellowship)	16
17* 7:30 Zoom Prayer	18 10:30 39ers Study (Fellowship Room) 6:30 Tres Dias Secretariat (Fellowship)	19 9:30 Women's Study (Potter's House)	20 6:30 NA (Fellowship)	21	22 6:00 Crafty Fridays (Potter's House)	23 9:30 "Chosen" Group (Rozzi's)
24* 7:30 Zoom Prayer	25 MEMORIAL DAY	26 9:30 Women's Study (Potter's House)	27 6:30 NA (Fellowship)	28	29 6:00 Crafty Fridays (Potter's House)	30
31* 11:30 Church Board (Gathering Room) 7:30 Zoom Prayer						

Volunteers: . . . through love serve one another. Galatians 5:13b

Coffee Fellowship sponsored by: Diaconate
****Beverages and snacks are provided by the church.**

NURSERY		ALTAR FLOWERS		LAY READERS:		SCREEN MONITORS	
5/3	Sue Sundell	6/7	Cathy Fredlund	5/3	Communion	5/3	Martha Tillow
		5/10		5/10	Gina Whaley	5/10	Peggy Schwetz
5/10	Christy Barrett	6/14	Patricia Vigeant	5/17		5/17	Cathy Fredlund
		5/24		5/24	Janet Ryan Cappelletti	5/24	Peggy Schwetz
5/17	Courtney Ayer	6/21	Sue Sundell	5/31		5/31	Peggy Schwetz
		5/31		6/7	Communion	6/7	Martha Tillow
5/24	Lori Vigeant	6/28	Christy Barrett	6/14		6/14	Peggy Schwetz
		6/21		6/21	Terry Breen (Sunday School)	6/21	Cathy Fredlund
5/31	Gina Whaley	6/28		6/28	Jessica Bedosky	6/28	Peggy Schwetz
				6/28	Gina Whaley		

Sunday School Staff

PreK &-K Grace Duke	4-6 Ruth Hopkins	7-8 (D/C)
1-3 Lori Vigeant	Class Helpers: Christy Barrett, Patricia Vigeant, Drew Conlon	

Youth Staff

CHYG (Grades 7-12) Beth Campbell, Sue Sundell	Parents Night Out (includes Trailblazers/Pathfinders, Grades K-6) Peggy Schwetz, Brenda Tousignant, Lori Vigeant
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Liturgical Dance (Girls, grades 1-8) Jessica Bedosky

May Birthdays and Anniversaries

Birthdays			Anniversaries	
2 Nick Samela	12 Ryan Hurlbert	22 Beth Campbell	28 Cheryl Morton	14 Michele & Bill Dayton
4 Stan Hurlbert (88)	14 Terry Breen (80)	25 Liz Montambault (82)	31 Michele Dayton	17 Jen & Nick Samela
5 Linda Chandon (80)	17 Stephanie Nelson	26 Drew Conlon		28 Jessica & John Bedosky
7 Gunnar Barrett	18 Alex Dunn	26 Ruth Johnson (81)		
7 Alexa Sanson	22 Willow Bothroyd	28 Cathy Fredlund		

Connections:

- Pastor: Stephanie Nelson: pastor@covchurchthomaston.org or 860-283-9146 (study)
- Church Chair: Mike Barrett: mjb61488@gmail.com or 203-558-8960
- Diaconate Chair: Peggy Schwetz: schwetzy@optimum.net or 860 294-5057
- Treasurer: Ken Hopkins: khopkins195@yahoo.com or 860-283-5031
- Office "Churchmouse" Ruth Johnson: cmouse@covchurchthomaston.org or 860-605-8040
Office/Kitchen: 860-283-5071
- Meal Coordinator: Sandra Dunn; 860-483-2015 or daytondunn@mac.com
- Prayer Coordinator: Mary Butkevich, 860-514-4343 or marybutkevich@gmail.com