



Covenant Presbyterian Church

607 E. 3rd St. Long Beach, CA 90802 - www.CovenantLB.org - (562) 437-0958

September 1, 2023

Beloved of God,

God made us to work and to rest.

The first commandment God gave the human beings He'd just made was (Genesis 1:28 tells us) to be fruitful and multiply and to exercise faithful stewardship over the rest of creation. Later in Genesis (in verse 2:15), the Bible says that the Lord God "put" the human beings in the Garden of Eden "to till it and keep it" – that is, to do the good work of taking care of His good creation.

We were made to work in partnership with God!

Yet, we were also made to rest in imitation of God!

For Genesis tells us (in verse 2:2) that, immediately after finishing His work of creation, God "rested on the seventh day from all the work that He had done." As He did, God (according to verse 2:3) "blessed the seventh day and hallowed it" to become what He'd later give us as the fourth of the Ten Commandments (Exodus 20:8-11).

Both work and rest are joy-inducing blessings from the hand of our gracious God!

While last month Covenant carried on the joyful work of Sunday morning worship and Christian discipleship, it rested from almost all of its other joyful work.

We two, Covenant's pastors, prayed that all the members of our beloved community would rest a bit, recuperate a bit and recover a clear sense of God's will for themselves as unique individuals and for all of us together as a family of Jesus' followers.

That certainly happened for the two of us during the time off we took. We returned from our sabbatical reinvigorated, renewed in our confidence in prayer, and ready to trust and obey the Lord as He leads the church forward.

Good work arises out of good rest!

Of course, after an extended time of rest, there may be at first some special work we have to do in order to overcome the momentum into which we settled during our season of rest and to resume the joyful work of which we let go for that season. This month please do make a special effort to return to participation in Bible studies, small groups, community service, discipleship, and the like.

Of course, joyful work – when it is the work God has assigned us in particular to do, and is done in God's way, at God's time and by God's grace – brings a restfulness to the soul.

Consider Jesus' command and promise in Matthew 11:28-30. There our Lord says, "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

While there are days and seasons for total rest, the deepest rest for our souls comes, not from refraining from all work, but from doing the right work. To do the right work is to take Jesus' yoke upon us, and to do the work of obeying the commandments He's given us in particular. Our gentle and humble Lord has designed a unique yoke for each of us to carry, and laboring under it is an "easy" and "light" burden by which we will find our best rest!

In the grace of Christ,

Rob & Adele

IN-PERSON & VIRTUAL SUNDAY WORSHIP

Our weekly in-person Sunday service is held each Sunday at 10:00 a.m. in the Sanctuary. The service is also streamed live on *YouTube*: [Covenant Presbyterian Church Long Beach CA](#) and our website: www.CovenantLB.org at 10:00 a.m. on Sundays.

All services remain available throughout the week and in our video libraries.

Sunday, September 3rd

Psalm 18:1-6
2 Corinthians 4:8-9
“The Vulnerable Invincible”

Sunday, September 17th

Psalm 37:1-7
“To Be Freed from Fretting”

Sunday, September 10th

Psalm 27:4, 7-9
“Seeking Whom We’ve Found”

Sunday, September 24th

Psalm 46
“Courage at the Cliff”



SUNDAY SCHOOL

ADULT SUNDAY SCHOOL

On-site & On-line at 11:00 a.m. Adults are invited to attend Sunday School, this month studying *The Acts of the Apostles*, under the leadership of Elder Mark Wiley. The class is offered in a hybrid-style at 11:00 a.m. — in the Meeting Room for those in-person, and for those on-line through *Google Meet*. If you would like to join on-line:

- please visit [Meet.Google.com](https://www.Meet.Google.com) & use the meeting code: **goeumjnwgg**
- or dial in from your phone, **1-209-781-9485** & enter this PIN: **443 527 177#**.



CHILDREN & YOUTH SUNDAY SCHOOL

Youth Hybrid Sunday Programming

Youth gather in-person & on-line on Sundays at 11:00 a.m. for Sunday School, fellowship and youth group activities.

Children’s Hybrid Sunday School

Sunday School for children thru 5th grade is meeting at 11:00 a.m. in a hybrid-style (in-person & virtual).

For more information about the children’s & the youth’s programming, including codes to join virtually, please contact Pastor Adele at ALangworthy@CovenantLB.org.

PROGRAMMING NEWS

MOVIE GOERS



Sunday afternoon, September 10th
—
See Adele for details

CUTTERS



Breakfast at 9 am
Saturday
September 9th
—
See Mary Lou or Adele to RSVP

ADULT CHOIR



Thursdays at 7:30 p.m.
—
See Peter Bates for details

WEEKLY STUDIES

Mondays - In-depth Bible Study

This on-line study will resume on Monday, **September 11th** at 7:00 p.m. Pastor Adele and Pastor Rob jointly lead this study through the Bible. You are invited to join our study as this Fall as we study the book of *1 Samuel*.



To join this study,
Online: Visit [Meet.Google.com](https://www.meet.google.com) &
Join by using meeting code: **ohcydfgmm**
By phone: Dial **1-415-662-0116** &
Enter this PIN: **903 321 793#**

Tuesdays - Book Club

The on-line Book Club will be reading and discussing *Created to Dream* by Rick Warren beginning, **September 5th**. Elder Mark Wiley and Pastor Rob lead this group, on Tuesdays, beginning at 6:30 p.m.



To join this study,
Online: Visit [Meet.Google.com](https://www.meet.google.com) &
Join by using meeting code: **duhmbnkqku**
By phone: Dial **1-225-503-0091** &
Enter this PIN: **470 552 822#**

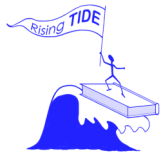
Thursdays - Bible Study

This Bible Study meets each Thursday on-line and over the phone at 4:30 p.m. It is presently studying the *Gospel of Matthew* (led by Pastor Rob).



To join this study,
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SPECIAL NEWS



RISING TIDE @ MKEC **Programming for Children & Youth** **Monday - Thursday**

*Homework Help, Tutoring, Activities,
Science Experiments, The Arts, Recreation and More*

12:30 p.m. - 6:00 p.m.:

Pre-school & Elementary-aged Children

2:00 p.m. - 8:00 p.m.:

Middle School & High School Youth

Go to www.RisingTIDEatMKEC.org

- to **sign up a child** for Fall, click on *Enrollment Form*
- to **apply to volunteer** to uplift young people, click on *Volunteering*

Special Middle School & High School Programs:

1st & 3rd Wednesdays at 4:30 p.m.

Empowerment Groups:

Boys 2 Men

GLOW (*Girls Leading Others Wisely*)

2nd & 4th Wednesdays at 4:30 p.m.

Youth Group



Long Beach Gives is just around the corner again!

We invite you join with others in this city-wide philanthropic event.

The big day is
Thursday, September 21st, 2023
but early giving opens as soon as
September 14th!

To support efforts to uplift young lives through Rising TIDE, you can either give online: <https://www.longbeachgives.org/rising-tide-at-mkec> or by mailing a check to the church made out to Rising TIDE with a memo indicating LB Gives.

Please join with us in
(T)raining (I)ndividuals to (D)evelop and (E)xcel!

DID YOU KNOW ... ?

- **Movie Goers** will next be going to the movies on Sunday, September 10th. Check in with Adele for details closer to the day. 
- **Cutters** will be meeting for breakfast on Saturday, September 9th, at 9:00 a.m., at the *Potholder Cafe (301 W. Broadway)* in downtown Long Beach. A carpool will leave Covenant at 8:40 a.m. See Mary Lou Fourtané or Pastor Adele to make your reservation.
- **Flowers to beautify the Sanctuary** on a particular Sunday can be purchased for \$50.00. You can place an order in honor or memory of someone, and either plan to take the flowers with you following worship or donate them to be shared with those in need of special cheer. You can place an order using the link that can be found at the end of the Order of Service on our website, filling out a form found in the Narthex, or calling the church office. 
- **Covenant Adult Choir** resumes on Thursday, September 14th 7:30 p.m. See Peter Bates for more details.
- The **Order of Worship** for Sunday worship is located just above the video of the worship service on the website and is archived under “Worship - Sermon Archive”, along with a text copy of the sermon. Hardcopies of the sermons are found in the Narthex. They can also be mailed or emailed when requested.
- When the new weekly worship video is posted, the **previous week’s video** can then be found in the video archives of the website under “Covenant’s Videos” and on our *YouTube* channel: Covenant Presbyterian Church Long Beach CA.
- You can make a donation **in response to the wild fires in Maui** by clicking on the link found on the Order of Worship on our website homepage (www.CovenantLB.org) or by mailing a check to Covenant (607 E. 3rd St. Long Beach, CA 90802). 
- **Hometouch** is a weekly publication that is mailed or emailed. (You choose in which form you receive it.) It provides updates about things happening around Covenant, as well as a devotion and an activity page.
- **E-touch** is a weekly publication that is emailed on Saturday evenings. It includes *Covenant* news and a biblical reflection on something newsworthy. These reflections are timely and thought-provoking.
- You can **request to receive copies** of the sermons, *Hometouch* and/or *E-touch* by contacting Adele at ALangworthy@CovenantLB.org.
- Check out RightNowMedia.org and let Pastor Adele know if you would like to join. 
- Our **social media presence** is on Facebook, Instagram and Twitter with the handle [@CovenantLB](https://www.instagram.com/CovenantLB).
- The weekly *Words of the Pastors* is presently taking a hiatus.
- Download **Covenant’s app** - CovenantLB - on your favorite device .
- Two **women’s small groups** and one **men’s small group** offer opportunities to connect and grow.
- **Volunteers** help staff the church office on weekdays to answer calls, assist those who stop by, and help with small clerical jobs. Might you be interested? Please contact Pastor Adele. 

*Your giving sustains the ministries of this church. You may make an offering in worship on Sunday morning, give either by writing a check and mailing it to the church, or give on-line from the church website by clicking on the green button on the website’s home page, www.CovenantLB.org. Also on the website, if you would like to pledge, go to **About** on the top bar, then on **New to the Church?**, and scroll down to the 4th **FAQ**.*