



Silent Meditation

“Remarkably, while the [enslaved] suffered tremendous affliction and oppression, they were able to create exquisite songs of beauty, inspired by the power of God and the yearning for freedom. These songs, used by the [enslaved] for comfort, encouragement, and healing, have now been bequeathed to us.”

– Marilyn E. Thornton

“Just as exploitation, containment, and punishment of the body were political acts, so too was the enjoyment of the body.”

– Stephanie MH Camp

“Black joy isn’t frivolous—it’s necessary!”

– Chante Joseph

“We can actively trace the spatial and temporal control of Black expression from slavery and colonialism through to today. This is why the act of joy *is* resistance and as we use our physical bodies to protest, march and demand change, we must also use them to experience the pleasure of joy.”

– Chante Joseph

HOLY COVENANT UNITED CHURCH OF CHRIST

SECOND SUNDAY IN LENT

February 28, 2021, 10:55 AM

Prelude "Give Me Jesus" arr. J. Purifoy

Welcome and Announcements Fred Robinson
and Offertory Invitation

One: May the Spirit of the Living Christ be with you all!

Many: And also with you.

Introit "Salaam/Peace" (Egypt) M. Samir

*Salaam, salaam, the peace of God to every race.
Salaam, salaam, the peace of God in every place.*

* Words of Preparation Cheri Dennis

One: Look and live people of God.

Many: Let us observe Lent with joy for this joy we have the world didn't give it to us and the world cannot take it away.

One: Look and live people of God.

Many: Let us give ourselves to the spiritual efforts of goodness, kindness, mercy and love.

One: Look and live people of God.

Many: Let us cleanse our souls and fast from passions that take our hearts from God.

One: Look and live people of God.

Many: Let us take pleasure in the good works of the Spirit and do them in love that we may rejoice with all spiritual joy.

One: Look and live people of God.

Many: Let us ready our hearts for the glorious and joyful love that is still to come at Easter time.

One: Look and live people of God.

Many: Let us remember the two-fold path before us: the way of life that leads to joy, and the way of death that leads to misery.

All: Look and live people of God. Let us choose life. Let us choose joy.

Scripture Lesson

Psalms 137: 1-6

Fred Robinson

By the rivers of Babylon—

there we sat down and there we wept
when we remembered Zion.

On the willows there

we hung up our harps.

For there our captors

asked us for songs,

and our tormentors asked for mirth, saying,

“Sing us one of the songs of Zion!”

How could we sing the Lord's song in a foreign land?

If I forget you, O Jerusalem,

let my right hand wither!

Let my tongue cling to the roof of my mouth,

If I do not remember you,

If I do not set Jerusalem

Above my highest joy.

One: May we hear what the Spirit is saying to the church.

Many: **Thanks be to God. Open our ears, our hearts, our minds.**

Sermon “This Joy I Have: Songs of Freedom in a Strange Land” Fred Robinson

Gift in Music “By the Rivers of Babylon” B. Dowe/T. McNaughton
Hankins Family

Benediction Fred Robinson

Benediction Response PELO TSO RONA

“Amen, Siakudumisa” (South Africa)

Translation: Amen, We Praise Your Name, O God.

Masithi!

Amen, siakudumisa!

Masithi!

Amen, saikudumisa!

Amen, bawo. Amen, bawo.

Amen, siakudumisa!

Postlude

“I Surrender All”

arr. L. Seidel

(Songs in this service are used by Permission. CCLI License #11439355; CSPL164710)

WE COULDN'T PROVIDE OUR WARM WELCOME WITHOUT THE HELP OF:

Lisa Cloninger, Brian Hankins, Henry Hankins,
Laura Hankins, Felicia Robinson, Kathleen Smith

WHAT'S HAPPENING AT HOLY COVENANT

THIS IS GOD'S HOUSE WHERE ALL ARE WELCOME

At this time, with consultation with our staff and church leadership, Sunday Worship will be live-streamed every Sunday at 11:00 a.m. until further notice. Please know the leadership of Holy Covenant will be closely monitoring developments and will keep you informed of future decisions. Our greatest priority is the safety and well-being of our neighbors and members of our congregation. Our actions impact the world around us so practicing physical distancing is not only necessary but it is an act of kindness and love. To paraphrase a verse from the Talmud, "Anyone who saves one life it is as if she has saved the whole world."

SPRING EDUCATIONAL FORUM: "EMOTIONAL SUSTAINABILITY"

SATURDAY, MARCH 6, 2021, 9am - 12 pm via Zoom

Tickets \$10, Free for Youth (under 18)

[Click here for information and to register](#)

Join us for the annual WNCA Spring Educational Forum as we focus on "Emotional Sustainability" as part of our WISE initiative.

Keynote Speaker: Jan Remer-Osborn, PhD. MM, MDIV is a neuropsychologist at Psychological Associates of Schuylkill County. She serves on the UCC National Mental Health Network Board. Dr. Osborn has specialized in the evaluation and treatment of Post-Traumatic Stress Disorder, traumatic brain injury, stroke, Alzheimer's disease, ADHD and other neurological disorders. She recognizes the value of a holistic approach and embraces this model in her practice. Currently, she is the designated pastor for New Beginnings Charge, UCC, St. Peter's and Trinity churches in the Penn Northeast Conference.

Keynote Topic: Building Blocks of Emotional Resilience: Surviving a Pandemic

Workshop topics include:

- "It Matters and it Doesn't: Emotional Sustainability During COVID and Beyond for Youth and Youth Ministers
- COVID and Beyond for 55 and over
- Loss and Grief During the Pandemic and Beyond
- Clergy and Emotional Sustainability

[Click here for information and to register](#)

We all know that with poor software in our computer, there is always going to be a poor outcome. Our cognitions or self-talk, that is, what we tell ourselves, is similar regarding outcome. If we tell ourselves negative things, such as 'I am no good', 'I am unlovable', 'everything in my life is crap', 'things will never improve', the emotional and behavioral outcomes are also going to be negative. We will feel depressed or anxious emotionally and our behavior will mirror these emotions. We will not feel motivated to get off the couch and take a walk that will help us feel better or energized, we will eat unhealthy food or snacks rather than spend the time and energy to make better nutritional choices.

What's really sad is that most such negative cognitions are by definition, inaccurate. A lot of things in someone's life may be challenging and difficult, but there is always something that is not and there is always something good. There is always some good in everyone, and no one is no good.

This issue of cognition can also result from being depressed and depression can lead to negative or depressive thinking which is, of course, negative and inaccurate and only furthers the depression. There is a tendency to assume the worst case scenario which seldom occurs. Anxiety can also tend to generate anxious cognitions, such as 'what if's': 'what if my spouse is dying in a car wreck on the way home from work, since s/he is 10 minutes late already'. There are innumerable 'what if's' that we can plague ourselves with. This is anxiety based thinking which only serves to make anxiety and mood worse.

Focusing on actual facts with accurate thinking and thoughts can combat this negative and inaccurate cognitive tendency and improve mood, behavior, and outlook. Please note that this is not positive thinking; it is simply accurate thinking. By the way, it is notable that most people who characterize themselves as 'realists' tend to be more negative and less accurate in their thinking.

HOLY COVENANT CONNECTIONS

As part of the wrap up of the Transition Team, Lloyd Spencer will be sharing with us educational information about our church, our Conference, our Denomination. We're calling it Holy Covenant Connections. Look for this weekly summary.

HOLY COVENANT: WHO WE ARE CONNECTED TO IN MINISTRY:

Holy Covenant is a part of the Southern Conference of the United Church of Christ. It consists of churches in North Carolina and the southeastern portion of Virginia.

Services that they provide include:

In Partnership with the Association:

- Assists with Search and Call of new Pastors
- Assists with individuals Call to Ministry
- Assists with church conflict



Provides information for opportunities for ministry beyond the local church and the Association

Provides educational opportunities

Provides financing for the Associate Conference Ministers

Keeps us affiliated with UCC ministries within the bounds of our Conference:

Black Lake Retreat Center

Franklinton Center at Brick

Blowing Rock Conference Center

John's River Valley Camp

Colleges within the Southern Conference boundaries: Elon University and Catawba College

Elon and Nazareth Children's Homes

United Church Retirement Homes

Office: 252B Fifth St. Burlington, NC 27215

Phone: 336-222-8771

email: soc-ucc@soc-ucc.org

Web site: www.soc-ucc.org



MID-WEEK BIBLE STUDY VIA ZOOM, WEDNESDAYS 12:15PM

Join the discussion as we delve into the beginnings of Paul's missionary journey in the book of Acts. Join the Zoom Meeting

<https://us02web.zoom.us/j/89642315861>

Meeting ID: 896 4231 5861



SOJOURNERS CLASS - NOT YOUR TYPICAL BIBLE STUDY SUNDAYS AT 9:45AM

The Sojourners Class continues its study of the book of Ruth with this week's lesson on Chapter 4, the final chapter in this amazing story of loyalty to family and to the God of Israel, at least to God's laws regarding family obligations. The following week we'll begin a new study on the book of Philippians, like Ruth, one of the shortest books of the Bible. Feel free to join us anytime. There are no pre-requisites for this class, only a curiosity about scripture and an eagerness to see how God is still speaking to the church. For more information and a copy of the study guide, please contact Cheri Dennis at cherid@holycovenantucc.org or 704-519-6016. All are welcome to join us a 9:45 every Sunday via Zoom.

[Click here to join the Zoom meeting.](#)

Meeting ID: 876 7340 9762 Passcode: 523903

REACH THE PASTORS

Pastor Fred Robinson, 770-344-8002, freccrick@holycovenantucc.org

Pastor Cheri Dennis 704-519-6016, cherid@holycovenantucc.org

If you wish to add someone to the list, please send a note to
prayers@holycovenantucc.org.

PLEASE REMEMBER IN PRAYER

Members

Jo Ann Jellison and family in the death of her mother, Norma Cavanaugh
Kevin Decker, Linn Finger, Tom & Kathy Habel, Jon Heaslet, Helen Lambert, Sharon Landis,
Karen Long, Irene Mikkelson, Sue & Bill Pascucci, Isabelle Reedy Powell, Jerry & Marion
Rhyne, Mamie Stokes, Anita Taylor

Friends & Family Members

Family and Friends of Craig Sharp (Jean & Terry Raley-Dennis)
Louis (Kathleen Wagner), Linda Angstrom (Beth Sharp), Cecelia Ciciollo (Dominic Ciciollo),
David & Cecelia Griffin (JP Griffin), Cindy Hedrick (Barb Schneller), Henry Hildebrand (Bill &
Connie Hildebrand), Will Hong (Jim Hong), Pauline Jones and James & Neisy Williams (Jeff
Edwards-Knight), George Jongeling (Darline Warren), Bob Lyon (Melissa Noll), Linda Matkins
(Robert Shepherd), Thibault Ossenbühl (Melissa Noll), Jessie Pernice (Dawn Simmons),
Vernon & Andrea Powell (Robert Shepherd), Darrell & Jackie Reichert (Diane Neese), Lauren
Reisenberger (Ida Mangione), Jimmy Tucker (Diane Neese), Kathryn Vickery (Ed Vickery),
Wanda Williams (John Rapp)

OUR MINISTRY TEAM

Rev. Fred Robinson, Interim Pastor

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Rev. Cheri Dennis, Interim Associate Pastor

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Mr. Jon Weddell, M. Div., Minister of Music

jon@holycovenantucc.org

Mrs. Dawn Simmons, Executive Assistant

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