

# CPC NEWS

## March 2020

Pedal for Protein provided Community Action Napa, Napa Valley Food Bank with a grant of \$5000.00 for the grassroots food pantry in need of quality protein food for families, children, homeless, and seniors. The grant funds are to be spent on high quality protein foods such as nut butters, dairy products, legumes, and lean meats to help feed the hungry balanced meals.

The funds for the grant originate from the 6th Pedal for Protein charity bike event held in September 2019 in the Presbytery of the Redwoods. This grant is the result of the fundraising of 42 riders cycling from 6 miles to 285 miles (19 riders completed the whole distance), generous giving by friends and family of riders and church members from Presbyterian churches in Redwoods Presbytery, including Covenant Presbyterian Church.

The Hunger Task Force Pedal for Protein program helps to feed the hungry and Covenant is proud to be a part of the effort. Rev. Linda S. Powers will present the check to Napa Valley Food Bank Director, Shirley King.



**Lent is a season of introspection, reflection, and repentance. There are devotionals in the Narthex and a Lenten Scripture calendar to guide you in establishing your practices and prayers for this 2020 journey.**

Easter is April 12. Stay tuned for our 2020 Lenten Schedule, which is coming soon in your bulletin. See you in church!

If you did not receive an Annual Report and would like one, please let the office know.



Daylight Saving begins March 8, 2020. Turn clocks forward.

Hey kids! Are you interested in being an acolyte? It's a great opportunity to be a leader and also help your church! See Kim Groeneweg

Vintage High Concert Choir presents  
**West Side Story (PG-13)**

**March 5th - March 15th**

**NVUSD Auditorium - 2425 Jefferson St., Napa**

Leonard Bernstein's timeless reimagining of the classic "Romeo and Juliet" story set on the gritty streets of New York City.

Thursday, Friday, and Saturday 7:00 pm

Saturday and Sunday 2:00 pm

**\$22 Adults**

**\$10 Children and Students under 18 (PG-13)**

**Tickets on sale now, [www.vhschoirs.com](http://www.vhschoirs.com) or call 299-29520**



The next Deacon meeting is March 3 at 7 p.m. in the Parlor.



## Garden News



Happy spring!

In recent weeks we've delivered fresh lettuce, radishes and broccoli to our local Food Pantry (we're very proud of our broccoli; it's the first time we've grown it!) We're busy weeding and planning our summer garden layout. We hope to have 2 or 3 new raised beds soon, thanks to generous friends of the garden who have offered to help.

Karen Garcia—Napa Valley Cando's Garden for the Food Bank

### *The Power of Prayer*

#### **World Day of Prayer**

will be celebrated on Friday, March 6 at St. John's Catholic Church (960 Caymus St.) beginning at 2:00 p.m.

The WDP program is based on Jesus' encounter with a person, although positioned for healing, who had not acted upon the opportunities given (John 5:2-9a). Jesus asked, "Do you want to be made well?" with the theme "Rise! Take Your Mat and Walk." Faced with this life-changing question, what are you going to do? St. John's students will be participating. Everyone is welcome. More information: call Melanie at 287-6449.

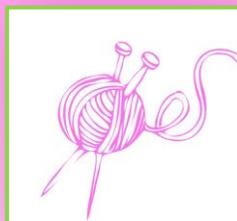
Submitted by Carol, Church Women United

Both the First Presbyterian Church and the First United Methodist Church have knitting and crocheting groups. They both welcome anyone from our church to join in their effort and fellowship. Both have various projects they work on to give to people of the community/world.

Here are the times they meet. Check them out!

**First Presbyterian: 1st and 3rd Wednesdays, 6:30p-8p. Rm 6 by the preschool**

**FUMC: Every Wednesday, 10am-noon, in the parlor in the Sanctuary building.**



### Covenant Partners with Sunrise Montessori to Provide More Food for the Food Bank



At our Thanksgiving Dinner, I sat with my old colleague Shirley King, Program Director of the Napa Valley Food Bank. I shared with her that Sunrise Montessori had approached me and asked if we could help them coordinate a project for kids. Shirley and I brainstormed as we ate and came up with a project where all could benefit. Shirley explained that she has a "Top Ten" lists of items that she most frequently runs out of. She also shared that these items are targeted to be **healthier**. Something that is not guaranteed when folks bring general donations. Shirley and I decided that these were the items that we would focus on as monthly donation from both Covenant and Sunrise. Here is how the project will work:

- Each month (starting in March 2020) we (Covenant and Sunrise) will highlight and feature **one** item from the Top Ten list to be collected for that month.
- A poster will be placed in the Hall with a list of the products and the months they are to be collected.
- Each month the items will be collected in the Narthex in the little red wagon.
- The product of the month will also be highlighted in our monthly Crier.
- Sunrise will take responsibility for delivering the items to the Food Bank. I have offered Covenant to take responsibility for the delivery one week each month. (TBD)

Our donation for March will be **canned fruit – no sugar added** (canned in its own juices). Any size is welcome. Please join in this new effort that is an addition to the work we already do to feed the hungry in our Valley.

Pastor *Linda*

The Napa Young Onset Parkinson's Disease group meets on the 4th Sunday of every month from 3-5 p.m. in the CPC Fellowship Hall to discuss issues and living with Parkinson's disease. There is typically about 1 hour of discussion often followed by a speaker or presenter on a relevant topic during the 2nd hour. For more info email: Coleen Winters, cfwinters@yahoo.com