

# The Covenant Contact

June 2025

## ***"God Will Forgive Me, So. . ."***

My good friend Jennifer often says, "It's easier to say, "I'm sorry" than it is to say, "Will you forgive me?" And upon first hearing her say this, I instinctively knew this was correct, but it's only been in the years following, as I've reflected on it more, have I understood why.

Saying "I'm sorry," to another invites forgiveness, but in an indirect way. You aren't asking for anything in return, you simply state the posture (hopefully) of your heart as you recognize you have hurt another and have done them wrong. But asking them to respond by asking, "Will you forgive me?" puts you in a vulnerable position, knowing there may very well be rejection at the end of the answer to your question.

Perhaps this is why our repentance to God is often temporary . . . because we know the answer will always be, "Yes, I forgive you." It's far too easy to take advantage of God's unending grace and mercy. Even before we step into our sin, we might find ourselves saying, "Well, I know God will forgive me, so. . . ."

The ellipsis (the . . . .) is important here, I think. Here is why:

Deliberate sin is perilous to the soul.

What do I mean by this?

If we view our life in Christ as one of "sin = punishment" we are not living a life of grace. But we also ***take advantage of that grace***, and recognize that we have no eternal punishment, only earthly consequences. And when the earthly consequences don't seem that bad, it's easy to give in to the sin.

Our choice to sin or not should be made with these questions in our mind: *Is this what God deserves? Is this honoring to him?* And when wrestling with why repentance

only lasts for a time, it's wise to ask, *Do I love him above my own sin?* And going even deeper into our heart motives: *If I did love him more than my sin, wouldn't I **always** choose him over it?*

The answer to the last question feels like it should be "yes." But it's not, because it doesn't take into account the Fall.

When Adam and Eve brought sin into the world – the time we call "The Fall" in Scripture – we became so broken that our hearts would always choose sin over obedience. Thankfully, that is not the end of the story, because Christ's sacrifice on the cross means we are now free to resist that sin.

*"So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death. The law of Moses was unable to save us because of the weakness of our sinful nature. So God did what the law could not do. He sent his own Son in a body like the bodies we sinners have. And in that body God declared an end to sin's control over us by giving his Son as a sacrifice for our sins." - Romans 8:1-3 (New Living Translation)*

Because of what Christ did, we no longer have the same relationship with sin we once did. As a disciple of Christ, we are *no longer captive* to sin. But sin is still very present in our hearts and in the world around us. The Fall broke us; Jesus reconciled us. But sin didn't disappear, nor did the temptation to sin disappear. God just made it so we could fight off the desire to sin with the help of the Holy Spirit. Our new self has a choice in the matter and yet we still give in to sin. So our repentance is often temporary, taking advantage of God's grace and forgiveness.

This is why deliberate sin is perilous to our soul. Because it comes too dangerously close to the mindset of, 'The devil made me do it,' instead of the mindset that says, "Jesus can overcome it."

So we have a bit of a conundrum, just like much of the Christian life. The “already/not yet;” the “sinner/saint;” the God’s sovereignty/our responsibility;” the “faith/works;” – all these antimonies (unresolvable tensions) exist in the Christian faith. This is not what is perilous to our soul.

What is perilous to our soul is deliberately choosing to sin when Jesus gives us the power not to. It’s choosing to be the sinner when Jesus has already declared us saints.

*In Christ, Pastor Stephanie*

## **Youth Groups**

**Trailblazers/Pathfinders** is for students in Grades K-6. Leaders are Brenda Tousignant, Lori Vigeant, and Haley Morton. They meet once a month (done for the summer).



**D/C (Discipleship/Confirmation)** is for students in grades 7-8, a two-year journey, exploring who God is and what God means in our life. All junior high students are welcome to attend. Pastor Stephanie is the leader. They meet on Sundays at the 9:00 am Sunday School time.



6/8 Confirmation

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



6/17 WM Graduates Picnic, (Cathy Fredlund’s)

6/27 End-of-year Party (Beth’ Campbell’s)

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



## **Women Ministries**



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

- **Kitchen Detail:** Wednesday, June 4, 9:00 am
- **WM Graduates’ Picnic:** All women of the church are invited to attend a Graduation Celebration on June 17 at 6 PM at the home of Cathy Fredlund. (298 Valley View Rd, Thomaston). Please bring a potluck dish to share (graduates and their moms excluded). Dessert will be provided by Women Ministries. Our 2025 graduates are Alexa Sanson, Kiersten Sundell, Megan Campbell, Zoe Miller, Emily Morton, and Jackie Phillips. The Youth Group young women and their moms have also been invited. Contact: Cathy (cathyfredlund@gmail.com or 203 841-7239) or Martha Tillow (matillow@yahoo.com or 203 841-7259)
- **Walking Nystrom’s Track** instead of Zumba, Monday evenings at 6:30 pm, weather permitting. No one is required to walk together, but it's nice knowing that others are there for safety. Contact: Peggy Schwetz (schwetz@optimum.net or 860-294-5057).

## **Trustees**

- **Used Rug Available:** The rug that was used in the Potter’s House (now rolled up in the craft area) is available to anyone who wants it. Contact: Bee Bothroyd (860 309-3212).

## **Christian Education**

- **Children’s Day** and the last day of Sunday School is June 8. We will celebrate the year with children singing and participating during worship, with a light lunch afterwards.
- **Kids Camp:** Mark your summer calendar for Vacation Bible School – for Pre-K3 through Grade 6 – the evenings of August 17-19. We plan to hold it outdoors again at Nystrom’s

Pavilion. Each evening session will begin with supper before programming. If you want to help, contact Christy Barrett (christylfbarrett@gmail.com or 203 841-7254).

### ***Invitation***

- **Picnic, Sunday, June 29, Noon-4:00 pm:** Valerie Chausse invites you all to come after worship on June 29 for a picnic at her home (61 Gallows Lane, Litchfield). Bring your own table service and chair, plus a potluck dish and dessert to share. The grill will be available. Beverages will be provided. Contact: Valerie (860 281-8633 or valcyr64@yahoo.com).

### ***Fellowship Time after Worship***

- **Coffee Fellowship after worship** is hosted by the boards (CE, M&E, Trustees and Diaconate), Women Ministries, and the Social Committee, with each group responsible for two months per year.

Since some of these groups have a lot of overlap, it would help if other individuals (or a group of friends) could sign up to host for some particular Sunday. Food and beverages are provided by the church, so what is needed is setup, serving, and cleanup.

Sign up for your turn on the clipboard located by the Kitchen. Thank you.

### ***Zoom Prayer***

- **Join us** on Monday nights, 7:00-7:30 pm, to pray about our community, how to reach the lost and those who don't know Christ, and our congregation's prayer needs. Jessica Bedosky will email the link (203-910-0945 or jbed546@aol.com).

### ***Banquet of Blessing***

- **Need**, soups, paper towels, toilet paper.
- **No perishable foods. Check expiration dates.** We don't

give away out of date food.

### ***Prayer Chain***

Contact Prayer Coordinator Mary Butkevich (860-514-4343 or marybutkevich@gmail.com) for prayer concerns and rejoicings.

### ***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 (860-483-2015 or daytondunn@mac.com).

### ***Crafty Fridays***

In the Potter's House, 6:00-8:00 pm. If you have a craft to do, bring it. If you don't have a craft but would like to visit and chat, that's okay! Contact: Ruth Johnson (860-605-8040).

### ***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



June 2025 (Rev 5/27/2025)		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
1* 11:30 Quarterly Business (Sanctuary)  7:30 M&E Board (Zoom)	2 10:30 39ers Study (Fellowship)  6:30 Nystrom's Track 7:00 Zoom Prayer	3  5:00 Prayer (Church Office)	4 9:00 Kitchen Detail)  6:30 NA (Fellowship)	5  7:30 NA Subcommittee (Gathering)	6  6:00 Crafty Fridays (Potter's House)	7
8* CHILDREN'S DAY/CONFIRMATION 11:15 Luncheon 11:30 Diaconate (Conf.)	9 10:30 39ers Study (Fellowship)  6:30 Nystrom's Track 7:00 Zoom Prayer	10 9:30 Women's Study (Conference)  5:00 Prayer (Church Office)	11  6:30 NA (Gathering)	12	13  6:00 Crafty Fridays (Potter's House)	14
15*	16 10:30 39ers Study (Fellowship)  6:30 Nystrom's Track 6:30 Tres Dias Secretariat (Fellowship) 7:00 Zoom Prayer	17 9:30 Women's Study (Conference)  6:00 CHYG & WM Graduates Picnic (Cathy Fredlund's)	18  6:30 NA (Gathering)	19	20  6:30 Tres Dias Secuela (Fellowship)	21
22*	23  6:30 Nystrom's Track 7:00 Zoom Prayer	24 9:30 Women's Study (Conference)	25  6:30 NA (Gathering)	26	27  6:30 CHYG Party (Beth Campbell's)	28 9:30 "Chosen" Group (Esme's & Ruby's)  Thomaston's 150 <sup>th</sup> Anniversary
29 Noon-4 Picnic (Valerie Chausse's, 61 Gallows Lane, Litchfield)	30  6:30 Nystrom's Track 7:00 Zoom Prayer	<b>*Sundays:</b> 9:00 Sunday School ( <b>ends June 8</b> ); 10:00 am Worship; 11:15 Fellowship <b>Sunday worship services</b> are recorded and posted on the church website ( <a href="http://covchurchthomaston.org">covchurchthomaston.org</a> ). Worship bulletins, which include the weekly announcements, also are posted on the church website.				

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

Coffee Fellowship sponsored by: Social Committee \*\*

**\*\*Beverages and snacks are provided by the church.**

NURSERY			ALTAR FLOWERS			LAY READERS:		SCREEN MONITORS	
6/1	Gina Whaley	7/6	Courtney Ayer	6/1	Communion	6/1	Janet Cappelletti	6/1	Martha Tillow
	Lauren Whaley	7/13	Cathy Fredlund	6/8	Liz Montambault, in memory of Don	6/8	Liz Montambault	6/8	Peggy Schwetz
6/8	Sue Sundell		Haley Moreton	6/15		6/15	Jennifer/Grace Nolan	6/15	Cathy Fredlund
6/15	Christy Barrett	7/20	Patricia Vigeant	6/22		6/22	Terry Breen	6/22	Peggy Schwetz
6/22	Lori Vigeant		Megan Campbell	6/29	Liz Montambault, in memory of David	6/29	Peggy Schwetz	6/29	Peggy Schwetz
		7/27	Gina Whaley	7/6	Communion	7/6		7/6	Martha Tillow
6/29	Mary Butkevich		Lauren Whaley	7/13		7/13		7/13	Peggy Schwetz
				7/20		7/20		7/20	Cathy Fredlund
				7/27		7/27		7/27	Peggy Schwetz

## Sunday School Staff

K &-Pre-K Grace Duke	3-4 Mary Butkevich	7-8 (D/C) Pastor Stephanie	
1-2 Lori Vigeant	5-6 Ruth Hopkins	Class Helpers: Christy Barrett, Drew Gomes, Patricia Vigeant, Haley Morton	

## Youth Staff

CHYG (Grades 7-12) Beth Campbell Sue Sundell	Trailblazers/Pathfinders (Grades K-6) Brenda Tousignant, Lori Vigeant, Haley Morton
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Liturgical Dance (Girls, grades 1-8) Jessica Bedosky

## June Birthdays and Anniversaries

Birthdays				Anniversaries	
2	Tim Sundell	9	Taylor Gomes	21	Jim Bothroyd (93)*
3	Ruth Hopkins (70)*	10	Gina Whaley	21	Debbie Hurlbert
4	Courtney Ayer	11	Greta Barrett	25	Harriet McClay
4	Ann Ryan (85)*	14	Mike Barrett	28	Zoey Conlon
5	Bee Bothroyd (86)*	16	Darrell Bishop	28	Sue Fredlund
7	Lori Vigeant	20	Erik Sundell	29	Peggy Schwetz
				<i>*Ruth: 195 Atwood Rd. Thomaston</i> <i>*Ann: Friendship Village of Dublin, 6000 Riverside Dr. Apt. B404, Dublin OH 43017</i> <i>*Bee &amp; Jim: 70 Judson St. Thomaston</i>	
				13	Karen & George Anticoli (61)* 66 Upper Valley Rd. Torrington 06790
				22	Michelle & James Bothroyd
				25	Ruth & Ken Hopkins
				28	Lauren & Peter Butkevich
				28	Margrit & Jamie Saghafi
				28	Brenda & John Tousignant

## Connections:

➤ Pastor: Stephanie Nelson: pastor@covchurchthomaston.org  
or 860-283-9146 (study)  
➤ Church Chair: John Bedosky: jbedosky@outlook.com  
or 203-770-5304  
➤ Diaconate Chair: Cathy Fredlund: cbfredl@optonline.net  
or 203-841-7239

➤ 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