

"Love and compassion are necessities, not luxuries. Without them, humanity cannot survive." - Dalai Lama

MAY HOLIDAYS

MAY 5TH: CINCO DE MAYO

MAY 6TH: NATIONAL NURSES DAY

MAY 7TH: NATIONAL TOURISM DAY

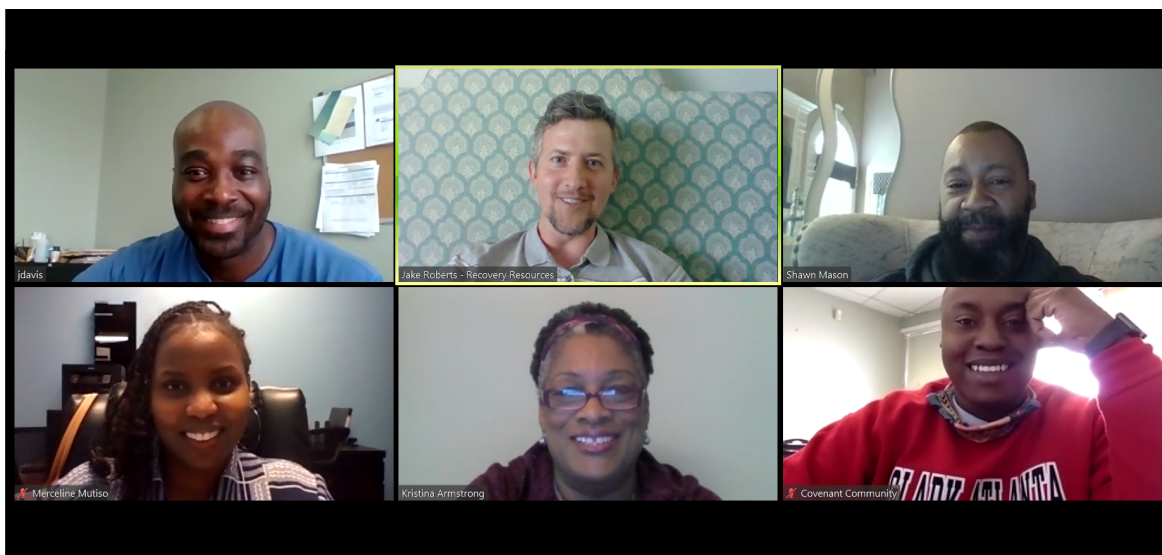
MAY 10TH: MOTHER'S DAY

MAY 13TH: NATIONAL APPLE PIE DAY



MAY 25TH: MEMORIAL DAY

OUR NEW NORMAL



It is no secret that we are in the midst of some of the most challenging times the world has ever seen. Although it has been difficult, this time has brought our community closer together. We could not be more grateful for the donations, support and outreach.

In order to stay connected, our community has been using ZOOM, social media and phone conversations, as well as finding times to dig deep into ourselves. At times, it has been difficult as well as an adjustment, but we are thankful for everyone who has began work or continues to report to their workplace each day in order to fight this global pandemic. To all of the essential workers and our supportive community: thank you.



FOR THE MOST UP-TO-DATE INFORMATION ABOUT EVENTS AND ALL THINGS
COVENANT COMMUNITY, INC
FOLLOW US ON SOCIAL MEDIA



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VOLUNTEER SPOTLIGHT : JACK SRINIVASAN



Over the years, Covenant has had the pleasure of getting to know some of the best people the world has to offer, and our volunteers are no different. For this Volunteer Spotlight, we are shining a light on Jack Srinivasan of Mount Vernon High School, a long-time volunteer of Covenant Community.

How did you first get involved with Covenant and why?

I've gotten to know Covenant through All Saints, where I have been a member for as long as I can remember. My mom would tell me stories about the kindness and compassion that took place there and of how people's lives were changed.

What is your favorite thing about working with the guys at Covenant?

My favorite thing about working with the guys at Covenant is the hospitality. Never a negative word uttered to an outsider and when I went skating and was falling all over myself, every single one of them asked if they could help or if I was ok.

FUN FACTS

Favorite Fast Food Place?

Chick Fil A

Favorite Show ?

That 70's Show

Favorite Song?

Glory Days by The Boss

Favorite Ice Cream Flavor?

Anything with caramel

COVENANT RESIDENT OF THE MONTH **GREG**



How has CCI helped you with your recovery?

CCI has given me a new perspective. When I came in, I knew I wanted to take steps to beat my addiction, but this place gave the tools and therapy to actually do it. This program has helped me so much, I have been through so many programs, but this one is by far the best one I've been in.

What have you learned the most since being at Covenant?

I've learned to look inside of myself and find my purpose.

What has been your fondest memory here at Covenant?

The Skyhawks Basketball game was my favorite. I can't wait until basketball starts back again, I definitely want to go to a game again.

FUN FACTS

Favorite Song

What's Going On x Marvin Gaye

One Thing You Can't Live Without

Good Food

Favorite Book

The Godfather Novel

Favorite Dessert

Strawberry Shortcake

Best way to start your day

Meditation and Prayer

Favorite Movie

From Here to Eternity



STAFF

Johnathan Davis
I. Ugo Anikpe
Mercy Mutiso
Shawn Mason
Kristina Armstrong
Vernice Davis
Isha Pierce
Sharmin Blue
Bianca Long
Justin Harris
Charles Varner
Carl Palmer
Todd Foster
Corey Dawson
Jake Roberts
Caroline Echols
Chris Redondo
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Deborah Bacote-Taylor
Richard Cook
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ADVISORY COUNCIL

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Holly Book
Ann Stuart Pearce
Bob Book

From Our Clinical Director, Merceline Mutiso:

"I am honored once again to announce the resident of the month...Mr. Gregory, who goes by Greg. He arrived at CCI last year and has demonstrated strength, resilience, honesty, intensity, and a forward driven attitude. Gregory has experienced his ups and downs, but his ups were especially more prevalent during the COVID-19 crisis. While all residents managed their struggles differently, he had and has been going through his struggle with a solution focused mindset. The gym was closed, he began to jump rope. He was unable to leave the premises due to the "stay home" order, he decided to read and work on his autobiography. Some of his peers were complaining in group, he decided to pour into them with optimistic and hopeful statements. He has been inspiring to me and I am excited to see just what Mr. Colbert will accomplish next. Congratulations Greg!"



COVENANT EMPLOYEE OF THE MONTH **MERCELINE MUTISO**



How did your journey with Covenant begin?

My CCI journey began as a counseling intern 6 years ago in September. I was finishing up my masters program in clinical mental health counseling.

What's your favorite thing about working here?

For me, the best thing about working at CCI is the daily opportunity to learn and witness people strive, fight, and grow to become who they want to be. Even when I have faced some challenging moments during my career here, I have always enjoyed experiencing our guys transform.

How do you see Covenant growing in the next year or so?

I see CCI growing in the next year by opening another facility that offers more space for people seeking treatment to experience. We are a very small facility... which has been one of the many ways we have been able to provide the quality care that each client deserves and should get. Opening more places like CCI is vital to be able to create opportunities for people seeking recovery to get the treatment they desire.

"I believe I speak for everyone when I say that Mercy (Merceline) is truly the heart and soul of Covenant. Since I've known Mercy, she has always had a strong passion for helping others, especially playing a role in our clients' lives in helping them become the men they aspire to be. I could not be more impressed with her work ethic and diligence, especially during COVID-19. It is an honor to know someone of her caliber. Her intelligence, kindness and dedication are truly unmatched; Covenant would not be the same without her."

- Executive Director, Johnathan Davis

FUN FACTS

How would your best friend describe you?
I'll give you a positive one and a needs improvement one...lol. Olivia would describe me as "a naturally happy person" and "OCD."

What movie title best describes your life?
Redemption.

Who is your Dream Celebrity Dinner Guest and why?
I would absolutely love to sit down with Beyoncé, Lupita Nyong'o, and Michelle Obama to pick their brains, because of the God fearing, fierce, well spoken, risk-taking, beautiful, talented, top of their game, melanin queens they are in my eyes and that I aspire to be.

What song do you have completely memorized?
Survivor by Destiny's Child.

Best way to start your day?
Waking up to the peppermint essential oil in my dehumidifier. Then staying in bed to have some much needed time with God first thing in the morning. It's still quiet, dark, and comforting.

Favorite Movie and why?
I absolutely love love Friday after Next. I can be in the worst mood, but if I pop this movie in, I just start laughing and forget all my worries and fears.

Favorite 90's song?
Wow there were so many...I'll have to say Summertime by DJ Jazzy Jeff & The Fresh Prince.

WHAT WE HAVE LEARNED DURING THIS TIME:

1. There is real power in human connection, whether it be in-person or online.
2. Being still allows us to gather ourselves and re-imagine the present and future.
3. We should always focus on the positive and look for the silver lining.
4. We should always focus on our emotional & physical well-being.
5. We should always explore our interests, develop our talents, and seek new adventures