



# THE PULSE

A Monthly Look Into Ministry at CPC

## Ministry Moments

Middle schoolers made the one-hour bus trek to Camp Trinity in New Haven, MO, for the annual CRASH Sprang Flang Feb. 27-Mar.1. As always, the retreat was an opportunity for students and leaders to have fun, grow in relationship to God and one another, and create lasting memories.

Relatively warm early spring temperatures allowed the group to enjoy paddling in canoes, roasting marshmallows around a campfire, and playing a variety of outdoor games. Indoor spaces were utilized for large group talks and small group discussions, along with games like neon gaga ball and noodle hockey.

“Sprang Flang is a chance for all of us to step out of our normal routines and be refreshed and strengthened,” said CRASH Director Adam Delaplane. “This year our speaker, Care Director CJ Norton, taught about the importance of praying and reading the Bible. It was a great time to reflect on the barriers and blessings in making those regular practices in our lives.”



### Young Adults Encounter Good News in Mosaic

by Lynn Norfleet

CPC’s growing Mosaic Ministry has created a foothold for young adults in the area who are experiencing a set of issues unique to individuals in this season of life. “Young adults often struggle with a lack of meaningful friendships, feelings of isolation and disconnection,” said Mosaic Director Mitch Penning. “They are frequently dealing with new jobs or career transitions and also looking for biblical discernment in issues relating to dating, marriage and where they fit in our increasingly complex world.”

Mitch has the unique advantage of having grown up at CPC and being a participant in the ministry to young adults. “I am thrilled to be serving people in this age group in Chesterfield and West County,” Mitch said. “I love sharing life, studying God’s Word, and having conversations about how the Lord calls us to follow Him and spread His good news of grace today.”





## CPC Up Close

Thomas & Mary Beth Gibbs

Native Texans Thomas and MaryBeth Gibbs' connection to CPC was forged when Thomas' family moved to St. Louis in 2021 and was hosted by Hugh and Judy Barlett until their new home was move-in ready. (Thomas' father is Covenant Seminary President Thomas Gibbs.)

MaryBeth and Thomas were married in 2022, after both graduated from Texas A&M University. The couple then moved to Fort Benning, GA, where Thomas served with the US Army Infantry, but unfortunate injuries led to a medical retirement in 2024. This led to his consideration of a call to pastoral ministry and enrollment at Covenant Seminary.

Now, as he continues his studies, both are serving as KREW Ministry interns and MaryBeth has joined CPC's Support Ministry staff, doing administrative work. "We are so excited to continue to meet new people, grow deeper in relationships, and work with youth," MaryBeth said. "We were both impacted by strong leaders and mentors and hope to be that for high school students at CPC."

## Young Adults Encounter Good News (cont.)

Mosaic meets regularly on Monday nights at 7:00pm and has a sports night on Tuesdays at The Commons at 6:30. The group also gathers informally on afternoons or evenings throughout the week. In addition, special events for the ministry have included an outing to the Forest Park Balloon Glow, a pickleball tournament, a trivia night, a bowling outing, and a scavenger hunt around West County.

A typical Monday night includes time for snacks, fellowship and games, followed by a lesson (the group is currently going through apparent contradictions in the Bible), small group discussion, and prayer. They often chat, watch sports, play ping pong, or continue to hang out afterward at The Commons, a nearby restaurant or home.

