



511 Greenbank Road  
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September 15, 2019

302-994-3800  
www.greenbankcoc.org

## GATHERING TIMES

**Sunday Bible Classes** 9:30 a.m.  
**Sunday Worship** 10:30 a.m.  
**Wednesday Bible Study** 7:00 p.m.

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## OPPORTUNITY TO SERVE OUR COMMUNITY

### GREENBANK FOOD PANTRY

Thursday Evenings—Doors are open 6:00-7:00 PM

Volunteer Schedule:

Wednesdays 10:00 AM  
Thursdays 9:30 AM & 5:30 PM  
Fridays 9:00 AM

To volunteer contact: Ed or Sue Maynard  
302-994-3800

## How to Refuel Your Life in Mid-Flight

During the Cold War, the Strategic Air Command operated 24 hours a day as a shield of protection for our nation. This meant that at any point in a given day, there were fully combat-configured bombers flying to assure the safety of our nation. Since these planes flew constantly, how did they remain full of gas? They did what is called mid-flight refueling. A refueling plane actually flew up next to the Strategic Air Command plane, docked in, and filled the plane with gas.

We need to learn how to refuel our lives in mid-flight. We can't just hop off to a tropical island every time we get tired and discouraged. We have to keep going. We have to learn how to recharge ourselves in the midst of our hectic lifestyles.

I suggest that once a day, go outside in your yard, sit down, and just be quiet. Five minutes a day of being completely silent. Ask God a question, and then just sit there and listen. Also, learn to take mini-breaks during the day. When you feel the pressure rising, just stop and say, "God, I want to tune in to you again."

Inevitably, it's tough to live God's plan for your life. You start getting distracted. You start having discouragement. You start to doubt. And you start to coast. And when you coast, you start heading downhill. Discouragement leads to doubt. How do you defeat doubt?

1. Remind yourself of God's goodness yesterday. Make a list of the things he's done in your life, and just be thankful. Gratitude is the healthiest emotion you can have.

2. Remember God's presence today. Remind yourself that He's with you right now. Even when you feel completely alone, you aren't. You've just forgotten that He's there with you.

3. Remind yourself of God's promises for tomorrow. There are thousands of promises for us in the Bible. Each one is something you can claim in faith.

God's goodness yesterday, God's presence today, God's promises tomorrow. No need to doubt. Don't be discouraged. Fight distraction. You can renew yourself daily.

- R. Warren (edited)

## Order of Worship

Just a Closer Walk With Thee—TPH

### Welcome

I'm Not Ashamed—TPH

Beyond This Land of Parting—TPH

### Scripture Reading & Prayer

At the Cross—R215

### Communion & Offering

Everybody Will Be Happy Over There

### "Brokenness"

Glory to His Name—TPH

### Closing Remarks & Prayer

## Sight & Sound

### The Miracle of Christmas

November 15—7:00 pm

### Tickets are here!

Please pay for your tickets as soon as you are able. Checks should be made out to Greenbank Church of Christ with "Sight & Sound" on the memo line. Give payments to Jamie Cox, and she will distribute your tickets.

## GREENBANK NEWS

### LADIES NIGHT AT LONGWOOD GARDENS—SEPT 27

All ladies are invited to enjoy an evening together in the gardens and watch the fountain and lights show. Contact Rebecca Tucker or Lisa Reed by next Sunday, 9/22, if you are interested in attending. Also, if you have a Longwood membership, and can offer discounted or free passes for additional people, please let us know. Admission price will be announced next week.

### DAY TRIP TO STRASBURG—OCTOBER 5

Bring the family to beautiful Lancaster County for a day in Strasburg, PA. A sign up sheet is posted on the large bulletin board for those interested in joining the fun. There are also information sheets that describe all the activities available in the area. Those interested in carpooling will meet at the church building, and be ready to leave no later than 8:30 a.m. Otherwise, meet us in the parking lot at the Strasburg Rail Road, 301 Gap Road, Ronks, PA. For more information, see Mike Barker.

**BLUE HENS FOR CHRIST** The University of Delaware is back in session, which means Tuesday evening meals are on again at the Campus House. Use the following information to sign-up to help with food for the meals. [www.carecalendar.org](http://www.carecalendar.org) Calendar ID: 162689, Security Code: 6152

**FOOD PANTRY—SEPT 5** We provided 2,943 meals to 327 people in 143 families; 21 were new. We continue to see increased numbers this month as families struggle to meet the needs of back to school expenses and putting food on the table. If you can volunteer any amount of time this week, we would appreciate the help!



Help keep our prayer list current  
by providing regular updates  
on family and friends.

### PRAYER REQUESTS:

**June Wagner family:** she passed away last week; **Gwen Byrd & family:** her grandson passed away; **Sharon King:** healing for her hand; **Jonathan Mitchell Jr:** G.I. issues; **Angela Mitchell:** please pray for me; **Carolyn Pinder:** healing for family; **Moe & Lorraine Martin:** pray for children to be more Christ-focused; **Frances West:** surgery was successful; **Monica Green:** medical problems; **Sherry Kirkland:** traveling; **Lucas Kirkland:** clinical trials for Duchenne's; **Jamie Jones:** heart health; **Chelsea Brasefield:** healthy pregnancy; **Marc Brasefield:** training in TX until November; **Marion Ward:** in hospice care; **Joanne Pagano:** early stage renal failure; **Betty Canter:** fractured sacrum

**SHUT-INS:** Connie Dowds; Agnes Ignudo; Joan Gaynor; George Adair

**LONG-TERM ILLNESS/RECOVERY:** Ed Maynard; Joyce Gamble; Miriam Castro; Marie Difilippo; Dustin Lackford; Michael Mugrage; Felicity Ray; Gwendolyn Brady; Harry Schaeffer; Melissa Griffiths; Janette McGowan; Mike Saylor; Peggy Wetzel; Nadine Henderson; John Arnold; Dave Malone; Bud Polk; Evelyn Kline; Emma Green

**COLLEGE STUDENTS:** Rachel Johnson; Kyle Cox; Heather Abosch; Brent Tucker; Tatiana Vargas; Kristal Moreta; Mackenzie Naseery; Ethan Reed; Prissilla Sanichar; Antonio Sanichar; Adriana Moreta

**MISSIONS/MINISTRIES:** Ghana Bible College; Samuel Agbeta (Nkwanta, Ghana); Delaware Christian Campus Ministry Foundation; Camp Manatawny; Chad & Amy Westerholm (Mozambique); GriefShare

**OUR COUNTRY:** Leaders, Military, Law Enforcement, Firefighters

### OUR ELDERS, DEACONS, & MINISTRY LEADERS

	<u>09/15/19</u>	<u>In His Service</u>	<u>09/22/19</u>
<u>Last Week</u>	M. Ray	Worship Leader	W. Johnson
	D. Mattis	Scripture & Prayer	D. Regester
Sunday AM: 139	D. Regester	Usher	S. Willis
Contribution: \$6,205	P. King	Communion	R. Stafford
Year to Date: \$4,934	M. Welsh	Offering	C. Blue
Budget: \$4500/week	M. Johnson	Pass	B. Pennington
	B. Davis	"	C. Mason
Wednesday PM: 14	R. Mickowski	"	A. Gallegos
2019 Baptisms : 8	R. Cox	"	B. Reed
	D/J Cox	Greeters	C. Mason
	Greenwood	"	Maynard
	E. Greenwood	Shepherd's Prayer	D. Mattis