

## Greenbank Weekly Newsletter – Sunday, April 18, 2021

Office hours have been expanded to Mondays and Wednesdays, 9:00am-3:00pm.

Contact info: [office@greenbankcoc.org](mailto:office@greenbankcoc.org) or 302-994-3800

### 10 Ways to Refresh Your Spirit by Allison Moore (\*edited)

1. Slow Down – What would it look like to live your life at half-speed? When you are flying down the highway, you take in much less of what you see than if you are walking beside the road. When you do your regular everyday things, go slow enough to be aware of yourself doing them. Take time to notice the flowers blooming, to wave to the sweet elderly couple walking by the house, or to stop for a real conversation with the new member at church. When we rush through our days, bouncing from one place to the next, we miss so much. Put the phone down and look around instead of mindlessly scrolling or cramming busyness into every moment.

*“... A heart at peace gives life to the body, but envy rots the bones” (Proverbs 14:30).*

2. Laugh and Play – Play isn’t just good for kids but adults, too! It reminds us to laugh ourselves into letting go of insecurities and give up control. Do a puzzle. Dream up a new line dance with your besties. Pick up a coloring book. As a scientific bonus, play helps to calm anxiety and encourages us to connect in more authentic ways by not taking ourselves too seriously.

*“... eat and drink and find satisfaction in all [you do] – this is the gift of God” (Ecclesiastes 3:13).*

3. Do Something Creative – Pot a plant, paint a stone, or go Marie Kondo on a room that needs it. Participating in creating (even if you don’t think you’re very good) relieves stress and forms brain connections to make your brain healthier. We were created in the image of God. Creativity reflects the Creator of the universe and feeds our souls.

*“He has filled them with skill to do all kinds of work as engravers, designers, embroiderers in blue, purple and scarlet yarn and fine linen, and weavers – all of them skilled workers and designers” (Exodus 35:35).*

4. Work Up a Sweat – From leisurely walking to really getting our hearts pumping, moving our bodies produces endorphins, and they make us feel better. Working hard physically not only refreshes our spirit but also calms our bodies. We rest better and experience less anxiety and stress.

*“Do you not know that your body is a temple of the Holy Spirit within you, whom you received from God? You are not your own, for you were bought with a price. So glorify God in your body” (1 Corinthians 6:19-20).*

5. Invest in a Friendship – Investing in friendships can be as simple as going out for a cup of coffee, sending a thank you note, or picking up a small gift, just because. According to Harvard Health’s research, those with healthy relationships live the longest and have the healthiest brains. We often have to fight for our friendships by prioritizing and making room for those who we want to keep in our lives, but it refreshes our soul to do so.

*“Let each of you look not only to his own interests but also to the interests of others” (Philippians 2:4).*

\*Focus on these five things this week to help refresh your soul. Next week we will share #6-10.

### Lifting in Prayer

**Beverly Abosch:** she now has Covid-19, pray for healing; Kyle has tested negative and is doing well.

**Carlos Rivera:** pray for good doctors to help get some medical issues under control.

**Paul & Sharon King:** pray for concerns they have with their health.

**Gracie:** 2½ month old diagnosed with a blood disease/immune disorder; she is at A.I. DuPont Hospital.

**Steve DaCunha:** leaves for army boot camp at Ft. Benning, GA on 4/19. Pray for his mom, Anna, too.

**Greenbank church:** Godly guidance for our elders & minster as they lead our congregation.

**Pray for unity in our country and for our leaders to seek God’s wisdom and guidance.**

If you have an item for prayer or praise, please email it to [office@greenbankcoc.org](mailto:office@greenbankcoc.org) for inclusion in our weekly list. To view previous prayer requests and those on our ongoing lists, please visit the Weekly Bulletins page on our website [www.greenbankcoc.org](http://www.greenbankcoc.org).

## **Announcements**

### **2021 Baby Bottle Benefit** (without the bottles)

Today we kick off our annual campaign to benefit A Door of Hope Pregnancy Center. The Center helps pregnant women at risk for abortion to choose life for their unborn child. Their programs are God-centered and encouraging for young families. Our campaign will be virtual again this year. To make a donation, click on this link: <https://www.justgiving.com/fundraising/Greenbank-Church-of-Christ>. If you would like to donate by check, make it out to Greenbank Church of Christ and mail it to the office. Be sure to note it is for “BBB.”

### **Nkwanta, Ghana Christian School**

This is the last week we will be collecting for the repairs needed on the school in Ghana after strong winds damaged the roof. If you would like to donate, please send your check to the office this week. Be sure to make a note that it is for the Nkwanta School.

### **Camp Manatawny Special Contribution**

We collected \$870 to send to Camp Manatawny. Thank you for supporting the camp through your prayers, volunteering your time, and monetary donations. Camp Manatawny is a wonderful place where kids can learn more about Jesus and make lifelong friends. Registration is open now for Spring events and Summer camping sessions. **April Events:** April 23-24 – Jr/Sr High Retreat (for grades 7-12); April 30-May 1 – Ladies’ Retreat. For more information and to register for any event go to [www.manatawny.org](http://www.manatawny.org).

## **Worship with Us Online**

**Sunday Mornings 9:00 a.m. Spanish service English service @ 10:30 a.m.**

1) **Facebook Live:** <http://www.facebook.com/greenbankchurchofchrist>

2) **Greenbank Website:** [www.greenbankcoc.org](http://www.greenbankcoc.org) Click on the Facebook Live tab on the menu bar at the top of the page. PLEASE NOTE: You do NOT need to have a Facebook account to view the live feed through our website.

3) **Phone In:** If you do not have internet access, you can dial in on your phone to connect.  
(301) 715-8592 Enter Meeting ID 889 4601 8992

## **Online Bible Studies**

**Wednesdays @ 7PM:** Facebook Live <http://www.facebook.com/greenbankchurchofchrist>

**Ladies & Young Ladies Classes:** 2<sup>nd</sup> Saturday of each month at 11:00 a.m. Online using the Zoom platform. Register for class here: : <https://www.signupgenius.com/go/70A0845AFAE2EA6FB6-ladies>

Our book is Honorable and Dishonorable Women of the Bible by Crystal Reyes available on Amazon Kindle.

## **Youth Bible Study**

Tuesday evenings from 6:00-7:00 p.m. on Zoom. We will use Microsoft Teams rooms to communicate with our youth (12-older). Parents of younger children will receive communication through email. If you would like your child/ren to participate, please contact the church office or Crystal Reyes.

## **Options for Giving**

**We appreciate those who have been able to maintain regular giving. Ways to contribute:**

1) **Write a check** and mail to 511 Greenbank Road, Wilmington, DE 19808, or hold all checks until we begin meeting again.

2) **Cash** can be dropped off at the building on Mondays between 9-11 a.m. or set aside your contributions and bring them when we begin meeting again.

3) **Online giving:** PayPal has been set up on our website [www.greenbankcoc.org](http://www.greenbankcoc.org). Click on the “Donate” button and follow the instructions. (Note: there is a small fee assessed from each donation.)

**Last Week’s Contribution: \$4,201 Weekly Average: \$4,598**