

## **Greenbank Weekly Newsletter – Sunday, April 25, 2021**

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

Fridays will remain remote for now. **Contact info: [office@greenbankcoc.org](mailto:office@greenbankcoc.org) or 302-994-3800**

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

A reminder from last week, #1-5 are Slow Down, Laugh & Play, Do Something Creative, Work Up a Sweat, and Invest in a Friendship. Here are #6-10:

6. Bless Someone – We constantly hear about the benefits of self-care, but what if filling our own cup comes after we've emptied ourselves out? We can't be filled if we don't pour out. The continual cycle of pouring and filling refreshes the soul. Perhaps the blessing is something practical, like mowing a neighbor's lawn or delivering a meal. Maybe it's more relational, like taking someone out for lunch to talk about something they might be dealing with and share wisdom and encouragement. You will be blessed to be a blessing.

*"It is more blessed to give than receive" (Acts 20:35).*

7. Learn Something New – A healthy spirit embraces exploration and discovery. Challenge yourself to learn a new skill, like changing the oil in your car, baking, or – go nuts! – try skydiving! Perhaps it's expanding your understanding, like reading books about healthier boundaries or how to pray for the people in your life. Growing makes us feel more alive and capable. So, challenge your complex brain that the Lord created to be used in new and exciting ways!

*"... Who knows the explanation of things? A person's wisdom brightens their face..." (Ecclesiastes 8:1).*

8. Waste Time with Jesus – We know. You can't actually waste time with Jesus. We mean spending time – like, way more time – than you normally do, without any agenda. If your time with Him feels "unproductive," that's the idea. Noah was considered a righteous man before he built the ark because he walked with God. If a quiet time for you is usually 15 minutes, put off the vacuuming another day and double – or, scandal, triple – that time! Time with Jesus isn't only reading the Bible and praying. It can be a walk in the neighborhood or sitting on the beach. Create quiet space to hear from the Lord and appreciate the creator of such beauty.

*"... Noah was a righteous man, blameless in his generation. Noah walked with God" (Genesis 6:9).*

9. Pray Out Loud and Listen – Praying aloud reminds us we're having a conversation. Focus on dialogue rather than monologue. Jesus regularly got away alone and prayed. If He needed to talk with the Father, how much more do we? Connect with the giver of life, and He will give you everything you need, and often, much more.

*"And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed" (Mark 1:35).*

10. Start a Gratitude Journal – Grab a notebook from the drawer or purchase a special journal. Or hey, just open your notes app on your phone. The point is: mindfully write down three new things to be grateful for each day. After about a week, you will exhaust all the normal stuff like coffee, family, God, and you have to start seeing beauty in the little things... and the hard things. Thank Him for the struggles because they help us grow. Gratitude changes our attitude.

*"I know there is nothing better for people than to be happy and do good while they live" (Ecclesiastes 3:12).*

### **Lifting in Prayer**

**Gwendolyn Byrd:** in a serious car accident; she is recovering at home.

**Beverly Abosch:** still having Covid-19 symptoms of high fever and nausea. Pray for healing.

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

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

**Mozambique:** pray that God will send just the right person to teach the mission team's children.

**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).

### **May Birthdays**

3 <sup>rd</sup> – Tina Barksdale, Enrique Reyes	16 <sup>th</sup> – Bob Pennington, Carol Richardson
4 <sup>th</sup> – Adriana Moreta	19 <sup>th</sup> – Linda Crusco, Dustin Lackford
6 <sup>th</sup> – Nancy Lackford	22 <sup>nd</sup> – D. J. Anderson
13 <sup>th</sup> – Bobby Ennis	23 <sup>rd</sup> – Nyah-Rae Jones
15 <sup>th</sup> – Jennifer Rivera, Jeffrey Clark, Jr.	31 <sup>st</sup> – Nicole King

### **May Anniversaries**

4<sup>th</sup> – Arturo Gallegos & Maria Aguilar  
5<sup>th</sup> – Rory & Shelley Irwin  
14<sup>th</sup> – Paul & Sharon King

### **Announcements**

#### **Mozambique Mission Team Need**

The mission team in Mozambique is looking for someone to teach their children in the “team kids” school. No previous teaching experience is needed, just a heart to love and serve. If you, or someone you know, is interested in this opportunity, please contact Amy at [amywesterholm@hotmail.com](mailto:amywesterholm@hotmail.com).

#### **2021 Baby Bottle Benefit**

We are participating in the annual fundraiser for A Door of Hope Pregnancy Center that offers help and hope to expectant mothers at risk. We have set up our own secure online donation page, just click on this link: <https://www.justgiving.com/fundraising/Greenbank-Church-of-Christ>. It is quick and easy to use. If you prefer to write a check, make it out to Greenbank Church of Christ and put “BBB” in the memo. We encourage you to do what you can to give to this organization. Every dollar makes a difference!

#### **Camp Manatawny**

Registration is open now for Spring events and Summer camping sessions.

**\*April & May Events:** April 30-May 1 – Ladies Retreat; May 20-22 – Church Leaders Workshop;

May 28-31 – Family Camp; May 29 – Open House. 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.

## **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: \$3,555    Weekly Average: \$4,533**