



Weekly Newsletter – Sunday, February 26, 2023

Office hours: Mon / Wed / Fri 9:00am-3:00pm.

Contact info: office@greenbankcoc.org or 302-994-3800

3 Things the Psalms Teach About Emotional Health by Kyle Norman

The Psalms give voice to the full range of human emotions, from rejoicing to sadness, frustration to deep ire. Here are three main lessons that the Psalms teach about emotional health:

1. It's okay to struggle: The Psalms articulate the personal struggle of the psalmist, whether it is due to the presence of an enemy, the schemes of the wicked, or a general lament over personal sin. We see that struggling is part of life and faith, and it is a mistake to believe that faithfulness to God means we are always pleasant and stoic.
2. It's okay to feel: The Psalms give voice to negative emotions, allowing individuals to acknowledge and feel them without producing feelings of guilt and shame. I believe that the faithful response to negative emotions is not to push past them but to acknowledge and feel them.
3. It's okay, to be honest with God: The Psalms demonstrate how to communicate raw, sometimes ugly emotions to the Lord. The psalmists did not shy away from expressing their feelings to God, and their honesty can be an example to us today.

As we go through our daily lives, it's essential to remember that we don't have to hide or ignore our emotions. We can bring them before God in prayer and find comfort and strength in His presence. So let us take a moment to reflect on our emotions, to be honest with ourselves and with God, and to trust in His faithfulness to see us through every trial and tribulation.

Therefore, I encourage you to spend some time in the Psalms, reading or even praying through them. Let their words speak to you and guide you in your emotional journey. And as you do so, may you find peace, comfort, and strength in the presence of God.

Praise & Prayer Requests

Greenbank Congregation: pray for godly wisdom and guidance as we consider options to finance the repair/replacement of our cedar-plank wall.

Molly Zergal: injuries suffered in a car accident have left her paralyzed and on life support.

Carroll & Wilma Blue: traveling the AR for Carroll's sister's funeral.

Chelsea Brasefield: continued good health following child birth.

Alijah Brasefield: born several weeks premature; he is in good health but will be in the NICU while he continues to grow and gain strength. Also keep **Marc, Chelsea, and big brother Avion** in your prayers.

Patty Conway: still in Christiana Hospital awaiting transfer to a rehab facility.

Marlin Johnson: recovering from hernia surgery.

King family: keep them in prayer as they deal with several concerns.

Mark Yurkovich: in ICU at Christiana Hospital; he is a friend of Robert & Ruthalee Carroll.

Shelley Irwin, Lillie West, and Kristin Farraday: all are battling cancer.

Remember our members who are homebound or have limited mobility: George & Jan Adair, Bob & Linda Crusco, Faye Hatfield, Agnes Ignudo, Ed & Sue Maynard, Christy Mickowski, Bob & Penny Pennington.

Greenbank church: Godly guidance for our elders, minister, deacons, and ministry leaders.

Greenbank missions: Westerholm (Mozambique), Borfay (Liberia), Agbeta (Ghana), Camp Manatawny, Reflect Campus Missions/BHC. Pray for a new mission work that reflects the interest of our members.

If you have an item for prayer or praise, please email it to 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.

Announcements and Events

Children's Church

Children ages 3 years old through 3rd grade will meet downstairs in the yellow room during today's sermon.

GriefShare – Spring Events

Our Loss of a Spouse seminar will be held on Feb. 27, and our Spring Sessions will begin on Mar. 13. All sessions will be held on Monday evenings via Zoom at 6:30pm EST. To register, please go to www.griefshare.org and search for Greenbank Church of Christ then select the event. If you have any questions, speak with Judy Barker.

Thursday Evening Youth Bible Study

We have begun a new Bible study at 6:30pm on Thursday evenings for our school age students ages 6 and older. All students are encouraged to attend. Speak with Domingo Reyes or Eileen Hence if you would like more information.

First Friday Youth Night

Our monthly youth night is this Friday, March 3rd at 7:00pm. All students in grades 5-12 are encouraged to attend and bring your friends!

Food Pantry Needs

There is still room for more volunteers for food distribution on Thursday evenings and additional van drivers for food pickup on weekday mornings. Sign-up sheets are posted on the bulletin board. If you have questions about either need, contact Wilma Blue or Sue Maynard.

SUNDAY MEETING TIMES

In-Person Bible Classes for All Ages @ 9:30 a.m. including a Spanish-speakers class (adults).

In-Person Worship Services – English & Spanish @ 10:30 a.m.

The English service is live streamed with 3 ways to connect:

- 1) **Facebook Live:** <http://www.facebook.com/greenbankchurchofchrist>
- 2) **Greenbank Website:** www.greenbankcoc.org Click on the Facebook Live tab on the menu bar at the top of the page. You do **NOT** need a Facebook account to view the service through our website.
- 3) **Phone In: (301) 715-8592 Meeting ID: 862 5363 5838 Passcode: 123456**

BIBLE STUDIES

Mid-Week (hybrid class) – Wednesdays @ 7pm – Study of Romans; hybrid class (in-person & online) Facebook Live or this Zoom Link: <https://zoom.us/j/98664842526?pwd=Rkp6Z3VYSGZpcjY4cXZWNjd1djNpQTog>

Spanish – Thursdays @ 6:30 pm at Greenbank. Contact Domingo Reyes for more information.

Ladies – 2nd Saturday each month @ 11am on Zoom – led by Crystal Reyes. Contact Crystal for the Zoom link.

Men – 3rd Saturday each month @ 10am at Greenbank led by Paul King.

Young Ladies – 3rd Saturday each month @ 11am on Zoom led by Eileen Hence. Contact Eileen for information to log into the session.

SMALL GROUPS

Bear/Glasgow – 2nd & 4th Sundays @ 2pm – hosted by George & Sherry Kirkland and Walter & Susan Johnson.

Married Couples – 1st Tuesday each month @ 7pm in the chapel – led by Domingo & Crystal Reyes.

Newport – 2nd & 4th Sundays @ 12:30pm – hosted by Mike & Judy Barker.

Singles – 2nd & 4th Tuesdays – hybrid class (in person & Zoom); current study – “So, You Want to be Like Christ”

Zoom link: <https://us02web.zoom.us/j/87670702282?pwd=Sy8xYTAyZThkRHpqY1hmbzYrZk4ydzog>

Teens – 1st Friday each month @ 7pm in the chapel; led by Domingo Reyes

3 Ways to Give

- 1) **In Person:** Place your offering in one of the wooden boxes located in the back of the auditorium.
- 2) **By Mail:** Send your contribution to 511 Greenbank Road, Wilmington, DE 19808.
- 3) **Online:** PayPal has been set up on our website www.greenbankcoc.org. Click on the “Donate” button and follow the instructions. (Note: there is a small fee assessed from each donation.)

Last Week: Attendance: 118 Contribution: \$4,493 Weekly Average: \$4,780 Weekly Budget: \$5,540