



Weekly Newsletter – Sunday, March 5, 2023

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

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

3 R's to Overcoming Anger by Dale O'Shields

What makes you angry? Everyday anger wrecks friendships, destroys marriages, greatly reduces personal and corporate productivity, and ravages human emotions. When we fail to deal with it properly, anger is a corrosive agent that eats a hole in our hearts.

Look at one thing God has to say about anger: **“Stop being angry! Turn from your rage! Do not lose your temper – it only leads to harm”** Psalm 37:8 (NLT). God says that we are to put a stop to anger. It should not be given a place in us. Putting a stop to anger starts with knowing what causes it. Anger is a by-product of certain ways of thinking.

We get angry when: Our expectations are unmet; Our pride is offended; The pursuit of our goals is blocked; Our feelings are hurt. When we get angry about these things, we respond in several ways. Some people are:

Brewers – “Brewers” internalize their anger. They stuff down their anger, and over time its poison seeps into their soul, shuts down their emotions, and cripples their relationships. It is hidden in their hearts, unacknowledged, and unaddressed.

Stewers – “Stewers” are a different breed. These folks are agitated, irritated, and frustrated. Their anger is not hidden. You can see and sense it in them. Like a pot sitting on the stove at medium to high heat, there is an intense and steamy presence about them. You never know if or when the explosion is coming. They rumble and grumble their way through life in a heated, threatening way.

Spewers – “Spewers” do what their name implies. Whatever is on the inside comes out, and whoever is nearby gets barraged by the blast. “Spewers” rant and rave. Like an emotional tornado, they detonate and then dissipate, but they leave a lot of destruction in their wake.

Brewing, stewing, and spewing are all bad options when it comes to dealing with anger. Each is the wrong way to handle it. God says to **“stop it!”** The appropriate question is “How?” Here are “3 R's to Overcoming Anger.”

R1 - Recognize it. Learn to recognize anger in yourself. All too often we are hijacked by anger without realizing what is happening to us. Develop a personal sensitivity to the signs and symptoms of anger in your own soul. Don't let it sneak up on you!

R2 - Reflect on it. To reflect is to think about something quietly and carefully. Anger doesn't want reflection, it demands reaction. It screams at you to throw caution to the wind, say what you want to say, and do what you feel like doing. Don't let anger have its way! When you detect anger in yourself, slow down, step back, zip your lip, and take control of your mind. Take some time to think about where your anger is coming from. What started it? What is making you vulnerable to it? Also, reflect on the consequences of your anger. What damage will you do to yourself and others if you let it go unchecked?

R3 - Release it. Make a conscious decision that you are going to give up your anger. Turn your disappointments, offenses, frustrations, and hurts over to God. Determine that you will do whatever is necessary to make sure that anger doesn't invade you, poison you, or pollute you. Forgive people. Accept disappointments and delays patiently, trusting God's plan and timing. Don't stiffen yourself with pride. Be humble. Simply let it go!

Nothing can rob peace and joy and destroy relationships more quickly than anger. Break its grip on your life!

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.

Bill Betit, Jr.: recovering from open heart surgery; Bill is a former Cedars member.

Pam Dahlström: recovering from cancer surgery and will begin chemo soon; she is Boyd Reed's stepmom.

Justin Lenley: has multiple myeloma and his health is deteriorating; he is a friend of Chris Steiner.

Michael & Arielle Dickinson: (former members) prayers for a healthy pregnancy & delivery (June '23).

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

Chelsea Brasefield: continued good health following childbirth.

Alijah Brasefield: gaining strength in NICU. Also keep **Marc, Chelsea, and Avion** in your prayers.

Patty Conway: now in Buena Vista rehab center; pray she will regain her strength quickly.

Cathy Servas: pray for improvement in her health.

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: Eduar Morales (Oxford, PA), Chad Westerholm (Mozambique), Edmund Borfay (Liberia), Samuel Agbeta (Ghana), Camp Manatawny, Reflect Campus Missions/BHC.

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.

March is Manatawny Month

Each year we designate the month of March to collect donations for Camp Manatawny. The camp's mission is to be "a Christian camp Glorifying God and Transforming Lives for Christ for a Lifetime." We will accept donations for Camp Manatawny through Sunday, March 26th. Make checks out to Greenbank Church of Christ and write "Manatawny" in the memo. If you would like to give cash, please place it in an envelope designated for Camp Manatawny.

GriefShare – Spring Events

Our Spring Cycle begins 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.

Food Pantry Report

During the month of February, we served 227 families comprised of 546 adults and 370 children; 44 of these families were new. Last week we had several regular volunteers who were unavailable, and when we asked for additional help, we were thrilled to have so many who came to aid where it was needed, and we say "Thank You!" for helping. We always welcome additional hands. You can come anytime!

Clothed in Love

The clothing closet will be open for use by the congregation on Sunday, March 19th. We ask that you continue to hold on to your donations to allow current items to be cycled out. Based on this, we will determine days & times for donations to be dropped off. We continue to look for additional volunteers for this ministry. If you are interested or have questions about this ministry, please speak with Dawn Grabowski.

Easter Candy Donations

In just a few short weeks we will be hosting our annual Easter party for our children. We are asking members to donate candy for this event. Please bring in your delicious donations by Sunday, April 2nd and place them in the basket located in the lobby.

Other Manatawny News

Camp Manatawny has several events this spring for adults, students, and families. In addition, registration is open for summer sessions for students who have completed grades 1-12. Pay in full by March 31 to receive a discount and a free t-shirt. Information is posted on the bulletin board in the lobby. Financial assistance is available. If you have any questions, speak with Rick Mickowski or Lisa Reed.

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 login information.

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=Sy8xYTAyZThkRHpqY1hmbzYrZk4ydz09>

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: 142 Contribution: \$4,878 Weekly Average: \$4,791 Weekly Budget: \$5,540