



## Weekly Newsletter – Sunday, August 20, 2023

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

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

### Forgiveness: A Path to Healing and Freedom by C. Stanley

*“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”* Ephesians 4:32

Picture a man hunched over a chemistry set, adding a pinch of this and a dash of that to the unpleasant green fluid before him. He is thinking of someone who harmed him, replaying all the perceived slights and hurts, and is concocting a poison to repay the offender.

His work finished, he breathes a sigh of relief and takes the beaker in his hands, marveling at what’s been created. “This will show him,” the man says, and then drinks the bitter brew himself.

That’s a surprising twist, to be sure. Yet there is a good chance you’ve essentially done this very thing at one time or another.

Bitterness is a poison that we prepare for someone else but then drink ourselves. It is something we often carefully nurture and grow over the years. If someone hurts us – whether intentionally or unintentionally – and we begin to fantasize of a thousand and one ways to get payback, all we are doing is destroying our own heart and mind.

Thankfully, our faith presents a better way to live. Rather than nurture hate, we can find guidance in the words of Ephesians 4:31-32: *“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”* In addition, we are encouraged to *“turn from evil and do good; seek peace and pursue it”* Psalm 34:14.

### Praise & Prayer Requests

**Sue Maynard & family:** keep them in prayer as they mourn Ed’s passing.

**Greenwood, Lewis, & Adair families:** continue to pray for these families who have also lost loved ones recently.

**Bob Crusco:** fell last week; he is in Cadia Rehab in Pike Creek, room 260.

**Lillie West:** PRAISE! Radiation treatments have been completed! Pray her October mammogram is cancer-free.

**Robin Garvin:** pray for good health and healing.

**Azalea Garvin:** pray for good health and good spirit.

**Jared Swearingen:** entering a rehab program; pray he receives the tools he needs to overcome his addiction.

**Dotty Noel:** struggling with bipolar disorder.

**Ken Essex:** now in hospice care; pray for him and his family during this difficult time.

**Liz Cox:** continue to pray for the healing of her left shoulder.

**T.J. Hook:** recovering at home after a brain aneurysm & doing cognitive therapy; pray for a full recovery.

**Susan Johnson:** has kidney stones; pray for a quick and easy resolution for her.

**Peter Johnson:** pray for a clear diagnosis of his intestinal issues.

**Cathy Servas:** pray for the doctors to determine what is wrong with her eyes.

**Faye Gillespie:** having some trouble with her vision; pray for quick resolution.

**Virginia Clark:** double mastectomy is scheduled for August 30<sup>th</sup>; please keep the Clark family in prayer.

**Paul King & family:** Paul is having some health concerns; also pray for family members who are having struggles.

**Kyle Abosch:** pray for him to have strength and wisdom as he goes through some life changes.

**Virginia Clark, Shelley Irwin, Lillie West, Kristin Farraday, Pam Dahlström, Joann Walker:** cancer.

**Remember our members who are homebound or have limited mobility: Jan Adair, Bob & Linda Crusco, Faye Hatfield, Agnes Ignudo, 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](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 and Events**

### **Pack Your Own Backpack – Today – Sunday, August 20<sup>th</sup>**

Today, our school age students will be able to choose a backpack to fill with supplies for school. Bring your own list, or use one of ours, and select items needed for your class this year. Join us in the fellowship room after worship to pack your backpack!

### **Song Leader Meeting – Saturday, September 9<sup>th</sup>, 9am**

All song leaders are asked to put this meeting on your calendar and plan to attend. If you have any questions, please speak with Ed Greenwood or George Kirkland.

### **Small Groups Resume Next Month**

Our small groups will resume meeting on Sunday, September 10<sup>th</sup>. We would like to continue to provide groups in North Wilmington and more centrally located to the church building but are in need of meeting locations. If you would be willing to host one of these groups, please contact the office.

### **Sight & Sound – Friday, September 22<sup>nd</sup>, 7pm**

Tickets have been reserved for “Moses” at Sight & Sound Theatre in Lancaster, PA. Ticket price is \$77/each. A sign-up sheet is posted on the bulletin board for those interested in going to the show. Tickets are limited, so claim yours today!

### **Reflect Campus Missions News**

The annual golf tournament to raise funds for Blue Hens for Christ and Reflect Campus Missions will be held on Saturday, September 23<sup>rd</sup> at the Chesapeake Bay Rising Sun Golf Club. Save the date and be looking for more information to come soon.

Also, if you would like to receive the monthly “PrayUD” e-newsletter please register online at:

<https://ReflectMissions.org/pray>

## **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](http://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**

**English Mid-Week – Wednesdays @ 7pm** – Study of 1 Corinthians; hybrid class (in-person & online) Facebook Live or Zoom: <https://zoom.us/j/98664842526?pwd=Rkp6Z3VYSGZpcjY4cXZWNjd1djNpOT09>

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

**Ladies – on summer break; will resume in October** – led by Crystal Reyes.

**Men – 3<sup>rd</sup> Saturday each month @ 10am** at Greenbank led by Paul King.

**Young Ladies – on summer break; will resume in the fall;** led by Eileen Hence.

## **SMALL GROUPS**

**Bear/Glasgow – resumes Sunday, Sept. 10** – hosted by George & Sherry Kirkland and Walter & Susan Johnson.

**Married Couples – resumes Tuesday, Sept. 12 @ 7pm** – led by Domingo & Crystal Reyes.

**Singles – 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays @7pm** – hybrid class; NEW study: “7 Myths about Singleness” led by Rick Mickowski.

Zoom Link: <https://us02web.zoom.us/j/87670702282?pwd=Sy8xYTAyZThkRHpqY1hmbzYrZk4ydz09>

**Teens – 1<sup>st</sup> Friday each month @ 7pm** in the chapel; led by Domingo Reyes

## **3 Ways to Give**

- 1) **In Person:** Place your offering in the collection plate as it is passed during our service.
- 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](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: Attendance: 147 Contribution: \$2,181 Weekly Average: \$5,120 Weekly Budget: \$5,540**