



## **Weekly Newsletter – Sunday, October 8, 2023**

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

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

### **Overcoming Life's Giants** by D. McDaniel

Life can feel full of giants – overwhelming obstacles and challenges that feel too big to conquer. Financial strains, health issues, problems in relationships – these giants can loom large, causing stress and anxiety. How can we ever overcome them? With God's help, we can face down and defeat the giants in our lives.

The first key is to identify the root issue and understand why this problem feels so big and intimidating to us. Ask God to help reveal the true source of the struggle. Has it ballooned in our minds beyond reality? Or are we trying to tackle it all at once rather than taking it step-by-step? Ask Him for discernment and perspective.

Second, we need to bring the giant down to size. Break it into smaller, more manageable pieces that we can work through one at a time. If we try to solve everything at once, we'll quickly become overwhelmed. Focus on what you have control over, even if it's just the next right step. Don't allow worry over the thing you can't control.

Third, rely fully on God as your source of strength and guidance. Don't buy into the lie that you have to handle this alone. God promises to equip us with everything we need when we seek Him. In 1 Samuel 17, a young David faced the giant Goliath, who was over nine feet tall. Yet David trusted God would deliver him, saying, "You come against me with sword and spear, but I come against you in the name of the Lord Almighty" (1 Samuel 17:45). And He did! Whatever giants you're facing – illness, job loss, addiction, debt – they are no match for the power of Christ at work within you. Philippians 4:13 reminds us, "I can do all things through Christ who strengthens me." You don't have to figure it all out on your own. Take one step at a time, trusting God to direct your path. He promises to give wisdom and show the way forward.

So be encouraged today. With God fighting your battles, no giant can stand against you. Keep your eyes fixed on Him, the source of true power and victory. Rely on His strength within you. Focus on what he's asking you to do today, not everything at once. One faithful step after another will lead you to overcome and slay the giants in your life. You've got this! God believes in you.

### **Praise & Prayer Requests**

**Pray for those whose loved ones have recently died:** We have lost many of our members and former members recently. Please keep all those who are grieving in your prayers.

**Peggy Rogers:** diagnosed with a fast-spreading cancer and is in hospice care; she is a former Cedars member.

**Tori McCullough:** having seizures; pray doctors will be able to diagnose the cause and be able to control them.

**Robin Garvin:** she is home from the hospital; continue to pray for her healing.

**Royalty Fields:** recovering from surgery; chemo treatments continue.

**Paul King & family:** continue to pray for Paul's health to improve; also pray for struggling family members.

**Lillie West:** pray that her October mammogram will be cancer free.

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

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

**Virginia Clark, Royalty Fields, Lillie West, Pam Dahlström, Joann Walker:** all are battling 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.**

**GriefShare ministry:** pray for the program participants as well as for the leaders.

**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**

#### **Children's Church Meets Today**

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

#### **Church Office Closed October 9<sup>th</sup>-13<sup>th</sup>**

The church office will be closed this week. Lisa is on vacation, and our regular substitute is not available to fill in. If an emergency arises, please notify Domingo Reyes at [minister@greenbankcoc.org](mailto:minister@greenbankcoc.org). All other questions or information should be emailed to [office@greenbankcoc.org](mailto:office@greenbankcoc.org) and will be addressed as quickly as possible when the office reopens on Oct. 16<sup>th</sup>.

### **Ladies Bible Study – October 14<sup>th</sup> – 9AM**

Our first ladies' class of the year will meet on Saturday, October 14 at 9:00am via Zoom. This year's study is "Strength in the Struggle" by Lauren Ibach. Get a book from Crystal or purchase one from Amazon. The first lesson will be *Deliverance from Fear*. See the information below, under Bible Studies, on how to connect to class. If you have any questions, speak with Crystal Reyes.

### **Hymn Sing – Sunday, October 15<sup>th</sup>, 3-5pm**

Some have decided to stay after our morning worship and enjoy a meal together before the hymn sing. If you plan to do that, please bring food to share. There is not a sign-up sheet. Just come with good food! Invite your friends and neighbors to join us for an uplifting afternoon of music and worship in Spanish and English. We encourage all who will attend to RSVP to <https://tinyurl.com/GreenbankHymnsing>.

### **Fellowship Luncheon - Sunday, October 29<sup>th</sup>**

We will be cooking up a big pot of stew for our fellowship meal. We need each person attending to bring one can of vegetables – one can per adult and one can per child – to add to the stew. We also ask that you bring additional food to share: salads, breads, and desserts. It is important for all who plan to come to the meal to sign up, so we know how big our pot of stew needs to be! The sign-up sheet is located at the Welcome Center in the lobby.

### **Adult CPR & First Aid Training – Saturday, November 4<sup>th</sup>**

A training class is being offered for adults to learn CPR & First Aid for both adults and children. The class will be on Saturday, November 4<sup>th</sup> from 10am – 12:45pm. A discount will be offered to Greenbank members. Contact the office for the code to enter when you register at <https://tfclifesavers.enrollware.com/enroll?id=8608939>

## **Sunday Meeting Times**

**In-Person Bible Classes @ 9:30 a.m. – including a Spanish-speakers class for adults.**

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

**The English service is livestreamed 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 will need to log in to Facebook to join the live feed.
- 3) **Zoom:** Meeting ID: 862 5363 5838 Passcode: 123456; Phone In: (301) 715-8592

## **Bible Studies**

**English Mid-Week – Wednesdays @ 7pm** – hybrid class (in person & online) on Facebook Live or Zoom:

<https://zoom.us/j/98664842526?pwd=Rkp6Z3VYSGZpcjY4cXZWNjd1djNpQT09>

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

**Ladies – resumes on October 14 @ 9am via Zoom** – led by Crystal Reyes. Lesson 1: Deliverance from Fear. Zoom Link: <https://us02web.zoom.us/j/88946018992> 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

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

**Young Ladies** – will resume sometime this fall – led by Eileen Hence.

## **SMALL GROUPS**

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

**Married Couples – 1<sup>st</sup> Tuesday each month @ 7pm in the teen room**– led by Domingo & Crystal Reyes.

**North Wilmington – 1<sup>st</sup> & 3<sup>rd</sup> Sundays @ 2pm** – hosted by Chrissi Steiner.

**Singles – 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays @ 7pm** – hybrid class; "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: 128 Contribution: \$6,298 Weekly Average: \$5,121 Weekly Budget: \$5,540**