



Weekly Newsletter – Sunday, March 3, 2024

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

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

Overcoming Stress with Community and Faith

Life can get stressful at times. Between work, family obligations, finances, health issues, and more, it's easy to become overwhelmed. When we feel stressed, it's natural to want to retreat inward and isolate ourselves. But that often only makes the stress worse. Instead, we need to reach out.

One of the best ways to combat stress is to build a strong community around you. Make spending time with family and friends a priority. Share your struggles instead of internalizing them. Let your community support and uplift you. Proverbs 27:17 says, "As iron sharpens iron, so one person sharpens another." We need people in our lives to challenge us, encourage us, pray for us, and walk alongside us.

Also, don't neglect self-care. Do things that nourish your soul - read an inspiring book, take a walk surrounded by nature, enjoy a hobby that you're passionate about. Set boundaries and say no when needed so you don't get over-extended.

Finally, saturate your mind with biblical truths rather than anxious thoughts. Isaiah 26:3 promises, "You will keep in perfect peace those whose minds are steadfast, because they trust in you." As you keep your focus on God, He will guard your heart and mind. You don't have to handle stress alone. Reach out and allow others to lift you up during difficult times.

Domingo

Praise and Prayer Requests

PRAISE: We rejoice with the angels at the news that Daniel Boreman and Melinda Zistl were baptized Thursday evening. Pray for them as they begin their new life in Christ.

Dwain Asbell-remains admitted to Christiana hospital in room 4D21, please continue to keep him in prayer.

Shelley Irwin: having skin cancer surgery on Monday. Praying for clean margins and quick healing.

George & Sherry Kirkland-grandson, Lucas, is in a new research study for his Muscular Dystrophy beginning this week in Florida. Pray for safe travel and success with the new medications.

Angelo Cox-sick with stomach virus.

Chrissi Steiner-pray for peace, purpose and patience. Pray for all those in our church who are sick and/or hurting and to find a suitable youth intern.

Moises Phillips-pray for inner peace and life enjoyment.

Sick and Shut In: pray for all members who are battling cancer, covid and other serious medical issues and those who are unable to attend due to illness or limited mobility.

Greenbank church: Pray for godly wisdom and 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

Office Hours Modification

For the next two weeks, March 4-11, the office will be open on Mon, Wed, Thurs, 9am-3pm. Please have all newsletter items submitted by 9:00am Thursday morning. Regular office hours will resume on Monday, March 18.

Church Workday-Saturday March 9 @9:00 am

Help is needed to clear out the remaining items from the pantry area. This includes helping to move the freezers. If you can spare some time, please stop by to assist. The more hands the merrier! We thank you in advance for helping prepare for the next phase of the basement.

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, March 17th and place them in the basket located in the lobby.

Camp Manatawny

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 31st. Make checks out to Greenbank Church of Christ and write "Manatawny" in the memo. If giving cash, please place it in an envelope designated for Camp Manatawny. The 2024 Camp Manatawny events calendar is on the bulletin board.

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 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 @ 6:30pm at Greenbank. Contact Arturo Gallegos for more information.

Ladies – 2nd Saturday each month @ 9am via Zoom – led by Crystal Reyes. 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 – 3rd Saturday each month @ 10am at Greenbank led by Paul King.

Youth – Thursdays @6:30pm at Greenbank – led by Eileen Hence.

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 teen room– led by Domingo & Crystal Reyes.

North Wilmington – 1st & 3rd Sundays @ 2pm – hosted by Chrissi Steiner.

Singles – on hold until further notice

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 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. Click on the "Donate" button And follow the instructions. (Note: there is a small fee assessed from each donation.)

Last Week: Attendance: 125 Contribution: 7,024 Weekly Average: \$5,498 Weekly Budget: \$5,435