

# The Highlighter

November

**Ebenezer United Methodist Church, Newark, Delaware**

**2023**

*Then Samuel took a stone, set it up...and said, "The LORD has helped us all the way,"  
and he named it Ebenezer [Stone of Help]. 1 Samuel 7:12 GNB*

Greetings, Sisters and Brothers:

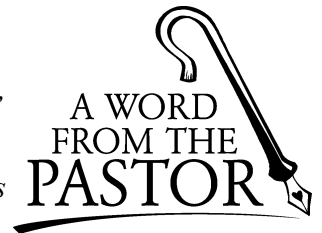
It is difficult to find enough superlatives to describe the gratitude that Rick and I are feeling because of your very, very generous gift on Pastor Appreciation Sunday. We are humbled by the depth of your loving care not only in this most recent gift but also in all the cards, notes, hugs, prayers, and greetings you have shared in these past 15 months. We pray every day with thanks to God for the blessings we have experienced in our 7 years at Ebenezer. Your friendship, understanding, forgiveness, and grace are blessed gifts that we cherish each day. We say Thank You from the depths of our hearts.

\*\*\*\*\*

On Sunday, November 19, we will celebrate Commitment Sunday. It is the opportunity as we bring our completed 2024 pledge cards forward and lay them before God to take a tangible step forward in faith and trust. I hope that in the days leading up to November 19 you will engage in prayerful discernment, seeking the guidance of the Holy Spirit in determining the amount of your financial giving to support the ministries and missions of our church in 2024. Proverbs 3:9-10 says, "Honor the Lord with your substance, with the first fruits of all your increase: so your barns will be filled with plenty, and your vats will overflow with new wine." We are invited to respond in generosity to the generosity of God in love, mercy, forgiveness, and grace that surrounds us and sustains us.

Bishop Robert Schnase, in his book, *Five Practices of Fruitful Congregations* (Abingdon Press, 2007) included generosity as a vital practice for the success of a congregation. In the book, for each of the practices he discusses, he applies a superlative descriptive adjective; for its section, he employs the phrase "extravagant generosity." One way of describing generosity is the grateful outpouring of gifts to others out of our love for God. Those gifts can take many forms – time, prayers, presence, financial support, etc. In 2 Corinthians 4:7 (NRSV), Paul writes, "We have this treasure in clay jars, so that it

*belongs to God and does not come from us." In The Message, Eugene Petersen uses the phrase, "unadorned pots of our daily lives;" this verse highlights the fact that all of who we are and what we have comes from God and is to be used for God's purposes.*



Through our generosity God's powerful presence and love are communicated, and God can use all of our uniqueness, including our limitations, weaknesses, and eccentricities. When we consider that generosity involves all of who we are, we come to understand that we bring our heart, soul, mind, and strength to this work of loving God and loving neighbor. One way that the Hebrew word translated 'heart' can be understood is the leaning or thrust of our lives; we might call it our lifestyle or non-verbal witness. Generosity is reflected in how we steward 100 percent of our lives.

Our commitment to cooperating with the leading of God's Spirit in pouring out our lives in generous living is a demonstration of our devotion to God. Another aspect of our generous living as a response to God's outpouring of the gifts of love, grace, peace, mercy, and joy is seeing it as a discipline that is part of our growing in faith. We often experience the joy of generosity in spontaneous or creative opportunities, but I also experience joy in the regular, systematic, proportional giving that is a discipline in my growing life as a Christian. It is my grateful response to growing in trust for all that God has given me.

I pray that the peace of Christ, which surpasses our understanding will guard our hearts and minds as we journey together and work for God's kingdom to fulfill our vision to be "a congregation committed to reaching out in love to all people in the name of Jesus Christ with Bible-based worship, witness, teaching, and service.

In Christ's Love,

Pastor Mary



## INTERVARSITY CHRISTIAN FELLOWSHIP (IVF)

Many years ago, when a college student in Massachusetts, I got involved with IVF and it was one of the best experiences

for me as young person in college, where I knew almost no one. Ebenezer has supported IVF, a wonderful national college ministry ( It began in 1945!) for many years.

The University of Delaware has an IVF chapter and their vision is:

“In response to the good news of Jesus Christ, we long to be a witnessing community at the University of Delaware: growing in love for God, God’s Word, God’s people of every ethnicity and culture, and God’s purposes in the world!”

What do they do?

1. They discuss the Bible with other students in dorms, cafeterias, and apartments on campus. These gatherings are safe for skeptics, seekers, and followers of Jesus!
2. They long to reach every corner of campus with the gospel of Jesus Christ! We presently empower athletes ministry, black campus ministry, and Latino ministry through gatherings and focus groups.
3. They welcome all to gather with all our chapters on Friday nights at 7pm for a time of worship, teaching, discussion, and fellowship! Join us afterward for different “after activity” experience each week.

Thank you to the people of Ebenezer for supporting IVF !!!



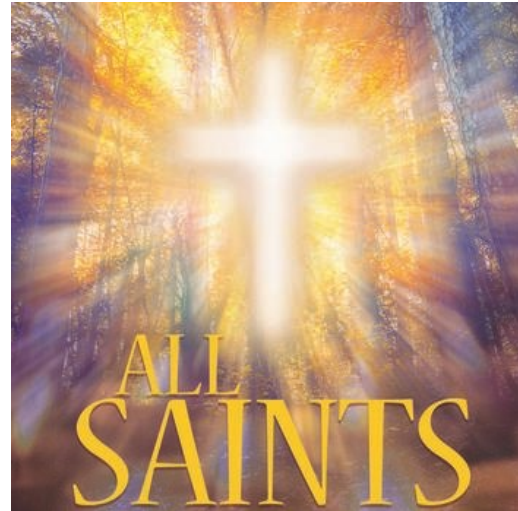
### Committee Report

First, I want to thank each one of you for your donations this year. So many of you have been faithful givers.

#### FINANCE

COMMITTEE Offering donations are \$10,060 below budget. Capital giving is \$1,292 above budget. Our committee is now preparing the 2024 budget. We will not be able to increase amounts. Thank you to all of you who have helped support Ebenezer church this year.

Ann Varey  
Finance chairperson



## Remembering our Saints Sunday, November 5 10:00 am Worship Service

Tradition says that from the very early days of the church, believers were accustomed to honoring the anniversary of a martyr’s death in Christ at the place of martyrdom. By the late 4<sup>th</sup> century C.E., a common day was designated as a day of remembrance and solemnizing those who had died in the faith. The date of November 1 as the feast day for All Saints was most likely set by Pope Gregory III in the 8<sup>th</sup> century and is the date observed by the Roman Catholic church and most denominations of the Protestant Reformation.

John Wesley wrote in his journal one year that All Saints Day was “a day I peculiarly love;” and why not love a day that celebrates the lives of God’s children. We recognize All Saints Sunday as a day of remembrance for the saints, with the New Testament meaning of all Christian people of every time and place. We celebrate the communion of saints as we remember those who have died, both of the Church universal and of our local congregation. The names of these persons who have died during the past year will be read during the service.

We are inviting everyone who would like to, to bring in a picture of a loved one who has died, recently or some time ago, that will be set up in the chancel area. Please bring your picture to the church office no later than Monday, November 2nd and have the picture tagged with your name so it can be returned to you.



**Stephen Ministry**

Ebenezer United Methodist Church has been a Stephen Ministry Congregation for 32 years. We are active and have been able to minister to members and friends in a variety of ways. Our goal is to reach out and to support those who may be experiencing a crisis in their lives. Each Stephen Minister walks beside and listens to those whom they are helping. Each has received over 50 hours of training in how to provide Christian care and support in situations such as the loss of a loved one, divorce, terminal illness, unemployment, hospitalization, loss of a child, and any other type of crisis. This is a one-on-one confidential ministry.

During a recent continuing education class, we read a quotation about how the relationship works that is worth repeating. "But whenever my Stephen Minister came to visit me, I could ask all the 'why me?' questions. I could hurt, be afraid, get angry, cry – and know that it was all okay. She didn't try to make it better or tell me what I should do or how I should feel. She just listened and cared."

If you need a Stephen Minister to walk beside you during your illness or crisis, please contact Pastor Mary Browne or Calvin Keeler, Sr.

Calvin L Keeler, Sr.



in the grace and knowledge of our Lord and Savior Jesus Christ.

2 P E T E R 3 : 1 8

**Gifts for the Christ Child**

"Whoever receives one such little child in my name receives me." Matt. 18:5

At Ebenezer Church's worship services on Sunday, December 3, 10, 17, 24, and at each special service leading up to Christmas, you are invited to bring a gift of baby food for the Christ Child.

Members and friends who worship with us online can also participate by dropping off your baby food items at Ebenezer during the week or call the church office and arrange for pick-up at your home.

The items we collect will be distributed to families in need through St. Stephen's Food Pantry in Wilmington. Your food gifts will truly be a blessing to the young innocents among us for whom our Lord has a special place in his heart. Please consider this ministry while shopping for your holiday meals and make a visit to the baby food aisle. Thank you and may God's Peace be with you this blessed season.

**The Highlighter**

is a monthly publication of  
**Ebenezer United Methodist Church**  
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The 15th of each month

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## Greetings from your Health and Wellness Ministry

Thank you to all that came to the Elder Law lecture. We will be having a Cancer lecture some time in January. More information on date and time to come.

### November is National Diabetes Month. Here is some information on Diabetes.

#### What Is Type 1 Diabetes?

Type 1 diabetes is a condition in which your immune system destroys insulin-making cells in your pancreas. These are called beta cells. The condition is usually diagnosed in children and young people, so it used to be called juvenile diabetes.

A condition called secondary diabetes is like type 1, but your beta cells are wiped out by something else, like a disease or an injury to your pancreas, rather than by your immune system.

Both are different from type 2 diabetes, in which your body doesn't respond to insulin the way it should.

#### Type 1 Diabetes Symptoms

Signs are often subtle, but they can become severe. They include:

- Extreme thirst
- Increased hunger (especially after eating)
- Dry mouth
- Upset stomach and vomiting
- Frequent urination
- Unexplained weight loss, even though you're eating and feel hungry.
- Fatigue
- Blurry vision
- Heavy, labored breathing (your doctor may call this Kussmaul respiration)
- Frequent infections of your skin, urinary tract, or vagina
- Crankiness or mood changes
- Bedwetting in a child who's been dry at night.

#### Signs of an emergency with type 1 diabetes include:

- Shaking and confusion
- Rapid breathing
- Fruity smell to your breath
- Belly pain
- Loss of consciousness (rare)

#### Type 1 Diabetes Causes

Insulin is a hormone that helps move sugar, or glucose, into your body's tissues. Your cells use it as fuel. Damage to beta cells from type 1 diabetes throws the process off. Glucose doesn't move into your cells because insulin isn't there to do the job. Instead, it builds up in your blood, and your cells starve. This causes high blood sugar, which can lead to:

Dehydration. When there's extra sugar in your blood, you urinate more. That's your body's way of getting rid of it. A large amount of water goes out with that urine, causing your body to dry out. This causes high blood sugar, which can lead to:

- **Weight loss.** The glucose that goes out when you urinate takes calories with it. That's why many people with high blood sugar lose weight. Dehydration also plays a part.
- **Diabetic ketoacidosis (DKA).** If your body can't get enough glucose for fuel, it breaks down fat cells instead. This creates chemicals called ketones. Your liver releases the sugar it stores to help. But your body can't use it without insulin, so it builds up in your blood, along with the acidic ketones. This mix of extra glucose, dehydration, and acid buildup is known as ketoacidosis and can be life-threatening if not treated right away.

**Damage to your body.** Over time, high glucose levels in your blood can harm the nerves and small blood vessels in your eyes, kidneys, and heart. They can also make you more likely to get hardened arteries, or atherosclerosis, which can lead to heart attacks and strokes.

There's no way to prevent type 1 diabetes. Doctors don't know all the things that cause it. But they know that your genes play a role. They also know that you can get type 1 diabetes when something around you, like a virus, tells your immune system to go after your pancreas. Most people with type 1 diabetes have signs of this attack, called autoantibodies. They're there in almost everyone who has the condition when their blood sugar is high.

Type 1 diabetes can happen along with other autoimmune diseases, like Graves' disease.

#### Type 1 Diabetes Risk Factors

Only about 5% of people with diabetes have type 1. It affects males and females equally. You're at higher risk of getting it if you:

- Are younger than 20.
- Are white
- Have a parent or sibling with type 1 Diabetes. (it usually skips a generation before developing again)

#### Type 1 Diabetes Diagnosis

If your doctor thinks you have type 1 diabetes, they'll check your blood sugar levels. They may test your urine for glucose or chemicals your body makes when you don't have enough insulin.

*(Continued on page 4)*

(Continued from page 3)

## Type 1 Diabetes Treatment

People who have type 1 diabetes can live long, healthy lives. You'll need to keep a close eye on your blood sugar levels. Your doctor will give you a range that the numbers should stay within. Adjust your insulin, food, and activities as necessary.

Everyone with type 1 diabetes needs to use insulin shots to control their blood sugar.

When your doctor talks about insulin, they'll mention three main things:

- "Onset" is how long it takes to reach your bloodstream and begin lowering your blood sugar.
- "Peak time" is when insulin is doing the most work in terms of lowering your blood sugar.
- "Duration" is how long it keeps working after onset.

## Several types of insulin are available.

- **Rapid-acting** starts to work in about 15 minutes. It peaks about 1 hour after you take it and continues to work for 2 to 4 hours.
- **Regular or short acting** gets to work in about 30 minutes. It peaks between 2 and 3 hours and keeps working for 3 to 6 hours.
- **Intermediate acting** won't get into your bloodstream for 2 to 4 hours after your shot. It peaks from 4 to 12 hours and works for 12 to 18 hours.
- **Long-acting** takes several hours to get into your system and lasts about 24 hours.

Your doctor may start you out with two injections a day of two types of insulin. Later, you might need more shots. Most insulin comes in a small glass bottle called a vial. You draw it out with a syringe that has a needle on the end and give yourself the shot. Some kinds come in a prefilled pen. Another kind is inhaled. You can also get it from a pump, a device you wear that sends it into your body through a small tube. Your doctor will help you pick the type and the delivery method that's best for you.

## Lifestyle Changes

Exercise is an important part of treating type 1. But it isn't as simple as going for a run. Exercise affects your blood sugar levels. So, you must balance your insulin dose and the food you eat with any activity, even simple tasks around the house or yard.

Knowledge is power. Check your blood sugar before, during, and after an activity to find out how it affects you. Some things will make your levels go up; others won't. You can lower your insulin or have a snack with carbs to keep it from dropping too low.

If your blood sugar is high -- above 240 mg/dL -- test for ketones, the acids that can result from high sugar levels. If they're OK, you should be good to go. If they're high, skip the workout.

You'll also need to understand how food affects your blood sugar. Once you know the roles that carbs, fats, and protein play, you can build a healthy eating plan that helps keep your levels where

they should be. A diabetes educator or registered dietitian can help you get started.

## Type 1 Diabetes Complications

Type 1 diabetes can lead to other problems, especially if it isn't well-controlled. Complications include:

- **Cardiovascular disease.** Diabetes can put you at higher risk of blood clots, as well as high blood pressure and cholesterol. These can lead to chest pain, heart attack, stroke, or heart failure.
- **Skin problems.** People with diabetes are more likely to get bacterial or fungal infections. Diabetes can also cause blisters or rashes.
- **Gum disease.** A lack of saliva, too much plaque, and poor blood flow can cause mouth problems.
- **Pregnancy problems.** Women with type 1 diabetes have a higher risk of early delivery, birth defects, stillbirth, and preeclampsia.
- **Retinopathy.** This eye problem happens in about 80% of adults who have had type 1 diabetes for more than 15 years. It's rare before puberty, no matter how long you've had the disease. To prevent it -- and keep your eyesight -- keep good control of blood sugar, blood pressure, cholesterol, and triglycerides.
- **Kidney damage.** About 20% to 30% of people with type 1 diabetes get a condition called nephropathy. The chances go up over time. It's most likely to show up 15 to 25 years after the onset of diabetes. It can lead to other serious problems like kidney failure and heart disease.
- **Poor blood flow and nerve damage.** Damaged nerves and hardened arteries lead to a loss of feeling in and a lack of blood supply to your feet. This raises your chances of injury and makes it harder for open sores and wounds to heal. When that happens, you could lose a limb. Nerve damage can also cause digestive problems like nausea, vomiting, and diarrhea.

## You can take steps to keep from getting complications.

- Do your best to keep your blood sugar under control.
- Monitor your blood pressure and cholesterol.
- Eat well and exercise.
- If you smoke, quit.
- Take care of your feet and teeth.
- Have regular medical, dental, and vision exams.

Next Month we will learn all about Diabetes type 2.

Blessings,  
Your Health and Wellness Ministry

**A Route — OCTOBER**

6 - Sharon Keeler & Gail Donaldson  
 13 - Paul & Beverly Shunta  
 20 - Sharon Keeler & Gail Donaldson  
 27 - Donna Sperow and Belita Duncan

**B Route — OCTOBER**

6 - Paul Kelley  
 13 - Paul Kelley  
 20 - Paul Kelley  
 27 - Kathy and Doug Gibney

**Substitutes**

Mary Anne Menghi	302-234-1544
Newark Senior Center	302-737-5747
Paul & Beverly Shunta	302-239-7765
Adele Madden	302-540-2313
Mary Minker (coordinator)	302-593-2982



Ebenezer has been a proud supporter of this shoebox ministry for many years! A few small items tucked into a shoebox can bring smiles and the Love of Jesus to children all over the world.

Please consider filling a shoebox this year. **Boxes are available in Narthex**, or you can use a shoe box from home. Put small toys and items in the box, NO liquids, war toys, toothpaste, candy, food, breakable items, or used items.

You can go to <https://www.samaritanspurse.org/operation-christmas-child/buildonline/> (or search for Operation Christmas Child build online) to donate a box in under 5 minutes.

As we are getting a late start this year, we have two options: Create your shoebox on-line or get your box together quickly and bring it to the church where Diane Clark will gather them together and take them to St. Mark's UMC so that they can be shipped with their order. I will have a close date available soon.

Please contact the church office with any questions.



Our next week of service is November 12-18. Currently, Cottage 1 has four families with six adults and twelve children between 3 and 18 years old.

We'll need to supply dinner and serve for three or four evenings.

Please consider how you can help with this mission! Spend an hour or two of one evening sharing food and fellowship with the families. Provide an entrée, sides or dessert. Team up with a friend or group to prepare an entire meal. Make it a family event – young people are welcome.

It's easy to volunteer. Just contact me – or the church office. I can answer your questions and we'll plan according to your schedule.

Proverbs 22:9

Whoever has a bountiful eye will be blessed, for he shares his bread with the poor.

Kathleen Zinn



Stockings for soldiers is open each Monday thru Thursday 6:30 -8:30 at Brandywine Town Center near Bobs furniture. This is the twentieth year that they have been in operation. Stocking boxes will be mailed out December 1st. All donations must be delivered to their location by November 16th.

We need your donations soon. Please help this project. Some suggestions are small cans of food such as tuna, fruit, apple sauce. Ramen noodles, candy, razors, and any small containers. The box is in the narthex. The church's donations are low this year. Donations of money are also appreciated. Please come any night to help. We go as a group at least once each year. Thanks for your help.

Questions. Please call Ann Varey at 302-234-2012.





- |   |  |
|---|--|
| 2 Fred Dawson<br>Victoria Mullin<br>Kevin Murphy          | 22 Dick Graper<br>Don Harlan<br>Calvin Keeler<br>Brooksie Pruden |
| 3 Thomas Hanus<br>Charles Sylvester                       | 23 Sharon Bey  |
| 4 Cindy Demsey  | 24 Ben Reedy   |
| 5 Jennifer Hendrickson<br>Dimitri Latzko<br>Abby McDowell | 25 LaShay Davis<br>Melissa Wood                                  |
| 6 Laura DeDeus, Jr.<br>Janet Kelley                       | 27 Don Connelly  |
| 8 Lori Brown  | 28 Brian Ashby   |
| 9 Gregg Schmidt<br>Tayden Wells<br>Heather Wolfe          | 29 Joanne Dobies<br>Ruth McClean<br>Bailey Parker                |

**Social Hour**

We are **grateful, thanking and blessed** by any donations to help in the cost of providing coffee and beverages for Social Hour. Feel free to drop in some spare change!

**December**

- |   |   |
|---|---|
| 10 Mary Bowers  | 1 Betty Ann Ainsworth                               |
| 11 James Damewood<br>Virginia Sylvester                       | Barbara Beasley<br>Elizabeth Peoples                |
| 13 Marvin Johnson<br>Jeff Rigg                                | 4 Beverly Culver                                    |
| 15 Gabriela Brendza   | Florence Gregg                                      |
| 16 Caitlyn Wood   | Marissa Hohman                                      |
| 17 Kenda DiOrio<br>Stacy Gates<br>Aaron Koontz<br>Helen Lynch | Johnathon Momot<br>Jerome Stewart<br>Jennifer Wilde |
| 18 Silas Apostolico-Martin                                    | 5 Aaron Bey   |
| 19 Sofia Lee<br>Michael Wilde<br>Laurel Wirtz                 |   |

**My Journey**

I am born  
 energy and materials borrowed  
 My arena sustaining  
 work play and family  
 A brief time circle  
 the continuum in awe  
 My surroundings abiding  
 embracing the dance  
 I will return what is borrowed  
 my spirit soaring  
 With hope of little lost  
 and dreams of a little gained  
 Questions unanswered  
 but a warmth and a glow  
 Stars as my witness , harmony  
 ....A quest thus invited

Fred Dawson



**November**

- 3 Thomas & Sammie Manchester (11 Years)
- 29 Suellen & Gary Ward (51 Years)

**December**

- 10 Michael & Jennifer Wilde (18 Years)
- 31 Lamar & Sandra Smith (18 Years)

# Announcements

## Connie's Rolls EUMW Fund Raiser

It's time for Connie's famous rolls for Thanksgiving! If interested in purchasing rolls, please place your order by **November 12, 2023**.

**Call Connie: 302-737-4411  
or Carol 302-731-9495.**

**There will be samples available at Social Hour on November 5<sup>th</sup> if you haven't try them before.**

No late orders will be accepted. Pick up will be on November 19, 2023.

The cost for a dozen is still \$8.00. Please pay by check (made out to EUMW) or have exact change when picking up.

If you are interested in helping, contact Connie directly at 302-737-4411



## Cold Storage Pecans Have Arrived

Pecans will also be available in the church office. The prices are \$13.00 for a pound of mammoth halves and \$12.00 for a pound of medium pieces. Payment by check or correct cash amount would be appreciated. Thank you for supporting the United Methodist Women.

Contact: Brooksie Pruden  
[brooksiepru@gmail.com](mailto:brooksiepru@gmail.com) | 302-239-3191



## Salvation Army Bell Ringing at Zingos

It is that time of year again where Ebenezer and friends will have the opportunity to ring the Salvation Army Bell at Zingo's.

Our dates will be the Saturdays of November 25th, then December 2<sup>nd</sup>, 9th, 16<sup>th</sup> and 23<sup>rd</sup> with one-hour slots from 8 a.m. to 8 p.m.

Sign-up sheets are available in Narthex. It is a great way to help others and let your light shine by volunteering. Any questions please contact Donna Dennis at 302-525-1883.



## Homemade Soup Sale

The United Methodist Women will be selling homemade **Chicken**

**Noodle Soup** in November!

Orders are due by **11/5**  
Pick up will be 11/12 in the CLC  
Sign up sheet in the Narthex.

## Zingo's Feathers for Free Turkeys

We are collecting Zingo feathers for free turkeys. The turkeys are used by our Youth Group for Thanksgiving and Christmas baskets for the needy. We have an envelope for your feathers by the door of Room 204.



## Need a ride?

If you need transportation to doctor appointments, the drug store, etc., call one of the REMMs (retired Ebenezer members and mates) who have volunteered to drive:

Ron Case 302-737-8567  
Rick Guretsky 302-239-4911,  
Paul Kelley 302-737-2669  
Elaine Williams 302-737-1882



Driving Ministry



## Thank You!

Let's all please thank Rick Guretsky for replanting all the bulbs that he dug up before the new sidewalk project began. Hopefully we will have pretty flowers this spring!



# Christmas Poinsettias



*In Memory  
Or  
In Honor*

We have a wonderful tradition at Ebenezer of celebrating the season of Jesus’s birth by having poinsettias to decorate the chancel area in the sanctuary and the narthex. The poinsettias are donated by church members and friends and can be given in memory of or in honor of loved ones.

**In lieu of donating a poinsettia**, you may make a gift that will Family Promise in memory of or in honor of loved ones.

**The deadline to order is Wednesday, November 22.** The cost of each poinsettia is \$10.00. Please pre-pay your order by making checks to Ebenezer UMC, indicating in the memo line whether it is for poinsettias or a donation to Family Promise. Place your completed form with payment in the basket on the table in the narthex or send it to the church office.

I want to order \_\_\_\_\_ (indicate number) poinsettias.

Red \_\_\_\_ White \_\_\_\_ Pink \_\_\_\_

I want to donate \_\_\_\_\_ (indicate \$ donation) to support Family Promise.

**Check** enclosed \_\_\_\_\_ **Cash** enclosed \_\_\_\_\_

*[Please print **Please complete...we do not keep information from previous year**]*

**IN MEMORY OF:**

---

**IN HONOR OF:**

---

**GIVEN BY:** [envelope number \_\_\_\_\_] \_\_\_\_\_

\_\_\_\_\_ I would like my poinsettia delivered to a home bound member after 10:00 a.m. service on Sunday, Dec. 19.

\_\_\_\_\_ I will pick up my poinsettia on December 24 after the 7:00 pm service.

\_\_\_\_\_ I am willing to leave my poinsettia in the sanctuary through December 30.



# Heartfelt Greetings

Help us keep those who may experience a sense of social isolation stay in contact with their loved ones this Holiday Season! Heartfelt Greetings is collecting

new/unused boxed sets of Holiday and Blank Greeting Cards to distribute to our elderly (65+ y/o) or disabled neighbors across Delaware. Many of them

don't have family/friends living in our area. Participants can either send cards to their loved ones, or anonymously to patients at local Veterans hospitals. Most of us probably already have cards we intended to send last year but didn't.



**The Never Alone Project:** Social isolation and loneliness have gradually become contributing factors to increased illness among elderly, disabled, and chronically ill persons. We promote resilience by establishing new, and

supporting existing relationships with clients, caregivers, and families.

## How Can You Help?

- ❖ Submit names of persons to receive boxed cards and participate in The Never Alone Project
- ❖ Donate or coordinate the collection of boxed cards (12-20 cards/box) from your house of worship, organization, or community
- ❖ Donate funds toward gifts of postage stamps
- ❖ Volunteer to assist with collecting bulk donations or distribute cards to participants



The Deadline for all donations is Monday, November 20, 2023 For More

## Information:

Brian K. Sanders, New Castle Co. – (302) 225-1040, [b.sanders@deccf.org](mailto:b.sanders@deccf.org)

Naa Sackley Huffman, New Castle Co. – (302) 898-4983, [n.sackleyhuffman@deccf.org](mailto:n.sackleyhuffman@deccf.org)

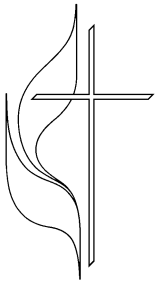
Deborah Killen, Kent and Sussex Co's. – (302) 650-8984, [d.killen@deccf.org](mailto:d.killen@deccf.org)

Gail LaGasse, Smyrna/Clayton/Middletown/Odessa/Townsend DE (302) 650-8868, [g.lagasse@deccf.org](mailto:g.lagasse@deccf.org)

[www.deccf.org](http://www.deccf.org) | Thank you for making this a Caring and Sharing Holiday Season!

# November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 10:00am AA  10:00am Chancel Choir  6:30pm Good Chimes  7:00pm 2 x 4 Class	<b>2</b> 9:30am BSFT  6:30pm AI-Anon  7:00pm BSA50  7:00pm NA	<b>3</b> 10:00am AA	<b>4</b> <b>1:00pm Charge Conference</b>  6:30pm NA  7:00pm Na - Bonfire
<b>5 23rd Sunday after Pentecost / All Saints</b>  9:00am Sunday School  10:00am Worship  11:00am Social Hour  1:00pm Youth Group  5:30pm BSA50	<b>6</b> 10:00am AA  11:30am Social Seniors  7:00pm 2 X 4 Class  7:00pm NA	<b>7</b> 9:30am Bible Study  12:00pm AA  <b>12:30pm UMW Board</b>  <b>6:30pm Volleyball</b>	<b>8</b> 10:00am AA  10:00am Chancel Choir  <b>10:30am Naomi Circle/S&amp;S</b>  <b>4:00pm Project Linus</b>  6:30pm Good Chimes  7:00pm 2 x 4 Class  <b>7:00pm Finance Commit.</b>	<b>9</b> 9:30am BSFT  6:30pm AL Anon  7:00pm BSA50  7:00pm NA  7:00pm Cub Scouts	<b>10</b> 10:00am AA  7:00pm 2 x 4 Dance	<b>11</b> <b>9:00am PEO</b>  6:30pm NA
<b>12 24th Sunday after Pentecost</b>  9:00am Sunday School  10:00am Worship  11:00am Social Hour  1:00pm Cub Scouts	<b>13</b> 10:00am AA  7:00pm 2 x 4 Class  7:00pm NA  7:00pm Eagle Scout Boards	<b>14</b> 9:30am Bible Study  <b>11:00am Stephen Ministry</b>  12:00pm AA  <b>6:30pm Priscilla Circle</b>  <b>7:00pm Trustees</b>	<b>15</b> 10:00am AA  10:00am Chancel Choir  6:30pm Good Chimes  7:00pm 2 x 4 Class	<b>16</b> 9:30am BSFT  6:30pm AI Anon  7:00pm BSA50  7:00pm NA	<b>17</b> 10:00am AA	<b>18</b> 6:30pm NA
<b>19 25th Sunday after Pentecost</b>  9:00am Sunday School  10:00am Worship  11:00 Social Hour  1:00pm Youth Group	<b>20</b> 10:00am AA  7:00pm 2 x 4 Class  7:00pm NA	<b>21</b> 9:30am Bible Study  12:00pm AA  1:00pm Private Event  6:30pm Volleyball	<b>22</b> <b>10:00 Hope Dining Room</b>  10:00am AA  10:00am Chancel Choir  6:30pm Good Chimes  7:00pm 2 x 4 Class	<b>23</b> 9:00am BSFT  6:30pm AI Anon  7:00pm BSA50  7:00pm NA	<b>24</b> 10:00am AA  7:00pm 2 x 4 Dance	<b>25</b> 6:30pm NA
<b>26 Chris is King Sunday</b>  9:00 Sunday School  10:00am Worship  11:00am Social Hour	<b>27</b> 10:00am AA  7:00pm 2 x 4 Class  7:00pm NA	<b>28</b> <b>9:30am Advent Study</b>  12:00pm AA  6:30pm Volleyball	<b>29</b> 10:00am AA  10:00am Chancel Choir  6:30pm Good Chimes  7:00pm 2 x 4 Class	<b>30</b> 9:00am BSFT  6:30pm AI Anon  7:00pm BSA50  7:00pm NA		



**EBENEZER UNITED METHODIST CHURCH**  
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