The Highlighter



Ebenezer United Methodist Church, Newark, Delaware

2024

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

A WORD

Greetings, Sisters & Brothers in Christ,

When you receive this issue of The Highlighter, I will have had the surgery for the carcinoma in my right breast on Tuesday, February 27 through the Helen Graham Center. I will not have received the pathology results on the carcinoma, nor what additional treatment might be needed. I do mean want you to know that Rick and I have deep gratitude for all the prayers, notes, offers of help, and hugs we continue to receive. We are blessed to be traveling this journey with your Thes care and support.

God's message of love and grace to us through the words of the Bible should be a part of our everyday living. When we read the Scriptures, we find words of challenge, peace, presence, comfort, and promise. The Scriptures I find myself returning too during the days when feelings of uncertainty and fear begin to well up in me are words that remind me of God's abiding presence and love. Psalm 23, Psalm 121, Psalm 139, Jeremiah 29:11-12, Philippians 4:6-7 (my life verse) are some of the words I return to time after time after time. "The Upper Room," and Jesus Calling, and Always Jesus, authored by Sarah Young are devotional readings through which I am reminded of God's presence even when my feelings may betray me.

Our journey through Lent began on Ash Wednesday, February 14. In this season of formation and preparation, we approach the forty days of Lent from a variety of different perspectives and points along the Christian faith

journey. It does not matter how long we have been walking in the steps of Jesus, even the most mature Christian hears the call to return to God with all their hearts. We enter this season that

is characterized by prayer, self-examination, fasting, and almsgiving. These works of discipline for hundreds of years served as a means by which new converts prepared for baptism, which historically took place during the Easter Vigil.

These Lenten disciplines are not unusual or special in and of themselves. They are spiritual practices that can and should be part of our daily walk as a disciple of Jesus, but the intentional practice of them during the season of Lent can bring a heightened awareness of God's call on our lives to be transformed into the likeness of Jesus, a deepening of our personal relationship with Jesus. In our Wesleyan tradition, it is the work of God through sanctifying grace, our "going on to perfection." I find these words from 20th century mystic Evelyn Underhill helpful in recognizing the wisdom of observing spiritual practices during Lent: "Lent is a good moment for a spiritual stocktaking; a pause, a retreat from life's busy surface to its solemn depths. There are few who cannot benefit by a bit-by-bit examination of the resources that each baptized Christian has, a discernment of those things which must be treasured and kept in good order as opposed to the spiritual odds and ends which we have accumulated for ourselves."

Our worship series for Lent, "What Are Your Up To?" is aligned with the ancient practice of Lent as a time of preparation for baptism. We

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are seeing in the Scripture readings (all taken from the Revised Common Lectionary) the things that Jesus is "up to" as he and how we may be asked to consider what Jesus invites us to be "up to" in his name. The creators of the worship series at Worship Design Studio chose a hot air balloon as the overarching image for the series. In order for a hot air balloon to be used. the air inside the balloon has to be warmer than the surrounding air so that it can rise above the ground. When you view the ground below from a hot air balloon, it can give a new perspective to the landscape. Isn't that how our lives as disciples of Jesus should be lived? Through our trust in Jesus as our Savior our lives are filled with the warmth of the presence of the Holy Spirit. We are able to see life from a new perspective of faith and we strive to be "up to" living in God's love and sharing that selfless, sacrificial love with others.

May the peace of Christ which passes our understanding abide with you always.

Pastor Mary



CAMP PECOMETH CAMPERSHIPS

Now is the time when many families are exploring programs and opportunities for summer camp experiences. Our Conference camp, Camp Pecometh, has offered fun and life-changing experiences for children since 1946. The vision statement of Pecometh is "to make disciples of Jesus Christ for the transformation of the world through Christ-centered peace and play in our unique Eastern Shore setting." Visit the website for Pecometh, pecometh.org, to learn more about the wide variety of camping experiences they offer.

Our church each year offers a campership for every child toward the cost of the camp program for which they register at Pecometh. This year the campership will be \$250.00. When you register your child for a camp program at Pecometh, contact Pastor Mary Browne with your child's name, camp program name, program number, and the dates the program will be held. The church will send payment to the Camp for the last \$250.00 of the program fee or reimburse you if you make full payment at the time of registration. Please contact Pastor Mary with any questions you may have.

SPECIAL SERVICES

Holy Week Services

March 24	Palm/Passion Sunday	10:00am
March 28	Holy Thursday	7:00pm
March 29	Good Friday	7:00pm
	Tenebrae Service	
March 31	Easter	
	Sunrise Service	7:00am
	(light breakfast CLC)	
	Easter Worship	10:00am



EBENEZER SUPPORTS UMC GLOBAL MISSIONS "WINGS OF CARING" ADVANCE MISSION PROJECT!

WHY DOES EUMC SUPPORT THIS PARTICULAR MISSION?

Democratic Republic of Congo, 3 times the size of Texas, has less than 1000 miles of paved road so transportation is a very serious problem. Transportation for church leadership, medical teams, college professors, and medical emergencies is only possible through the mission plane in a timely manner. Medical centers that can handle medical emergencies are not available within walk making the aviation program a necessity and life-saving. This mission was brought to EUMC's attention in 2010 by one our members because the pilot missionary and his wife were visiting the U.S. near us. They came to EUMC to share their story!

How Does Caring Wings Address the Need?

Wings of Caring seeks to provide timely response to emergencies and to ongoing transportation needs for the church, medical and educational staff so they can respond to the needs in the community and reflect our Lord's care and compassion for all.

WHAT IS THE PRIMARY GOAL OF CARING WINGS?

To provide transportation for the Bishop and other church leaders to places where they cannot easily reach; to transport sick people to hospitals where they can receive medical attention; to facilitate the transportation of seminary and college professors to the UMC institutions of higher education; to transport mail from one mission station to another. These are all urgent to help address education, evangelism, and medical priorities until such time that an infrastructure has significantly improved. Even with improvement, remote areas will still need aviation assistance especially responding to medical emergencies.

What CHANGE will can happen from Caring wings' ministry?

Every community is impacted by the leadership that is provided transportation by Wings of Caring. Teachers, pastors, Bishops, medical staff, and persons who are ill all impact their communities through their teaching, preaching, Evangelism, medical care, and acts of mercy and compassion. Lives are saved through medical transport.

If you have a question, you can contact the pilot missionary at this email or ask EUMC Mission chair! SEND JACQUES AN UPLIFTING EMAIL!

Global Ministries WINGS OF CARING PILOT MISSIONARY: Jacques Umembudi ujacques 1@yahoo.com

By Linda Heller, Chair, EUMC Mission Team

Come one, Come all to Mission Team's "To Go Bag" Packing Party for the Homeless!!

Everyone and YOU are welcome to join us on Sunday, March 17th after the 10am church service (during coffee hour) to help us assemble and pack up all the "To Go Bag" items we have collected in the FRIENDSHIP HOUSE "To Go" Bag Collection Box in the Narthex!! Youth are especially invited to join us if Mom and Dad want to hang out in the CLC! We expect it will not take us more than a half hour or so to assemble the items and put them in zip lock bags. So folks, keep bringing in the To Go Bag items! The picture of a To Go Bag and list of items you can pick up in the market, are on the table to the left of the Narthex!! We will provide refreshments and music to add to the fun! Come and Be Blessed!

Ready to eat meal for the homeless and hungry!

Go Bags provide a complete meal that our homeless and hungry friends can easily carry with them. The contents are easily obtained at any grocery store.

In a clear 1-gallon Zip Lock bag:

- 1 Chef Boyardee ready to eat microwavable meal
- 1 Snack cracker
- 1 granola type bar
- 1 fruit cup (any variety) or applesauce
- 1 juice box or juice pouch with straw
- 1 spoon and or fork with napkin



Greetings from your Health and Wellness Ministry

Medical Tests for Your 60s and Up

You deserve to feel good. Just because you are older than 60, don't think you can't be independent, vital, and healthy.

But do you know what to do to stay healthy? The United States Preventive Services Task Force and other specialty groups have put together the following recommendations to help keep seniors healthy, happy, and safe. These are simple medical tests that can be done or ordered when you visit your Primary Care Physician. Your doctor may recommend other tests based on your personal health profile.

- Blood pressure. You could be one of millions of Americans who have high blood pressure and don't know it. Get your blood pressure checked by a health care provider every year, even if your blood pressure is normal. You may need screening more often if your pressure is higher than normal or if you have other risk factors. Your heart, not to mention your arteries, brain, eyes, and kidneys, will thank you later. Remember to come to the work room the first Sunday of every month. H&W will take your blood pressure and we keep a record of your pressures so you can take it to your doctor if necessary.
- Stepping on the scales. Welcome to the weight gain triple whammy: Muscle is replaced by fat as we get older. Then, that fat goes to your waist! Also, you don't burn calories as well as before because your body's metabolism is slowing down. Take heed of any weight gain; you could be robbing yourself of good health.
- Colorectal cancer screening. The task force recommends screening in adults beginning at age 45 and continuing until age 75. You may need to be screened earlier and more frequently if you have risk factors. Talk to your doctor to see what's best for you. The risks and benefits of these screening methods vary:
- Fecal occult blood testing (each year)
- Sigmoidoscopy (every 5 years) paired with fecal occult blood testing (every 3 years)
- Colonoscopy (every 10 years)
- **Prostate cancer screening.** The task force says there is moderate certainty that the benefits of screening for prostate cancer -- measuring a man's prostate-specific

antigen (PSA) level -- do not outweigh the harms in men ages 70 and older. It recommends talking with your doctor about the pros and cons of screening if you are ages 55 to 69.

- For women, a breast exam and mammogram. Know this: Breast cancer risk increases with age. So, it's especially important for you to get that mammogram. A mammogram is recommended every 1 to 2 years starting at age 40 or 50. Not all breast cancer experts agree. Talk to your doctor about when you should begin regular mammograms and how often you should have them.
- For women, a pelvic exam, Pap smear and HPV test. You may think it's crazy, but many women over 60 still need to get regular pelvic exams, Pap smears, or human papillomavirus (HPV) tests. Older women can get cervical cancer or vaginal cancer. And the pelvic exam can detect a host of other conditions that may affect your health and quality of life (think incontinence!). Pap smears are recommended for women every 3 years, an HPV test every 5 years, or both, up to age 65. If a woman is older than 65 and has had several negative Pap smears in a row or has had a total hysterectomy for a noncancerous condition like fibroids, your doctor may tell you that a Pap test is no longer needed.
- Protecting your eyes. Eye diseases, such as macular degeneration, cataracts, and glaucoma, are common with age. Screening can preserve and maximize your vision. Ask your eye doctor how often you need to have your eyes checked.
- **Hearing test.** At least 25% of people aged 65 to 74 have disabling hearing loss, most of which is treatable. That number increases to 50% with age. Get a hearing test if you are having any trouble hearing.
- **Protect your bones.** Osteoporosis is no joke. If you have it and you get a fracture -- especially of the hip you've significantly increased your risk of permanent disability or death. Get serious and ask your doctor to refer you for a bone density test. Women should have a bone density test at age 65. If a woman is at a higher risk, a screening test may need to be done at an earlier age. Talk to your doctor.
- Cholesterol screening. High cholesterol levels are a major reason why people have heart attacks and strokes. The good news, though, is that high

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cholesterol levels can be treated by diet and medications. That is why measuring your levels of total cholesterol -- HDL "good" cholesterol and LDL "bad" cholesterol -- is important to do regularly. Consider an advanced lipid test, which gives even more information on cardiovascular risk. Medicare will usually cover these blood tests.

- Vaccinations. People older than 65 should get a pneumococcal vaccine to protect against pneumonia. The CDC recommends the shingles vaccine for those over age 50 as well. Also, almost all adults should get an annual flu shot. A one-time diphtheria tetanus booster that also has pertussis vaccine (whooping cough) in it is recommended, followed by a diphtheria/tetanus booster every 10 years.
- Aneurysm. The U.S. Preventive Services Task Force recommends one-time screening for abdominal aortic aneurysm (AAA) by ultrasound in men ages 65 to 75 who have ever smoked. Screening can be offered to women who have a strong family history of AAA repair or death due to AAA rupture.

Blessings,

Your Health and Wellness Ministry



Finance Committee Report

The Finance Committee is working hard to have a balanced budget for 2024. As of the end of January 2024, we have a deficit of

\$8,662. Capital giving shows an excess of \$22.00.

There are still many offering envelope boxes in the workroom. Please pick yours up. Ebenezer needs your contributions to continue our many programs and services. 2024 marks two hundred years of service to our community.

Thank you for supporting our church for 2024. the hill, Ebenezer.

Ann Varey Finance chairperson



June 17-21, 2024 9:00 am-12:00 noon

Plan to be a part of this joint ministry with Church of the Resurrection sharing God's love and care through Bible stories, crafts, music, and more.



ROCK YOUR SOCKS DAY

Wednesday, March 21 Supports Down Syndrome Association of DE

For a \$3.00 donation, you can purchase a pair of premismatched socks to wear in support of World Down Syndrome Day, (www.dsadelaware.org).

Choose a pair of socks from the box on the table in the Narthex and leave your \$3.00 donation in the basket. On March 21 wear your socks to show your awareness and support of the rights, inclusion, and well-being of people with Down Syndrome.

Snap a picture of your feet in your RYS socks and post it our Ebenezer Facebook page (Ebenezer UMC Newark) or send picture to Pastor Mary (eumc_pastor@verizon.net) to post to our FB page.



200th Anniversary

The date for the 200th year Ebenezer United Methodist Church Celebration has been set for Sunday October 27th. There will be a church service that day and a luncheon afterwards. More details of those events will be coming out later.

We have met as a committee three times so far to plan the celebration of this event. The next meeting of The 200th Anniversary Committee is scheduled for Sunday March 10th, 2024 after the church service and social hour.

We have had one successful fundraiser so far at Friendly's and we have another one scheduled for Saturday March 23rd which is an indoor yard sale in the CLC. If you have items you would like to donate to this yard sale we ask that you get them to the church by March 15th so they can be organized and marked for sale.

We are still looking for anyone that is interested in helping in any way, you can contact Carol Coney in the church office, Helen and Michael Lynch or Pastor Mary. We basically have eight months to get this done and we still would like to incorporate as much history of this church as possible. So we will be asking those that know the history for their help and knowledge of this church.

We hope to have a budget soon so we will have a goal for our fundraising. This should be a perfect time to reach out to the community around us and let them know who and what we are. We will be letting everyone know what the progress is on planning this celebration when we know it. what the progress is on planning this celebration.

Helen Lynch and Michael Lynch Co-chairmen 200th Anniversary Celebration Committee

Trustee Report

As Trustees we have several issues we are trying to address the first and the largest one is looking into solar panels to generate electricity for the church.

One of our largest expenses is the electricity it takes to light, heat and cool the church. So we are looking into the opportunity to reduce those costs by installing solar panels.

We seem to be having trouble with door locks this year, the entry door to the narthex and the side door that opens to the cemetery are having issues. The narthex door is waiting on parts to be fixed and the cemetery door is still being investigated to see why it will not stay closed.

The lighting in the sanctuary is being looked into to be fixed.

Michael Lynch, Chairman Trustees



Stewardship Report

The commitment numbers so far are doing better than last year. Anyone that has not filled out a commitment card, it is never to late, you can still do so and put it in the offering plate, hand it to an usher, myself, or put in the stewardship mail slot. Even now I still get an occasional commitment card.

Once again I thank everyone for their generosity in making their commitments.

Michael Lynch Chairman Stewardship



Chicken & Dumpling Dinner

Sponsored by the Ebenezer UMW to support local and global missions.

When: Saturday, March 16, 2024

5:00 pm Takeouts 5:30 pm Eat In

Cost: \$12 for 12 yr. olds to Adults

\$4 for 4-12 yr. olds; 3 and under free

Where: CLC at Ebenezer

United Methodist Church 525 Polly Drummond Hill Rd

Newark DE 19711 302.731.9495

Please reserve your meal so we have an accurate count.

Sign up form: in the church Narthex or by calling:

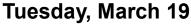
Church Office (731-9495) or Diane Clark (239-6835)

Orders due by 3/10/24



Sunday, March 10

At 2 am Sunday, March 10, you will need to set your clocks forward one hour to 3 a.m., meaning we will "spring forward" and lose an hour of sleep.









A Route — March

- 4 Sharon Keeler & Gail Donaldson
- 11 Paul & Beverly Shunta
- 18 Sharon Keeler & Gail Donaldson
- 25 Donna Sperow and Belita Duncan

B Route — March

- 4 Paul Kelley
- 11 Paul Kelley
- 18 Paul Kelley
- 25 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
 302-593-2982

 (Coordinators)



Need a ride?

Driving Ministry If you need transportation to doctor

appointments, the drug store, etc., please contact the church office at 302-731-9495 Ext 10.



We would like to thank everyone for the letters, kindness and support shown to Peg and us, not just the last few weeks of her life but through the many years of her Ebenezer journey. Every one of you have touched my mother in a positive way. Peg felt truly blessed to be part of such a caring fellowship. She was very thankful

for and absolutely loved her church family. Ebenezer was such a big part of her life and she really enjoyed attending church hosted events and dinners. All the prayers and acts of kindness were truly felt and will be forever cherished.

Thank you all,

Brian Dempsey and Family



Thanks to UMW for the nice Christmas gifts dropped off.

A special thank you also to Calvin

Keeler for his visitation and calls each week.

It's comforting knowing that Ebenezer doesn't forget shut-ins.

Thank you all,

Hellen Woods

SPECIAL THANK YOU

My sincere thanks to everyone for being there for me during Hack's illness and death. To Pastor Mary and Calvin for their many phone calls and visits to both of us. Thanks to them for conducting Hack's funeral. Thank you to the members of the United Methodist women for preparing and serving a lovely luncheon . Thank you to all who sent cards, called me, and attended the funeral service. I am so fortunate to be a member of such a kind

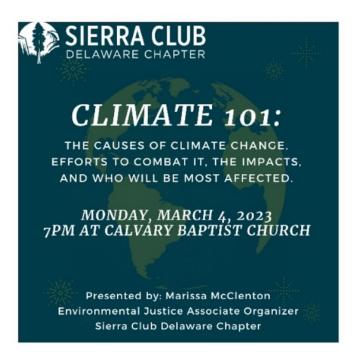
and wonderful church family. So many thank you"s. I almost forgot the altar flowers that Calvin delivered two days after Hack passed.

Blessings to all of you.

Ann Varey



Newark Interfaith Green Team presents:





The Highlighter

is a monthly publication of Ebenezer United Methodist Church 525 Polly Drummond Hill Rd. Newark, Delaware 19711

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Newsletter deadline: The 15th of each month

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Easter Flowers Order Form

On Easter Sunday, an array of Easter flowers will adorn the chancel area, proclaiming through their beauty the glorious news that Christ is risen indeed! If you would

like to purchase one or more flowers to be part of the display, please complete the order form below. In lieu of flowers, you may remember or honor your loved ones through a gift of equal amount to Family Promise to support their work with homeless and at-risk persons and families.

<u>The absolute deadline to order is Sunday, March 23rd (no late orders can be accepted)</u>. The cost of each plant is \$12.00. Please prepay your order by making checks to Ebenezer UMC, indicating in the memo line either Flowers and/or the homeless.

I want to order #	Lilies (white).		
I want to order #	Hyacinths (asso	rted colors).	
I want to order #	Tulips (assorted	colors).	
I want to donate \$	_ to Family Promi	se.	
Check enclosed Cash	enclosed	Envelope Number	
PLEASE <u>PRINT</u> DEDICATION	ON(S) FOR THIS	S YEAR.	
IN MEMORY OF:			
IN HONOR OF:			
GIVEN BY:			

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>]</i> 10:00am AA	2 10:00am 2 x 4 Meeting 6:30pm NA
3 3rd Sunday in Lent 9:00am Sunday School 10:00am Worship 11:00am Social Hour 3:00pm Youth Group 5:00pm BSA50	4 10:00am AA 11:30am Social Seniors 7:00pm 2x4 Class 7:00pm NA	5 9:45am Bible Study 12:00pm AA 12:30pm UMW Board	6 10:00am AA 10:00am Chancel Choir 6:15pm Good Chimes 7:00pm 2x4 Class	7 9:30am Bible Study for Today 11:45am Health & Wellness 6:30pm Al-Anon 7:00pm BSA50 7:00pm NA	8 10:00am AA 7:00pm 2 x 4 Dance	9 10:00am De. Valley Sampler Guild 6:30pm NA
10 4th Sunday in Lent 9:00am Sunday School 10:00am Worship 11:00am Social Hour 12:00pm Cub Scout Derby Car Races	11 10:00am AA 10:30am Naomi/S&S Circle 7:00pm 2 X 4 Class 7:00pm Ea- gle Scout Board 7:00pm NA	12 9:45am Bible Study 11:00am Ste- phen Minis- try 12:00pm AA 6:30pm Priscilla Cir- cle 7:00pm Trus- tees	13 10:00am AA 10:00am Chancel Choir 4:00pm Project Linus 7:00pm Cub Scouts 6:15pm Good Chimes 7:00pm 2 x 4 Class	14 9:30am Bible Study for Today 6:30pm Al-Anon 7:00pm NA 7:00pm BSA50	15 10:00am AA	16 5:30pm Chicken & Dumpling Dinner 6:30pm NA
17 Sth Sunday in Lent 9:00am Sunday School 10:00am Worship 11:00am Social Hour 3:00pm Youth Group	18 10:00am AA 7:00pm 2 x 4 Class 7:00pm NA	19 9:45am Bible Study 12:00pm AA	20 10:00am AA 10:00am Chancel Choir 6:15pm Good Chimes 6:30pm BSA50 7:00pm 2 x 4 Class	21 9:30am Bible Study for Today 6:30pm Al-Anon 7:00pm BSA50 7:00pm NA	22 Set Up for Yard Sale 10:00am AA 7:00pm 2 x 4 Dance	23 9:00am Yard Sale/Craft Show 6:30pm NA
24 Palm Sunday 9:00am Sunday School 10:00am Worship 11:00am Social Hour 3:00pm Youth Group	25 10:00am AA 7:00pm 2 x 4 Class 7:00pm NA	26 9:30am Advent Study 12:00pm AA	27 10:00am Hope Dining Room 10:00am AA 1-:00am Chance; Choir 6:15am Good Chimes 7:00pm 2 x 4 Class	28 Holy Thursday 9:30am Bible Study for Today 6:30pm Al-Anon 7:00pm Worship 7:00pm BSA50 7:00pm NA	29 Good Friday 10:00am AA 7:00pm Worship	30 6:30pm NA



EBENEZER UNITED METHODIST CHURCH 525 Polly Drummond Hill Road Newark, Delaware 19711

RETURN SERVICE REQUESTED

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