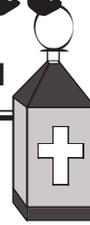


# The Lantern

JUNE 2013

MOUNT LEBANON UNITED METHODIST CHURCH

WILMINGTON, DEL. | EST<sup>d</sup> 1812



## Blessings on our Graduates!

Micaele Oliva, son of Ben and Debbie Oliva and grandson of Norma Talley, graduates from St. George's Vocational-Technical High School with his certificate in EMS studies. He plans to attend Delaware Technical & Community College in the fall to complete his studies to become a paramedic.

Catherine Ritter, daughter of Pat Ritter, graduates from Brandywine High School and plans to pursue her Bachelor's degree in Hospitality Business Management.

Ashley Yasik, son of Karen and Jim Yasik and grandson of Tim Page, graduates from in Florida and plans to pursue advanced studies in the culinary arts.

Whitney Bendorf, granddaughter of Iva Boardman, graduates from Ft. Calhoun High School, Nebraska, and plans to attend the University of Nebraska-Lincoln.

Chelsea Brechtel, granddaughter of Betty Brechtel and niece of Ann Brechtel, graduates from Virginia Tech with a Master's in Political Science and History.

Jonathan West, grandson of Harry and Joanne West, graduates from Delaware Technical Community College with an Associates Degree in Business. Jonathan plans to attend the University of Delaware in the fall to complete his Bachelor's degree.

May God bless each of these deeply cherished young people as they make their way in the world and guard their families with a sure and certain confidence in God's abundant blessings.

## Healing Service

Make sure to mark your calendars for Sunday, June 30 when we will hold our first Healing Service of 2013. Prayers, laying on of hands and anointing with oil will be included in this service as we seek the Great Physician in our worship service. Remember that God is still in the healing business!

## Imagining the Future

On Sunday, May 26, dozens of members of our church met after worship for the formal kick-off of a church-wide visioning process. Pastor Tim Duschesne of St. Paul's UMC has helped many churches assess their core values so that they can move into the future stronger and with a well-defined purpose. He has agreed to help us "Imagine the Future" of Mt. Lebanon.

If you missed the "storytelling" gathering we had on May 26, you can still get involved in the process and we hope you will! If you can make any of the following dates, please join us: June 13, July 11 and/or July 25 at 7pm in Fellowship Hall.

## Habitat in Motion: 5K to Benefit Habitat for Humanity

June 22 at Bellevue State Park

This event has a 5K walk/run and 25 and 50 mile bike runs. Habitat for Humanity is looking for volunteers to be marshals along the bike route. After the event there will be pizza and drinks for the volunteers. If you are interested in volunteering please contact Bob Lathem at 798-3170.

## All-Church Sunday School Class:

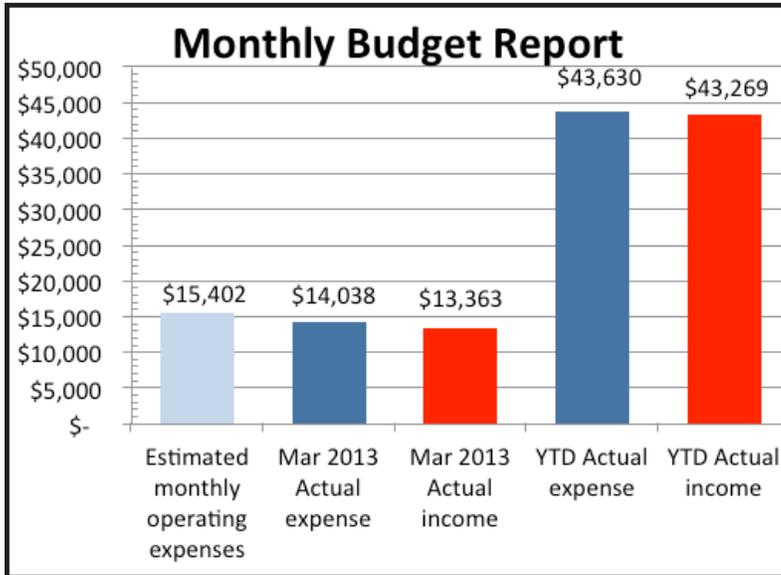
*"Just Walk Across the Room"*

Join in this surprisingly simple introduction to sharing your faith with others in a natural and personal way. Video and guidebook components help us learn that talking about Jesus with others doesn't have to be strained or preachy and that we don't need all the answers, just a willingness to share the joy and strength with which we have been blessed.

Class begins Sunday, July 7 at 9am in the sanctuary. Please sign up on the Info Table in the hall so we can order books. Coffee will be available!

## Monthly Budget Update

Through April our income has nearly kept up with expenses — Thanks be to God! We will pay our annual insurance premium in May which is a significant expense so we will have higher expenses for in May.



Mt. Lebanon also gave a total of \$7,223 to a variety of groups involved in important mission work. You very generously supported:

- the food ministry at Brandywine Community UMC (\$5,340);
- Human Relations Day special offering (\$170);
- One Great Hour of Sharing (\$382);
- Emergency Assistance Fund (\$325);
- Prison Ministries of Delaware (\$245 from Easter Sunrise offering);
- Crossworld/Global Service Network (\$510); and
- Sunday Breakfast Mission (\$40).
- We also provided matching contributions for Shipley Manor donations (\$165) and Dominoes Group donations (\$46).

*Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. 2 Corinthians 9:7 (NIV)*

## Trustee Update

A couple quick notes from the Trustees: You will soon be seeing a newly renovated Prayer Garden. We are blessed to have another Eagle Scout Service Project being done at our church in early June. Also, the large poplar tree by the shed will be removed in the coming weeks. It has provided us with shade for many years but it is now time to take it down.

And now for some bad news...The air conditioning units that sit outside the church were stolen. Yes, that's right! Someone cut the metal cages and all of the wiring and tubing and stole the three units. These units provided the air-conditioning for the sanctuary and fellowship hall. We are working with the insurance company to get replacements as soon as possible. We will give you an update next month if issues arise.

## United Methodist Women

Your UMW Group held their meeting on May 20 — our last until September. We had Gloria Scott, a missionary from Burkina Faso, who spoke on how they are translating the Bible there into the local language and introducing them to Jesus Christ.

We also held a short business meeting for the group and in September will be voting on more missions to which we can send money. We gave Gloria a check for \$225 to help her mission, for which she was very thankful.

We plan on holding a fundraiser soon at Seasons Pizza on Route 202. We are working with them now on a date so stay tuned for more information.

We will be voting for a new Vice President in September as Marilyn Hetrick will be stepping down. Anyone wanting to run can submit their name to our group. With that, your UMW Group wishes you a wonderful and safe summer. We will be back in session the third Monday in September...

Fondly,

Kay Frick, Pres.

## **Prayers of Comfort and Sympathy...**

to the family of Mary Seymour on her death Sunday, April 28. Mary was a long-time member of Mt. Lebanon United Methodist Church, and was 98 years old at her death. Cards of sympathy may be sent to her daughter, Pat McGonigle at 1701 N. 10th Street, Wilmington DE 19805.

## **How You Can Help Make Disciples**

Here are ten ways you can help make disciples for Jesus Christ:

1. Invite someone to church.
2. Talk with others about the difference your faith makes, the difference belonging to this church makes and the difference this church makes in the community.
3. Write and be prepared to share your testimony (2 minutes or less) about the difference in your life before and after your commitment to follow Christ.
4. Identify a new group of people with whom you will associate and share your faith in that new setting.
5. Push yourself to get to know your neighbors, learn about their thoughts about God and share your faith in simple, non-judgmental ways.
6. Pray for your family members, friends, coworkers, associates and neighbors that they would come to know and love Christ.
7. Study the ways that others share Christ and think about what you might be helpful to you in sharing your love for Jesus with others.
8. Leave church business cards with an encouraging note or invitation to church for servers at restaurants when you leave your bill or tip.
9. When you finish a business transaction, add a genuine "God bless you" as you depart.
10. Make an extra effort to greet visitors at church and spend time with newcomers at Fellowship Hour instead of with your friends.

## **July: Hymn Sings Every Sunday!**

### **The Message in the Music**

Throughout the month of July, we will celebrate our Methodist musical heritage with Hymn Sing Sundays throughout July. Each week, we will focus on two to three different hymns, their message, their music, their origin and their history. You are invited to submit your favorite hymns by calling them into the church office (652-8411) or by completing the form in the Sunday bulletin and placing it in the offering plate.

Each week, Pastor Jennifer and Demetrius will select several different hymns from those submitted, providing as much reflection and background information as possible to help deepen our appreciation of the music that lifts our spirits heavenward and sustains our souls during hard times. We'll publish a schedule for the month in our July newsletter; don't miss out on your hymns Sunday!

## **Marriage Blessings**

Congratulations and prayers of joy for Holly Kirkland and Jeff Clouser who were married at Morris Arboretum on Friday, May 31 with family and friends in attendance. Holly grew up and confirmed her faith at Mt. Lebanon and is the daughter of long-time members Jack and Karin Kirkland. Jeff is the owner of a local fitness business. The couple will take up residence together in Wilmington; cards of joy may be sent to them at 404 Concord Avenue, Wilmington, DE 19803.

## **Calling All Dirty Cars**

Yes, once again, Mt. Lebanon is providing a car wash on Saturday, June 8 from 10am until 1pm at the Exxon Station on Foulk Road on the southbound side of the intersection at Silverside Road. The Missions Team is taking the lead with this effort and invites all to come to help, support and get your car washed. There is no charge, because we are doing this as a testimony of service and love for Jesus! There is a sign-up sheet in Fellowship Hall for those who can help with the washing. No need to sign up if you are only able to come for a car wash. Just come as you are.

June 2013

## WORSHIP HIGHLIGHTS

### Sunday, June 2

*Holy Communion*

1 Kings 18:20-39, Psalm 96  
Galatians 1:1-12; Luke 7:1-10

### Sunday, June 9

*Sunday School Worship & Recognition Day*

1 Kings 17:8-24; Psalm 146  
Galatians 1:11-24; Luke 7:11-17  
Central Conference Pension Initiative and  
Annual Conference Special Offering

### Sunday, June 16

*Grads & Dads Sunday*

1 Kings 21:1-21a; Psalm 5:1-8  
Galatians 2:15-21; Luke 7:36-8:3

### Sunday, June 23

*Annual Conference Report Sunday*

1 Kings 19:1-15a; Psalm 42  
Galatians 3:23-29; Luke 8:26-39

### Sunday, June 30

*Healing Service*

2 Kings 2:1-2, 6-14; Psalm 77  
Galatians 5:1, 13-25; Luke 9:51-62

### July — A Month of Music

As Methodists, singing has always been an integral and important part of our worship life. Throughout July, we will celebrate and explore the message in our hymns and praise songs. Friends and members are invited to submit their favorite hymns for singing as well as thoughtful reflections on the lyrics of the songs.

### August — Preparing for a Time Apart

Change is always challenging for any human institution, so throughout the month of August, we will look at the important markers that help see us through those times of transition.

#### Readers

6/2 Tracy Hopkins  
6/30 Iva Boardman

#### Ushers

6/2 Joanne and Harry West  
6/9 Joanne and Harry West  
6/16 Kia Brabson, Donna Peterson  
6/23 Kia Brabson, Donna Peterson  
6/30 Kay Frick, Norma Talley

#### Altar Guild

6/2 Ann Brechtel, Tracy Hopkins  
6/9 Gale Ziegler, Iva Boardman  
6/16 Sheri Videtto, Kay Frick  
6/23 Jerry and Sylvia Eubanks  
6/30 Joanne & Harry West

# 10 Things You Can Do For Mental Health

Rev. Constance Hastings, Daybreak Counseling Services

By being aware of what you need to maintain good mental health, not only do you take care of yourself, but you are better prepared to be supportive of others. Regularly practice the following list of suggestions to keep yourself mentally fit.

1. **Value Yourself:** Let your self-talk be positive, kind and respectful toward yourself. Avoid self-criticism.
2. **Take Care of Your Body:** Eat nutritiously, drink plenty of water, get enough sleep and exercise, and avoid smoking.
3. **Surround Yourself With Good People:** Plan to be with supportive family and friends, or meet new people who are supportive.
4. **Give of Yourself:** Volunteer in your church and community. Helping others often is more of a benefit to oneself than it is to those whom you serve.
5. **Learn to Deal with Stress:** Recognize stress is a part of life and develop good coping skills and ways of relaxing.
6. **Quiet Your Mind:** Research shows prayer and meditation help bring calm and enhance therapy.
7. **Set Realistic goals:** Write down your goals and the steps to achieve them. Be realistic and don't over schedule.
8. **Break up the Monotony:** Change your methods and places of routine. Try a new recipe, walk some place different.
9. **Avoid Drugs and Alcohol:** Substance use and abuse as self-medication can mask the symptoms of stress, anxiety and mental disorders which only aggravate the illness.
10. **Get Help When You Need It:** Seeking help is a strength, not a weakness. Treatment is effective!

“Those of steadfast mind you keep in peace...” Isaiah 26:3 (NRSV)

*Daybreak Counseling Services is a nonprofit clinical pastoral counseling agency that not only addresses the present-ing issue or problem but also allows for the inclusion of spirituality within sessions. It is supported through payments determined on a sliding scale basis, private grants, and individual donations. Rev. Constance Hastings, a nation-ally certified counselor and United Methodist deacon, sees clients at St. Paul's and Atonement United Methodist Churches with both day and evening hours. Call 302-745-1042 for information or to make an appointment.*

# Summer Fun for Kids

## Camp Pecometh

The unique opportunity of living in a Christian community at camp can help young people to explore, first-hand, the presence and love of Jesus Christ. The activities, the setting and community all create an atmosphere where campers can grow in their faith. The 2013 Camp Pecometh summer camp brochure is now available online. Here are just a few of the options available:

### *Day Camp*

Campers experience some of the camp favorites...from arts & crafts to Bible discovery time to swimming. It's a fun-filled week at camp. Camp hours are from 8am to 5pm, Monday through Friday. Extended hours are available from 7am to 6pm. There will be a 10% discount for enrolling six weeks for more! (K - 5th grade completed as of June 2013)

### *Late Night with Jesus*

This program sets the foundation for many campers who ultimately join our summer staff. It gives our oldest campers the chance to stay up late and sleep past noon as they take part in nighttime adventures and experience God's creation in a whole new way. Stargazing, night hikes, Bible study by campfire, meaningful discussions, and cooking meals will all be done in defiance of the clock as campers grow in their faith and learn more about being disciples of Jesus. These campers will stay in our air conditioned dormitory-style retreat house. (9th - 11th grade completed as of June 2012)

### *Leaps of Faith*

This is more than just a climbing wall, Leaps of Faith takes our challenge course and makes it into an adrenaline-pumping, spiritual experience; all done with a trained and experienced staff that provides a physically and emotionally safe environment for campers to learn appropriate risk-taking and immediate consequences. Campers will stay in cabins. (6th - 8th grade completed as of June 2013)

### *Mini Camp*

In this two-night camping adventure, campers experience an action-packed summer experience. With two counselors for each cabin group, mini campers are assured of getting that extra attention to help them create some great summer memories. Campers will stay in cabins. (1st - 3rd grade completed as of June 2013)

Visit [www.pecometh.org](http://www.pecometh.org) for more information on these and other programs!

## Christian Summer Day Camp Closer to Home

Registration for Christian Summer Day Camp is now open. It will be held at Aldersgate from July 22-26 and July 29-August 2 (9am - 4pm). The total cost is \$90 per week for each child, and camp scholarships are available. Extended care will be available 8-9 a.m. and 4-6 p.m. for \$5 per hour per child. Kids will engage in Bible fun, crafts, singing, drama, outdoor activities and field trips. Open to all children ages 4-12.

The vision for this camp is:

- + to provide a safe, nurturing atmosphere for children to explore the love of Jesus Christ.
- + to build self-esteem and nurture a feeling of respect and concern for others and the world.

Contact Sharon Jennelly, Director of Children's Ministry, for more information at 478-2575, Ext. 118 or email [sharon.jennelly@aldersgatede.org](mailto:sharon.jennelly@aldersgatede.org).

# June

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						<b>1</b> Blue Rocks Day 4-10pm
<b>2</b> Holy Communion Shipley Worship 2pm	<b>3</b> Painting Class 1pm	<b>4</b> Domino Group 10am Trustees Mtg. 7pm Shipley Bible 7pm	<b>5</b> Bible Study 10am Prayer & Praise 7pm NA Group 8pm	<b>6</b> Growing in Faith 7pm	<b>7</b>	<b>8</b> Work Day 9am-noon Car Wash 10am-1pm
<b>9</b> CCPI/Annual Cont. Offering - Sunday School Recognition	<b>10</b> Painting Class 1pm	<b>11</b> Domino Group 10am Shipley Bible 7pm	<b>12</b> Bible Study 10am Prayer & Praise 7pm NA Group 8pm	<b>13</b> Imagine the Future Team Mtg 7pm	<b>14</b> Food Closet 9am- noon @ BCC	<b>15</b> Maxey Page/Doug Hanby Wedding 2pm
<b>16</b> Dad & Grads Sunday Shipley Worship 2pm	<b>17</b> Painting Class 1pm	<b>18</b> Domino Group 10am Shipley Bible 7pm SPRC Meeting 7pm	<b>19</b> Bible Study 10am Prayer & Praise 7pm NA Group 8pm	<b>20</b> Growing in Faith 7pm	<b>21</b> Nurture Mtg. 10am	<b>22</b> Jennifer Cortlesso/ Rob Murphy Wedding
<b>23</b> Annual Conference Report Sunday	<b>24</b> Painting Class 1pm	<b>25</b> Domino Group 10am Shipley Bible 7pm	<b>26</b> Bible Study 10am Prayer & Praise 7pm NA Group 8pm	<b>27</b> Growing in Faith 7pm	<b>28</b> Food Closet 9am- noon @ BCC	<b>29</b> Family Promise Dinner at Aldersgate 5-3:00pm
<b>30</b> Healing Service						

2013

# *Reflections from the Pastor...*

Having spent two weeks embroiled in a health crisis with my mother in Texas, I am keenly aware these days of how life has a way of distracting us from our original plans and intentions. There is an old saying, part Yiddish and part derived from the scriptures, that says, "Man plans; God laughs." (Check out Proverbs 16:9 and Psalm 39:10.) But what is equally true is that in the midst of those "distractions" and unplanned turn of events, we can discover God's grace and new understandings that we would have missed completely running down the road of our own agendas. Sometimes the unexpected is exactly where we discover God's presence and power most clearly.

On Sunday May 26, we spent a lovely morning sharing our peak experiences here at Mt. Lebanon of loving God and loving our neighbor. We came up with an awesome list of wishes that we have for our congregation and we began to get a sense of what is truly important to us as a church family. As we enter into this time of imagining the future, I would encourage you to set aside your personal agendas and allow some of those unexpected life distractions to reveal God's joy-filled dreams for us. I am confident that God has great things in store for us, and equally assured that our expectations will fall far short of God's plans!

As much as those two weeks in Texas dealing with my Mom's health challenges were terribly frustrating and frequently overwhelming, God also gifted us with some amazing times of deep sharing and caring along with opportunities for deeper trust in God's presence and power to see us through. I fully believe that God will gift us in like manner in the days ahead as we seek to imagine God's future for Mt. Lebanon. Isaiah 43:19 says this: "See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." May it be so for us!

*~Pastor Jennifer Kerby*

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## **MOUNT LEBANON UNITED METHODIST CHURCH**

850 Mt. Lebanon Road  
Wilmington, DE 19803

Phone: (302) 652-8411

E-mail: [office.mtlebanonumc@verizon.net](mailto:office.mtlebanonumc@verizon.net)

Worship Sunday at 10:30 a.m.

Sunday School at 9 a.m.