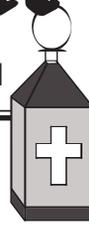


# The Lantern

FEBRUARY 2014

MOUNT LEBANON UNITED METHODIST CHURCH

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



## RANSOMED!

Five young people and two intrepid adults took up the adventure of attending the 2014 Youth Rally and experienced the power of being ransomed by Jesus Christ. Joining 5,000 other young people from churches around the Mid-Atlantic region and three Christian music groups and preachers sharing the Good News of Jesus' love and transforming grace. Our focus scripture was 1 Corinthians 6:19-20 that says: "Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body."

We get some excellent teaching from the Bible on the body and keeping it holy for God from Rev. Tiffany Knowland from South Carolina. We were awed and delighted by the sand artistry and story-telling of Joe Castillo and we were challenged by the powerful testimony of George Dennehy, a Christian musician who plays the guitar with his feet having been born without arms! We were able to help the local homeless shelter ministry Diakonia with a wild shopping trip at Walmart for basic supplies and were blessed to have beautiful conversations with each other after each session. Many thanks to Youth Leader Becky Byrd for her great organizational efforts and special thanks to Jeff Shoemaker for stepping up at the last minute to serve as chaperone.

## Souper Bowl of Caring Collection

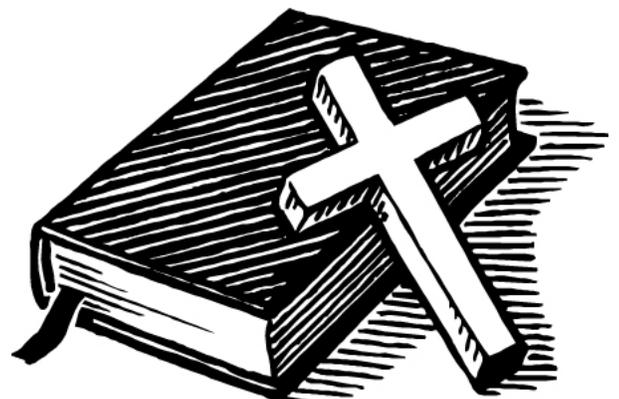
**February 2** is the last Sunday we will officially be collecting your monetary donations to support the Brandywine Community Church Food Closet. We will also be collecting food, with a special need for cereal, which is difficult to get at the food bank.

We collect this food and money to purchase food to help others who are hungry and cannot afford to purchase it themselves. There will be a bin in Bambarly Hall and in the vestibule for your contributions. Thank you for your support and remember this prayer: "Lord, even as we enjoy the Super Bowl football game, help us be mindful of those who are without even a bowl of soup to eat."

## Bible Literacy Campaign: Intro to The Bible – Part 1

"Through sixty-six separate books, 1,189 chapters and hundreds of thousands of words, the Bible shares one extraordinary message: God loves you. From the first chapter of Genesis, where God creates the world including human beings, through the last chapter of Revelation, where God welcomes anyone to "take the water of life freely" (22:17), the Bible proves that God is intimately involved in, familiar with and concerned about the lives of people. God's amazing love is ultimately shown in the death of his Son, Jesus Christ, on the cross. That sacrifice for sin allows anyone to be right with God through simple faith in Jesus and his life, death and resurrection."  
-- from "Know Your Bible," Barbour Publishing, 2008.

The Bible contains a wide variety of types of literature. There are creation stories, listings of family genealogies, historical accounts, poetry and long songs, wisdom sayings, prophetic warnings, biographical accounts, letters and apocalyptic visions of the end times. As you read through the different books and types of literature, remember to keep in mind that different genres of books require different kinds of reading. We wouldn't read a letter from a friend in the same way we would read a history book, and so it is when reading the Bible. But as we read, we also keep in mind that "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the person of God may be thoroughly equipped for every good work." (2 Timothy 3:16-17)



## Spiritual Discipline of the Month

### February: Meditation

The concept and practice of meditation is widely referenced throughout scripture. Christian meditation differs from Eastern and secular forms of meditation by its continual focus on obedience and faithfulness to God's living presence. Eastern meditation focuses on emptying the mind while Christian meditation is an attempt to fill the mind, heart and soul with Christ. Foster writes, "Christian meditation, very simply, is the ability to hear God's voice and obey God's word." (p. 17) Meditation opens the channel between God and us that we might know and live in the radiant and perpetual presence of our Living Lord. The hymn verse "and He walks with me and He talks with me" can become real for us.

Foster identifies several different means of meditation and advises that we begin slowly and gently:

Meditation with scripture – spending quiet time reflecting on scripture after you have read it, inviting God to open the eyes of your heart to hear God's living word. You may consider spending a week or several weeks on one Bible story or passage, applying your senses to the scene and allowing the Holy Spirit to guide your imagination to fill in further conversation and details that address your questions.

"Centering" Meditation – is the practice of entering into God's divine silence. Try an exercise called "palms down, palms up" in which you begin by offering whatever concerns you may have to God, turning your palms downward to symbolically release whatever weighs on your heart or mind. Spend a few moments in surrender and then quietly turn your palms up as a symbol of receiving whatever God has to speak to you in this moment. Do not ask for anything, simply receive God's presence of love.

Meditation on creation – may be more familiar to you as you intentionally take time out of your day to sit quietly and look carefully at God's revealed presence in the natural world.

Meditation on the events of our time – rather than allowing ourselves to become agitated or wearied by the reports from the news headlines, we have the opportunity to go to God with the concerns and conflicts of the world. We may ask for God to help us understand more deeply the connections between Jesus' suffering and the power of the resurrection or we may open ourselves to hear how God might lead us to respond to current events across town or across the globe.



## CONAM Corner

Native people throughout the United States represent a wide diversity of traditions, cultural practices, beliefs, tribal organizations and particular histories. However, all of them share in the historic oppression that has been a dishonorable and unjust part of our society's attitudes and behaviors as well as our nation's governmental practices and policies. While we may wish to think that these repressive practices ended a long time ago, federal policies as recently as the 1950's and onward have continued to dishonor and harm our Native brothers and sisters.

### *Did you know?*

More than 100 federally-recognized tribes had their governmental relations terminated by the US Federal government resulting in loss of Federal financial support, loss of lands held in trust and loss of Tribal identity through the Federal "Termination Policy" of the 1950s and 1960s.

### *Did you know?*

The Federal "Relocation Policy" coerced the move of thousands of American Indian and Alaska Native families out of their home communities to urban areas promising jobs, new homes and a new life. These moves ended more times than not in intense cultural disorientation, isolation and further degradation of lifestyle opportunities.

### *Did you know?*

In addition to the forced removal of Native children to historic boarding schools throughout the 1800s to "kill the Indian to save the child," as recently as the 1950s through 1970s, the Federal government actively encouraged and supported the adoption of thousands of Native children to non-American Indian and Alaska Native families. Many of these children have subsequently been raised with no awareness or knowledge of their traditional cultures.

## Worldwide Marriage Encounter

Would you attend a seminar to enhance your job or increase your salary? Would you take an additional course to expand your knowledge or go to a class to improve your sewing, cooking or golf game? Why not give your marriage the same opportunity for improvement?

Any married couple who desires to enrich and renew their marriage is welcome to attend a Worldwide Marriage Encounter weekend. All married couples deserve time away from the routine of daily life to enjoy time alone with one another to focus on one another and their relationship. Worldwide Marriage Encounter is designed to deepen and enrich a couple's marriage, whether they have been married for only a short time, or for many years.

It's a weekend, at a local hotel or retreat center – away from your family and work – where each of you will learn a new technique of communicating and sharing with one another. It is not a marriage clinic and it is NOT a group-oriented session. Weekend presentations are made by 2-3 lay couples and a United Methodist clergy couple. Any sharing by the participants with the group is limited and strictly voluntary.

**Feb. 7-9 Havre de Grace, MD**

**Mar. 21-23 Winchester, VA**

The application fee is \$50 per couple. Your Weekend includes your room for Friday and Saturday nights and your meals: breakfast, lunch and dinner on Saturday; and breakfast and lunch on Sunday. The remaining cost of the weekend is dependent on the location, varying from \$350-\$450. There are scholarships available to defray the costs for couples less able to afford the weekend. No one has ever been denied the opportunity to attend a Weekend because of lack of funds.

Applications are accepted on-line at [www.encounter.org](http://www.encounter.org). Additional information and an updated list of weekend locations (all faith expressions) is available on the website, also. Registration is limited, so please sign up as soon as possible. For more information on what a Worldwide Marriage Encounter – United Methodist Weekend is all about, please contact:

Brent & Carole Burdge at (302) 529-9261 or [BTCtandem@aol.com](mailto:BTCtandem@aol.com)

Mike & Julie Rominger at (302) 477-1133 or [mjrominger@gmail.com](mailto:mjrominger@gmail.com)

## UMW Update

Your Mt. Lebanon UMW (United Methodist Women) Group had its first meeting of the new year on January 20.

We had given to the following missions at our December meeting: UMCOR, Sunday Breakfast Mission, Family Promise, Urban Promise, Gloria Scott's mission in Africa, Neighborhood House and of course to our church funds at Mt. Lebanon.

We also gave our Pastor Jennifer a very nice Christmas gift and gave our normal yearly donations to our UMW district.

With that money depleted – which I might add was a substantial amount that we were very happy with – we discussed new fund raisers so that we can replenish our missions giving for GOD.

We will be having a pretzel sale after church on February 9. We will have pretzel hot dogs, cheese steaks and the normal pretzels all coming from the Philadelphia Pretzel Factory fresh that morning. So, please join us after church in Fellowship Hall on the 9th for some tasty food. Don't forget bring your change!

We will have a bake sale in March and, of course, are planning on having our famous bunny cakes for Easter in April. Dates for these will both be announced soon.

At our January meeting, we also discussed having a couple of speakers come in the next couple months, including from Neighborhood House and from the Congo Partnership.

Our next meeting will be held on February 17. All women of our congregation are welcome. We meet at 11am at Rockland Place after which we will have a nice luncheon together. Until then, THANK YOU to everyone in the congregation for coming out to our pasta dinner and all our other fundraisers to make year 2013 one of our best years ever in doing our work for GOD and sending monies out to as many missions as possible.

THANK YOU AGAIN FOR YOUR SUPPORT, AND WE HOPE TO HAVE ANOTHER GREAT YEAR IN 2014!

Fondly,

Kay Frick/Pres.

# WORSHIP HIGHLIGHTS

## Sunday, February 2

*Holy Communion*

"Big Questions, Big Connections"

Micah 6:1-8; Psalm 15

1 Corinthians 1:18-31

Matthew 5:1-12

**"Souper Bowl" Sunday**

## Sunday, February 9

"This Life We've Chosen"

Isaiah 59:1-12; Psalm 112:1-10

1 Corinthians 2:1-16

Matthew 5:13-20

**Reception of New Members**

## Sunday, February 16

"Murder, Mayhem and Maturity"

Deuteronomy 30:15-20; Psalm 119:1-8

1 Corinthians 3:1-9

Matthew 5:21-37

**Affirmation of Faith**

## Sunday, February 23

"Called to Perfection?"

Leviticus 19:1-2, 9:18

Psalm 119:33-40

1 Corinthians 3:10-11, 16-23

Matthew 5:38-48

**Moment for Mission: Heifer Project and  
The FFYG-ers (The Fantastic Faithful Youth Group)**

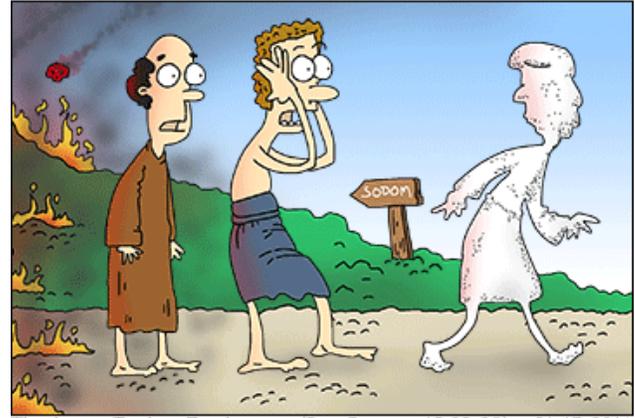
## *Readers*

2/2	Tracy Hopkins
2/9	Warren Blosser / Leah Schuibbeo
2/16	TBA
2/23	TBA

## *Ushers*

2/2	Barbara Ewing and Kathy Neilson
2/9	Barbara Ewing and Kathy Neilson
2/16	Iva Boardman and Gale Ziegler
2/23	Iva Boardman and Gale Ziegler

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Thanks to Joshua Zambrano (See Genesis 19:23-26) 01-17-2014

**IRONIC THING IS, SHE HAD JUST CUT WAY  
BACK ON HER SODIUM INTAKE**

## Helping in Our Community

### Bissell Hospital Looking for Volunteers

Emily P. Bissell Hospital, one of three long-term care facilities run by the State of Delaware, is asking for our help. They are looking for church volunteers in a number of areas, and perhaps you are being called to assist!

Bissell Hospital is an 85-bed facility on Newport Gap Pike. Twenty-five percent of its residents are in their forties or fifties, and the majority of its residents do not have visitors, financial resources or family.

One of the ways we can help as a church is to help provide Sunday services on occasional Sundays around 1:30pm.

Another way we can help is by providing volunteers to staff the hospital gift shop Mondays - Fridays from 10am to 2pm.

They are also looking for activities helpers during the week at various times, especially in the morning.

Additional areas in which we can serve include:

- computer tutor
- pet therapy
- leading a women's group
- leading a men's group
- music group
- Bible study
- library cart
- candy cart
- card games
- gardening
- crochet/knitting group
- music group

*... or just to be friendly visitors!*

If you would like to help, please speak to either one of our lay leaders (Iva Boardman or Harry West) so that they may compile a list of interested people. Thank you!



**Self-Forgiveness**  
by Rev. Constance Hastings, MSCC, NCC  
Daybreak Counseling Services, Inc.

“You cannot be my disciple if you do not carry your own cross and follow me.  
But don’t begin until you count the cost.” Luke 14:27-28 (NLT)

A woman called for counseling who had committed adultery. She had confessed to God, her husband, and her pastor and had received forgiveness. But she knew she could never forgive herself unless she looked at her life and what was in her personality that led her to do this. She understood that unless she did the hard work of looking deeply into herself she could not be sure this would never happen again. Ultimately, she would have to forgive herself.

The counseling process is never easy and has to be one of the most courageous undertakings a person could do. It means being brutally honest in examining one’s life and background, thinking processes, and patterns of behavior in relationships. It is more than looking in a mirror, and it can sometimes feel like emotional surgery without anesthetic. Finally, it means accepting a challenge to change and combined with a focus on becoming the person God created one to be, it can renew one’s life.

Yet, the hardest part is often the process of self-forgiveness. It means not just asking for forgiveness from those harmed or accepting that God has forgiven oneself for the hurts inflicted on others. It means letting go of self-blame and living in the past with a willingness to more than make amends to another person. It is an investment in transformation enabled by the Holy Spirit. Like Jesus Christ, the scars of old wounds remain, but it is carried in a resurrected body infused with new life.

*Daybreak Counseling Services is a nonprofit clinical pastoral counseling agency that not only addresses the presenting 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 nationally 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.*

*(This article may be reprinted, but notification would be appreciated by emailing  
cmhncc@yahoo.com.)*



# February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						<b>1</b>
<b>2</b>	<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 N. A. Group 7pm	<b>6</b> Growing in Faith 7pm	<b>7</b>	<b>8</b> All Church Work Day
<b>9</b> Emmaus Reunion 1pm	<b>10</b> Painting Class 1pm	<b>11</b> Domino Group 10am Shipley Bible 7pm	<b>12</b> Bible Study 10am Prayer & Praise 7pm N. A. Group 7pm	<b>13</b> Growing in Faith 7pm	<b>14</b> Food Closet 9am- noon	<b>15</b>
<b>16</b>	<b>17</b> Painting Class 1pm	<b>18</b> Domino Group 10am Shipley Bible 7pm	<b>19</b> Bible Study 10am Prayer & Praise 7pm N. A. Group 7pm	<b>20</b> Growing in Faith 7pm	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b> Painting Class 1pm Missions Team Mtg. 7pm	<b>25</b> Domino Group 10am Shipley Bible 7pm	<b>26</b> Bible Study 10am Prayer & Praise 7pm N. A. Group 7pm	<b>27</b> Growing in Faith 7pm	<b>28</b> Food Closet 9am - noon	

2014

# *Reflections...*

Over my study leave time away, I came across a devotional book entitled “Come Away My Beloved” by Frances J. Roberts. What a timely discovery this beautiful collection of reflections has been! Have you ever experienced times of feeling overwhelmed or separated from God’s love? Always, God calls us “Beloved” and invites us to take time away from the busyness and burdens of our daily lives to simply rest in the sweet arms of Divine Love. Thank God for that love and for that invitation. Please enjoy this excerpt from a devotion entitled “Ask!”

“Behold, I have placed within you a spring of living water. For My Spirit shall be a continual flowing forth of life from your innermost being. This I have promised to all My children, and this you may experience as you claim it by faith. All My promises are received by faith. None are gained by Merit, nor are they awards for human achievements.

It is My Life I am giving you. It is not an emotion; it is not a virtue, though these may subsequently follow. It is Myself. Divine grace, heavenly love, infinite mercy, fathomless peace – all these will spring forth unbeckoned and irrepressible out of depths within you because My Spirit has taken residence there.

If there is dryness within your soul and you do not have this life flowing forth, you need not grieve or chide yourself for being empty. Fill up the empty place with praise. Through praise you may open to Me the gates to your soul’s temple. The King will enter and bring His glory. The Rose of Sharon shall bloom in your heart, and His fragrance will be shed abroad...

The open heart shall be filled. The sin confessed shall be forgiven. The hunger after righteousness shall be satisfied. Be as a little child. I will be to you a loving Father. You shall have what you desire because I love you. Let this be your hope, and your faith shall be rewarded. My power is not reserved for a few selected saints. It is available to all, and it is available to you. Ask!”

*Pastor Jennifer Kerby*

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## **MOUNT LEBANON UNITED METHODIST CHURCH**

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Worship Sunday at 10:30 a.m.

Sunday School at 9 a.m.