

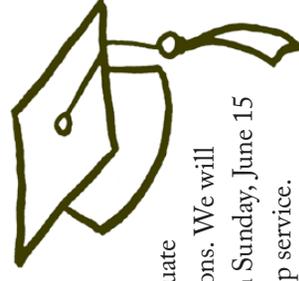
Spiritual Discipline of the Month: SOLITUDE

Richard Foster in his wonderful book *Celebration of Discipline* emphasizes the great need for the practice of solitude in the midst of the overwhelming presence of noise and chatter from crowds or the ever present voice of media in our lives as well as our deep fears of being alone and the realities of being lonely. The practice of solitude is both an internal and outward endeavor; the goal is always that of carrying a portable sanctuary with us, a place in which we can rest in Jesus, no matter the outward circumstances we may encounter.

He refers to the great Christian writer and pastor, Dietrich Bonhoeffer, who in *Life Together* titled one of his chapters “The Day Together” and the following chapter “The Day Alone.” Both are essential for spiritual success. Bonhoeffer writes, “Let him who cannot be alone beware of community...Let him who is not in community beware of being alone...Each by itself has profound pitfalls and perils. One who wants fellowship without solitude plunges into the void of words and feelings, and one who seeks solitude without fellowship perishes in the abyss of vanity, self-infatuation and despair.”

Part of the discipline of solitude is learning the great value of silence and the corresponding practice of control of the tongue. Learning to speak at the instruction of the Holy Spirit for the building up of others is one of the hardest yet most rewarding gifts of walking with Jesus. Likewise learning when not to speak is equally necessary and equally challenging! Learning silence means another step in trusting God.

Foster suggests various means of practicing solitude: create a prayer corner in your home that you can withdraw to separating yourself from the rest of your worldly concerns; try disciplining yourself so that your words are few and fruitful; spend one day a year (or more) in complete silence; schedule three or four times a year in which you reconsider how God is calling you to your life and ministry in the world. Each time that we separate ourselves out from the world for a period of time, we are able to refocus on God and our walk with Jesus through the leading of the Holy Spirit.



Calling All Graduates!

Celebrations abound as students graduate from a variety of schools and institutions. We will honor and bless graduates this year on Sunday, June 15 at our annual “Dads & Grads” worship service.

If you know of someone that you would like to recognize on that day, please send the information below to the office no later than Monday, June 9 for inclusion in the bulletin. Please include the first and last name of the student, your name and their relationship to you, the school's name from which they are graduating, the degree they are receiving and a brief note about future plans.

Mt. Lebanon Youth Bowling

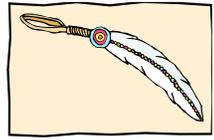
While small in number, we continue to gather together for fun, learning and service. Three of our youth, in addition to four of our Sunday school children and three adults, attended the Work Day at Urban Promise in May and were deeply impressed by the sharing they heard from other teenagers active with Urban Promise. This month, we'll gather for a fun afternoon of bowling on Sunday, June 22, 4-7pm. Meet at the church at 4pm. Bring your friends and your spirit of adventure!

Many thanks to Mt. Lebanon UMW

Many thanks to the Mt. Lebanon United Methodist Women who presented a love offering of \$109.69 at their last meeting to Pastor Jennifer in support of the church's ministry. As always, the gift was right on time to help our church shine Christ's light in our community. Thanks be to God for the faithfulness of our church's ladies.

Prayers of Sympathy

We offer our prayers of sympathy to **Ford Page Quinn** and the entire extended family on the untimely and unexpected death of his father, **Eric Quinn**, on Monday, May 19 while vacationing in Honduras. Cards of care and compassion may be sent to Ford at his home, 708 Foxdale Drive, Wilmington, DE 19803.



CONAM Corner

How would you describe your journey on the road to repentance and reconciliation with our Native American brothers and sisters? This is the question I have been asked to answer for the gathering of our United Methodist Church's Peninsula-Delaware Annual Conference in Princess Anne, MD to take place the beginning of this month. In five minutes or less.

It seems the first question to ask ourselves is have we even begun the journey?! Do we even know about the United Methodist Church's commitment to begin this journey together? Do we have any idea why such a process is needed? So I would first ask the question what do you know about Native American people? About their culture, their history, their current experience in the world today? As soon as we start learning and getting to know Native American people and their stories, we learn of the rich traditions and values they have worked hard to hold onto in face of deep injustices that have continued over the centuries into today.

It's typically at the mention of that word injustice that I start hearing people backup and start resisting the conversation. For many white folks of European descent, questions of race relations often seem belabored or unnecessary and feel very prickly. Didn't all this happen long ago we ask? Why can't they just forgive and forget and move on? Why can't we all just get along? These are the questions I hear most frequently asked by mostly good hearted people.

Those questions while perhaps asked with well meaning intent have the impact and effect of denying or minimizing an overwhelming history and experience of injustice, degradation and oppression that continues in lives and communities today. The questions become another way by which non-Native people avoid hearing what is trying to be spoken by Native American people. The questions side step the structural and systemic realities of racism, historical trauma and power dynamics.

The first step on this journey is to seek relationship and listen carefully. The UMC brochure "Giving Substance to Words" suggests the following:

- Establish relationships with native people in your area.
- Learn the history of relationships between native people and the church in your area.
- Listen to indigenous persons to learn about the current issues in your area.

A journey together is just that; one that is begun with a first step, one that covers many miles, one that will inevitably encounter bumps and break-downs as well as opportunities for great growth, deep healing and wonderful possibilities for the future. Let us journey together in Jesus for his sake and for God's great purposes of the reconciled and beloved community.

How \$350 became \$1,100...

Pastor Jennifer and the Missions Team invited you, the congregation, to match their respective donations of \$350 to the Megan Mercy Mission. Megan's ministry provides a home-like environment for children without parents in Andhra Pradesh Province, India. Currently seven children/youth are living with a Christian couple. Two of the youth are enrolled in college, two will be entering this fall and three children are at home. The cost for each college student is \$350 a year and \$50 monthly for each of the younger children to cover food, personal items and school uniforms. Megan travels to India annually to assist with aspects of her ministry.

During the three weeks of challenge, you were invited to not just match the \$350, but perhaps to double, or even triple the amount. And that is exactly what you did! Your contribution to date is \$1,100, which is more than three times the challenge! Because of your generous hearts and willingness to share, Megan Mercy Mission has been given \$1,800 in total. Thanks be to God!

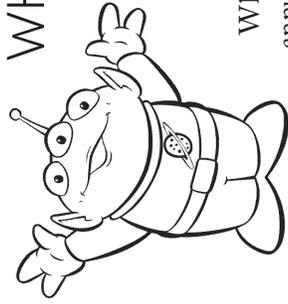
Combined Special Offering(s)

May 25 & June 1

The Missions Team had established May 25 as a special offering day for Africa University, the first fully accredited United Methodist-related educational institution on the African continent, established by the General Conference in 1992. Since the designated offerings at the Peninsula-Delaware Annual Conference of the United Methodist Church during the first week of June lift up Africa and pastoral education, it seemed appropriate to combine the offerings. The special offerings at Annual Conference are:

- "Imagine No Malaria"
- Central Congo Partnership
- BOOM (Board of Ordained Ministry)

Please designate Africa University/Annual Conference on the memo line of your check or on the pew brown envelope for cash. Thank you in advance for sharing as God leads you.



WHAT IS THIS ANNUAL CONFERENCE OF WHICH YOU SPEAK ???

When you hear the term "annual conference," it could be referring to any one of three things. The annual conference is a regional body, an organizational unit AND a yearly meeting. In this issue of "The Lantern," we will take a brief look at the last meaning.

Each year — usually in May or June — all clergy members and an equal number of lay members selected from the local churches attend their conference's Annual Conference session, meet together to worship, fellowship, and conduct the business of the conference, which may last 3-5 days. During these sessions, members of the conference hear reports of past and ongoing work; adopt future goals, programs and budgets; and ordain clergy members as deacons and elders. The bishop presides over these meetings.

Mt. Lebanon is part of the Peninsula-Delaware Annual Conference and attendees of this year's Annual Conference will be meeting from June 5-7 at the University of Maryland-Eastern Shore (UMES) in Princess Anne, MD. Pastor Jennifer Kerby will be joined there by Chris Portante and Ann Brechtel (the Lay Member and Reserve Lay Member of Annual Conference). The theme of this year's Annual Conference is "Healing God's World Physically & Spiritually." We will be speaking more about this, as well as important information gathered at this year's annual conference at our Sunday service on June 22.

To understand why Annual Conference is more than just a meeting of clergy and lay people, it is important to understand what connectionalism is and how important it is to us as Methodists.

What is connectionalism?

The United Methodist Church, which began as a movement and a loose network of local societies with a mission, grew into one of the most carefully organized and largest denominations in the world. The United Methodist structure and organization began as a means of accomplishing the mission of spreading Scriptural Holiness over the land. One reason United Methodists are able to accomplish great things is the church's emphasis on "connectionalism." No local church is the total body of Christ. Therefore, local United Methodist churches are bound together by a common mission and common governance that accomplish reaching out into the world. United Methodist churches and organizations join in mission with each other and with other denominations. Connectionalism shows through the clergy appointment system, through the developing of mission and ministry that United Methodists do together, and through giving. (*from UMC.org*)

David W. Scott, a PhD student at Boston University explains connectionalism as a "peculiarly Methodist understanding of what it means to be the church. According to connectionalism, the church is defined not by formal structures or doctrine or lines of authority. It's defined by connections between people: connections between pastor and pastor, between pastor and laity, and between laity and laity. When The United Methodist Church claims to be a connectional church, that means that we hold such interpersonal connections in so high a regard that we understand them as the essence of the church."

If you would like to view some of our Annual Conference gatherings, you may do so online! All sessions will be streamed live.

To participate in this year's Annual Conference sessions, log in using the following address: <http://umc.adobeconnect.com/pendel/>. Select "Enter as a Guest", type in your name, and click on "Enter Room". The schedule for sessions can be found by visiting umc.org and selecting the Quick Link on the left for 2014 Annual Conference Schedule. Then click "Pre-Conference Materials". A new window will open. Click on "2014 Annual Conference Schedule".



Join us for Annual Conference this year - share in the experience!

"Good Reads"

by Rev. Constance Hastings, MSCC, NCC
Daybreak Counseling Services, Inc.

Above the libraries of the ancient Greeks was often engraved "Place of Healing for the Soul" or "Medicine for the Soul." Inherent to the phrases was the understanding that reading can have a therapeutic effect upon the mental health of its reader. Today this is known as bibliotherapy, the interaction of literature with the reader. Most genres are included: novels, poetry, children's literature biographies, magazine articles, history, self-help books and any plethora of written works found in print and online. Some professionals also would include video and film.

The three components of bibliotherapy are identification, catharsis and insight. Identification happens when the reader holds an affiliation with the characters in the story and realizes he or she is not necessarily different from other people. This leads to a catharsis by sharing and vicariously experiencing the same conflicts the character shares with the reader. Finally, insight is achieved as the reader recognizes the motives for behaviors shared in the story. The goal in this kind of reading is to provide insight into problems, to create an awareness that others have dealt with similar problems, and to suggest solutions.

This kind of intervention in conjunction with counseling techniques has been used with persons of all ages addressing developmental and relationship issues as well as conditions such as grief, depression, and panic disorders. It is applicable in both individual and group counseling sessions. Well over half of psychiatrists and psychologists report using bibliotherapy with their clients because of its efficacy in treatment.

Yet while bibliotherapy may be studied and utilized from recent psychological perspectives and purposes, its practice has been realized from the time the first scribes passed on scrolls to readers. It goes beyond the psychological to the spiritual principles of how persons come to understand their lives. So it is that in Jesus' parables of the Prodigal Son or the Good Samaritan, persons identify with the characters on various levels, realize they share motivations and conflicts with others, and suggest choices for behavior. All in all, the Bible is a book of the human condition and God's intervention in our lives through the ministry, crucifixion and resurrection of Jesus Christ and the inspiration of the Holy Spirit. It is the source of healing physically, emotionally, mentally, relationally and spiritually. It is how one is made whole.

So with the summer approaching, the time is perfect to plan to get lost in a good book or two. In your stack of books, be sure to include The Good Book, the greatest story ever told.

"Thy word is a lamp unto my feet and a light unto my path." —Psalm 119:105 (KJV)

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.



Library Dedicated in Loving Memory of Joanne M. West

Following the Sunday service on May 18, the Mt. Lebanon Church family gathered with Harry West, his sons and their families for the dedication of Mt. Lebanon's library, located in the parlor, in memory of our dear friend, Joanne West.

Joanne was a great lover of books, a consummate gardener and an educator through and through. After some remarks about Joanne, a plaque was hung in the library that all passing through will see. It reads:

In Loving Memory of

Joanne M. West

1936-2013

"If you have a garden and a library, you have everything you need." — Cicero

"Give thanks to the God of heaven, for his steadfast love endures forever." — Psalm 136:26

United Methodist Women

Your UMW (United Methodist Women's Group) had their final meeting for the summer on Monday, May 19. We ended with a wonderful turn out including Pastor Jennifer. We discussed our finances and will be distributing our missions money at our September meeting.

We also presented Pastor Jennifer with over \$100 dollars for the church which we have been collecting from our petty change at the last few meetings we have had. This is something we will continue to do in the fall at each of our meetings along with collection of canned goods and coupons for the men and women serving in our armed forces.

We had two speakers from Neighborhood House speak on their history and what they do for the community. Last month we had a speaker from the Congo which also turned out to be a very interesting and learning experience.

We will not be meeting again until September, so we wish everyone a great summer! We will be back doing God's work in missions again at that time.

God be with you all.

Kay Frick, President

Habitat in Motion

June 14, 2014

WALK * RUN * BIKE * BUILD

- 5k run/walk through the Bellevue State Park cross-country course
- Cycle rides: Tour 25 and the Challenge 50 miler. Route travels through the Delaware Greenways Trail and Hockessin-Yorklyn, with police-controlled intersections.

The entrance to Bellevue State Park is located on Carr Road near the approach to I-95 North and Marsh Road in North Wilmington.

To register, visit habitatinmotion.org.

If you would like to donate to Habitat, but do not wish to participate in any of the planned events, this is a great opportunity to do so.

Habitat for Humanity of New Castle County is an affiliate of Habitat for Humanity, International. HFH-NCC's mission is to build quality, affordable and energy-efficient housing at no-profit through a combination of volunteer labor, "sweat equity" and zero-interest mortgages. It strives to empower individuals and our community in partnership with generous volunteers, small businesses, corporations, foundations, partner families, faith groups, and civic organizations.

BEST WEEK EVER!!

There's still time to register for Summer Camp at Pecometh!

More info at

www.pecometh.org/bestweekever.

Did you know?

You can send a child in need to a week of camp at Pecometh for as little as \$50? The Spain Grant Program affirms churches that are in ministry with children and families in need. You make the commitment to help the child register, make sure s/he has everything s/he needs (including transportation), and Pecometh's donors foot the bill for all but \$50.

Email dana@pecometh.org for a Spain Grant brochure and application. Help give a child a memorable time at camp this summer!

Did you know?

You can help minister to a family you know by sending them to the Single-Parent Family Retreat June 20-22. This is an opportunity for single parents to spend time with their kids—and apart—at camp. Go to pecometh.org/family-programs for more info.

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04-28-2014

TOM YOU WON'T BELIEVE IT I GOT FRONT ROW SEATING AGAIN OH MY GOODNESS RUN UP HERE NOW I'LL SAVE IT WHILE I CAN

WORSHIP HIGHLIGHTS

Sunday, June 1

Communion Sunday

"The Power of Praise"

Acts 1:6-14; Psalm 68

1 Peter 4:12-14, 5:6-11

John 17:1-11

Ascension Sunday

Sunday, June 8

Day of Pentecost

"Holy Spirit Power"

Acts 2:1-21; Psalm 104

1 Corinthians 12:3b-13

John 7:37-39

Celebration of Children's Sunday School

Sunday, June 15

Dads and Grads Sunday

"Looking Back, Looking Ahead" - Part I

Genesis 1:1-2:4a; Psalm 8

2 Corinthians 13:11-13

Matthew 28:16-20

Sunday, June 22

Annual Conference Report Sunday

"Looking Back, Looking Ahead" - Part II

Genesis 21:8-21; Psalm 86

Romans 6:1b-11

Matthew 10:24-39

Sunday, June 29

Healing Service - Addictions

Genesis 22:1-14; Psalm 13

Romans 6:12-23

Matthew 10:40-42

Readers

6/1 Sheri Videtto

6/8 Iva Boardman

6/15 TBD

6/22 TBD

6/29 TBD

Ushers

6/1 Claudia & Bob Lathem

6/8 Barbara Ewing & Kathy Neilson

6/15 Barbara Ewing & Kathy Neilson

6/22 Iva Boardman & Gale Ziegler

6/29 Iva Boardman & Gale Ziegler

Fellowship Helpers

6/1 TBD

6/8 Sylvia Eubanks & Sheri Videtto

6/15 TBD

6/22 TBD

6/29 TBD

Altar Guild

6/1 Jerry & Sylvia Eubanks

6/8 Iva Boardman, Gale Ziegler

6/15 Ann Brechtel, Marilyn Hetrick

6/22 Laurence Birkett, Tracy Hopkins

6/29 Harry West, Julia Tulloch

ATTENTION: PARENTS!

Vacation Bible School at Aldersgate UMC this month

Weird Animals – Where Jesus' Love is One-of-a-kind!

WHO: Ages 3-12

WHAT: Music, Bible Adventures, Kidvid Cinema, Imagination Station, Critter Café, Daily Bible Buddies, and Untamed Games

WHEN: June 16-20, 9am-noon, with a special program & lunch on Friday, June 20 at 11am

COST: Suggested donation of \$20/family for a music CD (payable to Aldersgate Church)

CONTACT: Sharon Jennelly, Director of Children's Ministry, Aldersgate UMC, 2313 Concord Pike, Wilmington, DE 19803 at sharon.jennelly@aldersgate.de.org

June

	<i>Sun</i>	1 Holy Communion Ch. Choir 9:30am Adult Choir 10am Shipley Worship 2pm	8 Pentecost Sunday Ch. Choir 9:30am Childrens Sunday School Celebration Emmas 1pm	15 Dads & Grads Sunday Shipley Worship 2pm	22 Youth Bowling Activity 4-7pm	29 Healing Service focus on Addictions
	<i>Mon</i>	2 Painting Class 1pm	9 Painting Class 1pm Admin Council 7pm	16 Painting Class 1pm	23 Painting Class 1pm	30 Painting Class 1 pm Missions Team 7pm
<i>Tue</i>	3 Domino Group 10am CD Group 5:30pm	10 Domino Group 10am CD Group 5:30pm	11 Bible Study 10am CD Group 5:30pm Prayer & Praise 7pm N.A. Group 8pm	17 Domino Group 10am CD Group 5:30pm	24 Domino Group 10am CD Group 5:30pm	
<i>Wed</i>	4 Bible Study 10am CD Group 5:30pm Prayer & Praise 7pm N.A. Group 8pm	11 Bible Study 10am CD Group 5:30pm Prayer & Praise 7pm N.A. Group 8pm	18 Bible Study 10am CD Group 5:30pm Prayer & Praise 7pm N.A. Group 8pm	25 Bible Study 10am CD Group 5:30pm Prayer & Praise 7pm N.A. Group 8pm		
<i>Thu</i>	5 Annual Conference Life Screening Event at Mt. Leb 8am-4pm Growing in Faith 7pm	12 Growing in Faith 7pm	19 Growing in Faith 7pm	26 Endowment 6:30pm Growing in Faith 7pm		
<i>Fri</i>	6 Annual Conference in Princess Anne, MD	13 Food Closet @ BCC 9am-noon	20 Food Closet @ BCC 9am-noon	27 Food Closet @ BCC 9am – noon Finance 6:30pm		
<i>Sat</i>	7 All Church Work Day 9am-noon Annual Conference in Princess Anne, MD	14	21	28		
						2014

Reflections...

I recently came across a new resource and a new idea that has grabbed my attention and imagination. The resource is www.operationworld.org (and a book by the same name); the idea is dedicated and specific praying for the world that Christ might be known and lifted up in accordance with the Great Commission in Matthew 28:19-21: “Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And remember, I am with you always, to the end of the age.” I know that praying for the entire world sounds like a lot, even a little overwhelming; but it’s also a wonderful opportunity to grow in our faith in God and stretch our knowledge of God’s work in the world.

The paper’s headlines, TV news stories and online webcasts can lead us quickly to despair when we don’t have specific knowledge and stories to counter their frequently depressing or agitating content. The website provides a variety of ways to pray for the world. You can daily read an overview of each and every country and a brief summary of some of the issues Christian witnessing faces there. Or you can pray for the countries alphabetically and simply start over once you’ve reached the end of the list. The objective is simply to pray for a different nation each day. With 195 independent sovereign states (plus assorted territories and nation states in dispute) in the world today, getting around the world on your knees in one year can truly be accomplished.

If you want to start a little smaller, try beginning with praying for a different continent each day of the week: Africa, Antarctica, Asia, Australia, Europe, North America, South America. Or perhaps there’s a particular region of the world that God has placed on your heart; start there and begin to slowly but steadily widen your prayer focus. As we enter into the season of Pentecost, remembering that great occasion when the Holy Spirit enabled common folk to speak the multiple languages of the nations, we would do well to ask God to pour out a new anointing on our hearts for a concern for the world. Check out the website and see where praying for the nations of God’s world lands you!

Pastor Jennifer Kerby

MOUNT LEBANON UNITED METHODIST CHURCH

850 Mt. Lebanon Road
Wilmington, DE 19803

Phone: (302) 652-8411

E-mail: office.mtlebanonumc@verizon.net

Worship Sunday at 10:30 a.m.

Sunday School at 9 a.m.