

The Lantern

MARCH 2015

MOUNT LEBANON UNITED METHODIST CHURCH

WILMINGTON, DEL. | EST^d 1812



Lay-Clergy Celebration

Sunday, March 23 at 7 p.m.

Cornerstone UMC, Bear

This year our Wilmington District Lay Council will recognize and honor those who have made special contributions to the ministries of Spiritual Formation and Christian Education.

Our Administrative Council voted this last month to recognize Tim Page for his long-time leadership of the Men's Sunday school class and the Wednesday night Prayer and Praise Worship service, along with Julia Tulloch for her leadership in organizing the Women's Retreat last fall as well as the Women's Journey class and her work with the combined youth group of Mt. Lebanon and Chester-Bethel churches. If you'd like to join in the celebration, please notify Chris Portante no later than Monday, March 9 so that we can make reservations. All are welcome to this evening of giving thanks for God's laborers in the field.

"Turn the Tide" Ministry Focus

Sunday, March 15 after worship

Please join in this time of discussion and exploration as we seek to be faithful to answering God's call to serve in the North Market Street neighborhoods. The gun violence continues at an outrageous rate and, so, our prayers for God's mighty intervention must be emboldened by the Holy Spirit to live into whatever ministries we can take on. The bulletin board in the hall will be updated with new information and news clippings; please make a point to keep yourself committed in prayer as well as growing in awareness. Throughout the year, we will be inviting special speakers to share their understanding and efforts. Your Administrative Council is still working on specific actions that we will be inviting the congregation to undertake. *This is the initial meeting regarding "Turn the Tide" which was originally scheduled for February 15.*

Important Dates

- Mar. 4 — Lenten Bible Study: Fasting (7p; BCC)
- Mar. 7 — All-Church Work Day (9a-noon)
- Mar. 10 — Habitat for Humanity Hospitality Night
- Mar. 11 — Lenten Bible Study: Fasting (7p; BCC)
- Mar. 13 — Food Closet at BCC (9a-noon)
- Mar. 14 — Food & Fun with Carol Nile & Friends (5:30p)
- Mar. 15 — "Turn the Tide" meeting (after worship)
- Mar. 17 — Habitat for Humanity Hospitality Night
- Mar. 18 — Lenten Bible Study: Fasting (7p; BCC)
- Mar. 20 — Prayer & Fasting in the Sanctuary (9a-2p)
- Mar. 21 — Lay Leadership Classes (9a-noon; Asbury UMC)
- Mar. 23 — Lay-Clergy Service (7p; Cornerstone UMC)
- Mar. 25 — Lenten Bible Study: Fasting (7p; BCC)
- Mar. 27 — Food Closet at BCC (9a-noon)
- Mar. 28 — Easter Egg Hunt (10a-noon)

BCC = Brandywine Community Church

Special Lenten Bible Study: Fasting

Wednesdays 7-8:30pm through Lent

at Brandywine Community UMC

Led by Rev. Jonathan Whitney

Please consider joining in this very timely study on the traditional Lenten practice of Fasting. A study guidebook and video component accompany the teaching and discussion. Practice of various kinds of fasting will be encouraged so that we can begin to experience the power of this spiritual practice.

Joel 2:12 says this: "even now," declares the Lord, "return to me with all your heart, with fasting and **weeping and mourning.**"



CONAM Corner

Native American wisdom from a book entitled "The Song of Life", edited by Helen Exley:

...to the Tsilagi – Cherokee – silence is golden. We speak little and listen long. It is wise to save words and use them only when they can be effective. *Joyce Sequichie Hifler*

Our elders were schooled in the ways of silence, and they passed that along to us. Watch, listen, and then act, they told us. This is the way to live...

Always watch first, with a still heart and mind, then you will learn. When you have watched enough, then you can act.

Dan, a Lakota Native American Elder

When a kindness is shown to an Indian, he feels it in his heart and the heart has no tongue. *Shoshone*

Conversation was never begun at once, nor in a hurried manner. No one was quick with a question, no matter how important, and no one was pressed for an answer. A pause giving time for thought was the truly courteous way of beginning and conducting a conversation.

Luther Standing Bear (1868-1939), Oglala Sioux Chief

Save the Date: Lay Servant Academy

Each year, the Board of the Wilmington District Lay Servant Academy offers a wonderful array of five-week courses to help deepen your faith and understanding of the United Methodist Church. This spring, classes are being held at Aldersgate UMC on Tuesdays (beginning April 14) and at Elkton UMC on Thursdays (beginning April 16). Registration forms will soon be available on the Info Table in Fellowship Hall. More information will be provided as it becomes available. Scholarship assistance is available. Please see Pastor Jennifer with any questions and/or to express interest in participating.

Trustees News

The Lantern is happy to announce the new officers and members of the Board of Trustees for 2015. Doug Hanby was elected President, and Ron Foust was elected Vice President. Tracy Hopkins will be serving as the Board's secretary, with Karen Yasik as her backup. The Board also warmly welcomes new member Gerry Walker.

Habitat for Humanity Hosting

The Mission Team is proud to announce that we will be hosting a group of 17 college students from George Mason University for the week of March 8-14, as well as a group of seven from Francis Marion University the week of March 16-21. These two groups of college students are giving up part of their spring break to work in the Wilmington area for Habitat for Humanity. The mission team will provide a dinner for each group on a Tuesday and give us an opportunity to visit with each group. We encourage anyone and everyone to come. We have had some great dinners in the past. It is always an inspiration to speak to these young people and hear about their commitment to service.

There is always an opportunity for anyone interested to work with the groups or Habitat for Humanity, in general. If you are interested, please call or see Bob Lathem 798-3170.

Pastor Jennifer Away March 1-9

Pastor Jennifer will be out of town from the afternoon of March 1 until March 9. Half of the time will be spent helping lead the Nurturing Wholeness in Community training seminar for our Annual Conference and the other half is vacation time away. For pastoral emergencies during this time, please call Rev. Tracy Mooney, Peniel United Methodist Church (office: 994-9519 or parsonage: 998-8165). Many thanks to Lay Leader, Harry West, for bringing the message and leading worship on March 8.

March Food & Fun Night Saturday, March 14 at 5:30 p.m.

Save the date now for a wonderful evening of musical entertainment with Carol Nile and friends Rob & Alison Brokaw, as they share a special program of showtunes, inspirational and popular favorites, mixed with audience participation. Potluck supper to follow. So bring your family and friends, and a dish to share for a fun time of fellowship and food.

Easter Lilies/Alternate Fund

The cost is \$11 for each Easter Lily. Please fill out the form and return to church office by Monday, March 23, 2015 for listing in the Easter Bulletin on April 5. Thanks!

WORSHIP HIGHLIGHTS

Our Lenten theme this year is “Crucified with Christ” based on Galatians 2:20; “I have been crucified with Christ and I no longer live but Christ lives in me. The life I live in the body, I live by faith in the Son of God who loved me and gave himself for me.”

SUNDAY, MARCH 1

Holy Communion

Romans 6:5-11

"Dying with Christ and Living in Christ"

SUNDAY, MARCH 8

Fan vs. Follower

Philippians 3:8-14

"Knowing Christ and the power of his resurrection"

SUNDAY, MARCH 15

Luke 9:23-27

"Take up your cross daily"

SUNDAY, MARCH 22

Matthew 20:25-28

"Not to be served, but to serve"

SUNDAY, MARCH 29

Palm/Passion Sunday

Philippians 2:5-11

"The name above all names"

Reader

3/1 Karen Yasik
3/8 Ron Foust
3/15 Maxcy Hanby
3/22 Iva Boardman

Altar Guild

3/1 Julia Tulloch
3/8 Marilyn Hetrick
3/15 Iva Boardman
3/22 Laurence Birkett

Ushers

3/1, 8 Barbara Ewing & Kathy Neilson
3/15, 22 Chris Portante & Becky Byrd
3/29 Claudia & Bob Lathem

5th Annual Disability Ministry Conference

Saturday, March 28, 2015

Hosted by Peninsula Delaware Conference of the United Methodist Church at Cornerstone UMC, Bear

Keynote speaker:

Travis Freeman - author of the book “Lights Out” and movie “23Blast”; Bachelor’s degree in Business Administration from the University of Kentucky, M. Div. and Ph.D from Southern Baptist Theological Seminary.

Workshops include:

- The ABC’s of Bringing Out the Best in Children with ADHD
- People with Disabilities in Mission and Ministry with People with Disabilities – Internationally
- Worship Related Inclusion
- Camping with Individuals with Special Needs
- Dispelling the Last Taboo: Involving Persons Living with Mental Illness in the Life and Ministry of the Church
- Heart to Heart with Travis Freeman: Lights Out
- Disability Ministry 101: What it is and What it isn’t (includes panel of disability Connection Award winners)
- Caring Hearts: An outreach using the Arts

Schedule:

8:30 a.m. – 9:30 a.m.	Registration
9:30 a.m. – 10:30 a.m.	Worship/Keynote
10:45 a.m. – 11:45 a.m.	Session 1
12 noon – 1 p.m.	Lunch & networking
1:15 p.m. – 2:15 p.m.	Session 2
2:30 p.m. – 3:00 p.m.	Closing Worship

Cost:

\$20 before 3/10/15; \$30 after 3/10/15
(registration incl. lunch)

For more information:

Contact Rev. Rebecca Collison at pastorbecky@gmail.com

Rest for the Weary
by Rev. Constance Hastings, MSCC, NCC
Daybreak Counseling Services

*Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."
Matthew 11:28 (NLT)*

It is a fact of life that life will have its periods of emotional turmoil and stress. Some can handle it well, some suffer dearly through it, and some are overwhelmed completely. The difference in outcomes can often depend on the strategies that persons use to sooth themselves in the moment, as they anticipate a stressful event, or on a regular basis so as to prepare themselves to go through whatever life deals with a stronger emotional and spiritual foundation.

When emotionally overwhelmed, the limbic system (emotional center) in the brain takes over as rational thinking is lessened. To reassert the balance between emotion and rational thought, the ability to calm oneself can make a difference in how one feels and very likely the behavioral outcomes in the situation. Thus, self-soothing activities aid in producing serotonin, a brain chemical that produces calm feelings.

Three factors that can assist in soothing practices are familiarity, multi-sensory activities and repetitive motions. The activity can be one that produces pleasant memories such as having hot chocolate on a cold day as a child. Also, using an activity that includes more than one of the five senses is known have good effects such as walking in the sunshine and smelling flowers in a garden. Repetitive motions also produce serotonin when a person will sit rocking in a chair for 15 minutes or so, rake leaves, or knit a scarf.

Thus, when confronted with an upsetting situation deep, slow breathing, stretching or chewing gum can immediately be implemented to restore calm . Should the day entail an upcoming stressful event, warm showers or bubble baths, wearing comfortable clothes, listening to quiet music or sitting by a waterfall can prepare a person with calmness as he or she readies for the challenge. Even better, self-soothing behaviors practiced on a regular basis instill calmness and resiliency in the person such that trials are easier to handle. These benefits occur when caring for a pet, reading good books, losing oneself in a hobby, or practicing a musical instrument.

Research supports the importance of developing self-soothing practices from infancy through all of adulthood. What also is evident is that the human brain has in its creation that which affects emotion and thinking resulting in positive behavior and relationships. By God's own design then, health is possible when practiced as created and blessed. Thus, spiritual disciplines such as prayer, meditation and devotional Bible reading not only activate the brain to promote good emotional health but also connect to God in the very means by which humans were made.

It is, as Jesus said, "Let me teach you, because I am humble and gentle, and you will find rest for your souls. For my yoke fits perfectly, and the burden I give you is light." Matthew 11:29-30 (NLT)

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.)

Easter Egg Hunt

Saturday, March 28th
10 am - 12pm

All are Welcome, Rain or Shine

Mt Lebanon United Methodist Church
850 Mt Lebanon Road, Wilmington, DE
302-652-8411

For toddlers to 12-year-olds



Many Easter crafts, so come early!

Singing & Fun time with Bill Carrier
from "We Kids Rock"

Free raffle to win an Easter Basket

Refreshments for children and their
parents

Face painting

Please bring non-perishable food
donations for the Food Closet

Separate "hunting" area for toddlers

March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 Holy Communion ShIPLEy Worship 2pm Youth@MtLeb 4:30p	2 Painting Class 1pm	3 Domino Group 10am Trustees Meeting 7pm	4 Bible Study 10am CD Group 5:45pm Fasting Study 7pm N.A. Group 8pm	5 Disciple 6:30pm	6	7 All ChurchWork Day 9am-noon
8 Emmaus Group 1pm Habitat crew arrives Youth@MtLeb 4:30p	9 Painting Class 1pm Admin Council 7pm	10 Domino Group 10am Habitat Hospitality Night with work crew	11 Bible Study 10am CD Group 5:45pm Fasting Study 7pm N.A. Group 8pm	12 Disciple 6:30pm	13 Food Closet 9am- noon at BCC	14 Food & Fun Night 5:30pm with Carol Nile and friends
15 Turn the Tide-12pm All Church Meeting ShIPLEy Worship 2pm Youth@MtLeb 4:30p	16 Painting Class 1pm Habitat crew arrives	17 Domino Group 10am Worship Team 7pm	18 Bible Study 10am CD Group 5:45pm Fasting Study 7pm N.A. Group 8pm	19 Disciple 6:30pm	20 Prayer & Fasting 9am-2pm	21 Lay Leadership Classes @Asbury UMC; 9am-12noon
22 Cadia @ Silverside Worship 2:30pm Youth@MtLeb 4:30p	23 Painting Class 1pm Lay-Clergy Service @Cornerstone 7pm	24 Domino Group 10am	25 Bible Study 10am CD Group 5:45pm Fasting Study 7pm N.A. Group 8pm	26 Disciple 6:30pm	27 Food Closet 9am- noon at BCC	28 Easter Egg Hunt 10am-12noon
29 Palm/Passion Sunday Healing Service Youth@MtLeb 4:30p	30 Holy Week begins Painting Class 1pm Missions Mtg. 7pm	31 Domino Group 10am				2015

Reflections...

On this snowy Tuesday afternoon, I find myself thinking about the contrast between the over-the-top traditions of Mardi Gras excess and self-indulgence with Lenten practices of denying oneself to draw closer to experiencing death and resurrection in Christ. It seems obvious that the pleasure of satisfying one's own desires and preferences is going to attract more interest and followers than any kind of disciplined focus on that which is difficult and downright unpleasant in order to rise to greater peace and justice for the larger community and not just ourselves. Just like us, Jesus's disciples struggled with these tensions throughout the Gospel reports. Of course denying ourselves isn't easy, nor do we come to it naturally. Choosing a life of service and sacrifice isn't typically our first or even our second or third most likely course of action. Like James, John and their mother, we want to have the best seats in the house (Matthew 20:21); like Judas on his way to betray Jesus, we think we know best (Matthew 26:50); like Peter in the courtyard of the High Priest, our fear gets the best of us (Matthew 26:75).

Yet through their encounters with the living Christ, the disciples waited and received the power of the Holy Spirit to witness and live the resurrection life that Jesus made possible for each of us. So what about us? What about you? Have you opened your heart and mind to receive the Jesus who lives today? Are you willing to wait patiently and faithfully on the promise of God to pour out the Holy Spirit on us? Can we set aside our agendas, our comfortable routines and the habits of our lives, to receive, trust and obey the directions that come from the Spirit? It seems to me that our willingness to serve and suffer with Jesus is bound up in a real and lively experience of the power, truth and joy of Jesus' resurrection. Do we really believe that death and hopelessness are overcome by Jesus' victory over the grave? Do we know this reality as part of our own life? If not, why not? And if so, how can we keep from sharing it with others in this hurting and fractured world? Philippians 3:10-11 says this: "I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in death, and so, somehow, to attain the resurrection from the dead." Are you ready to be raised from all that is dead in your life and in this world? Are you ready to live the victorious and triumphant life of Christ? If so, then deny yourself, pick up your cross and follow Jesus to those places of suffering and service that allow us to know his resurrection peace and power!

Pastor Jennifer Kerby

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Worship Sunday at 10:30 a.m.

Sunday School at 9 a.m.