

# The Lantern

NOVEMBER 2015

MOUNT LEBANON UNITED METHODIST CHURCH

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



## Annual Pasta Dinner & Silent Auction

November 14 5-7pm at Mt. Lebanon

**Tickets** are on sale now and available until the day of the dinner. You can purchase them at the church after worship or by calling Becky Byrd at 690-4992. Tickets are \$10; kids under 5 eat for free. There are no separate seatings this year, so come at 5pm (or later if you can't make it right at 5) and you will be promptly served delicious homemade lasagna, salad and more!

**Volunteers!** We need a few willing volunteers to help serve dinner. Please contact Maxcy Hanby (690-4639) if you're interested.

**Auction items:** a complete list will be sent out by email the week before the auction but items include: multiple gift cards/certificates to local businesses and restaurants, handmade jewelry, and EAGLES TICKETS!

Proceeds benefit the general coffers of the church and our food ministry programs.

— *Rebecca Byrd, Finance Committee Co-Chair*

## Office Hours Vary during November

...while our wonderful Administrative Assistant, Phoebe Chan and her husband Joe are traveling abroad November 4-19. We are lining up coverage for the office hours, but please be patient if it takes us a little longer to return your calls. Phoebe and Joe will be travelling to Thailand and Cambodia; please keep them in your prayers for their trip.

## Prayers of Care and Sympathy

...to friends and family of Jack Littleton, a dear and beloved friend of this congregation. Jack was 94 years old when he passed. Services were held the end of October at St. Paul's UMC, where he was a faithful member.

## Many thanks...

...for the unexpected fairy visits and love-bombing in the pastor's car. To be part of BeLoveX3 is a wonderful thing.

— *Pastor Jennifer*



# SILENT AUCTION

## Charge Conference is Nov. 2!

The 2015 Mt. Lebanon UMC Charge Conference is set for Monday, November 2 at 7pm with our District Superintendent, Rev. Derrick Porter. This is the church's annual opportunity to review the year past and consider any changes for the year ahead. All are encouraged to attend!

## The Little Church That Just Keeps Giving

When the Missions Team sent out the invitation for the 2015 one-time Special Sunday Offerings only seven months after the 2014 invitation, there was indeed some concern that this would be a hardship for congregants.

Once again, Mt. Lebanon, though modest in size, has a heart for sharing God's money in a grand way. The 2014 offering at \$2600 certainly exceeded expectations, so you can imagine that this year's final total of \$4416 truly was beyond our most hopeful of goals. Thank you for your continued generosity to assist in doing God's work.

— *Iva Boardman, Missions Co-Chair*

## Car Wash Makes Big Splash

On September 19, our youth joined the Missions and Outreach Teams to host our Second Annual Free Car wash at Mt. Lebanon. God provided the most perfect of days with reasonable temperature and cooling breezes at just the right time. We had invited our guests to bring clothing and food donations if they chose for our ministry with Brandywine Community United Methodist Church.

At the end of the event, we were blessed to fill a trunk and back seat of a car with bags and bags of clothing and \$150 from donations for Neighborhood House in Wilmington.

— *Iva Boardman, Missions Co-Chair*

# *Reflections...*

We were blessed to get two days away the end of October to take Mom to see the fall foliage up in the mountains. What a glorious trip it was. Somehow, we managed to hit just the peak of colors. The hillsides and forests were ablaze with a palette of autumnal orange, yellow, gold, red, scarlet, burgundy and so many shades of green I couldn't even begin to imagine my giant box of 64 crayons sufficient to capture the whole of it. Each leaf and tree were so impressive in and of themselves, but joined together in a vista stretching for miles, the diversity and beauty of the all of it seemed miraculous.

As I worshipped last Sunday with the congregation, led by the women who had attended the Women of Faith Conference, I found myself thinking along similar lines. Each of the women's testimonies was unique and beautiful in its own right, yet when brought together in the one service, the whole of it was powerful beyond words. The fact that each sharing was a deep offering from the heart of each of the women only sharpened and fine-tuned the message of God's love at work in our lives. It may be that some of us weren't necessarily able to relate to what was shared, yet we were all able to appreciate the gift of their testimony because of our love for each of them.

As many of you know, a dedicated team in our church has been engaged for the last six months in an intensive examination and exploration of theological and practical expressions of worship. We know that this congregation has a long time practice of what is called "traditional" worship which is typically highly structured, pastor driven and liturgically based. We also know that there are many within the congregation who appreciate other expressions of worship, such as personal testimonies, contemporary music and interactive formats. As a congregation we can either respond to this diversity of worship expressions by entering into what has come to be called the "Worship Wars" OR we can choose another path. What would happen if we began to think about worship and live out worship as the small and loving church family that we are? What if we considered each offering of each individual as a part of the larger landscape of worship so that the diversity and beauty of the all of it became our witness to God's glory and miraculous presence among us?

Here's another image that might help us as we move forward: perhaps you've experienced a Thanksgiving celebration that was always a bounty of tasty dishes. Perhaps, in addition to the main events of turkey or ham and sweet potatoes or stuffing, there were always offerings from various members of the family – some more appreciated by some than by others. For example, in our family there are some who absolutely love ambrosia salad and others who really don't but we still put it out on the table. Likewise, we would never think about having Thanksgiving without a homemade apple pie, but we would never turn away an offering of store bought pie from one of our less talented or time-challenged cooks. Lately tofu turkey has become a part of our Thanksgiving meal and while it's certainly not one of my favorites, I am always delighted to receive it since it's offered by one of our vegan family members. When the offerings of food are made and received in love, the whole of those gathered benefit and are enriched whether we enjoy a particular dish or not.

Let me invite you to consider our life of worship together here at Mt. Lebanon in this fashion as well. Worship has always been about how we offer up our expressions of adoration for God. How can we not make room at the table for all those who come to "sup" together in the house of our Lord and God?

*Pastor Jennifer Kerby*

Violent Routines  
by Rev. Constance Hastings, MSCC, NCC  
Daybreak Counseling Services

*“He will save them from oppression and from violence, for their lives are precious to him.”  
Psalm 72:14*

Another mass shooting has happened again, and like other incidences, the perpetrator was experiencing mental illness. There is no way to rationally explain how a person comes to a decision to kill and injure others who are completely innocent and in the wrong place at the wrong time. It leaves shock, fear, distrust, and a seemingly unresolvable grief that won't go away for a very long time. Vigils are held and memorials erected, but nothing will replace the lives lost on a day that many will never forget.

And again, the signs were apparent that someone was becoming dangerous, but for whatever reason, no good intervention was enacted. Isolation and warnings on social media, a secretive arsenal accumulated, separation from family, all if not ignored just not understood. Looking back, the “what if...” questions can be haunting.

Someone said to me that as you look at these shootings, the common thread in a large part is disconnection. Relationships are strained or non-existent, and there is no positive participation in another's life. Thus, there is no treatment, and the mental illness takes over. While it is always surprising that innocent persons are hurt, it seems perfectly acceptable when the mind follows tracks of illogical thought that only perceives fear and the need for absolute power.

Yet, this doesn't have to be. There are resources available state-wide and others forming that address mental illness within relationships and bring together teams of professionals and community resources to support persons and those who love them. One such established resource is through Delaware NAMI ([namidelaware.org](http://namidelaware.org)) and the Peer to Peer and Family to Family support programs. Participants learn and share information about treatments, recovery, coping strategies and more. To those who feel alone, these programs are a gift.

Still in formation is the Delaware Division of Prevention and Behavioral Health Services CORE (Community Outreach, Referral and Early Intervention). This program will combine professionals and community groups to reach persons and families who could “fall through the crack” during the transition between child and adult services (ages 18-25). Again, with community and relational support combined with evidence-based professional intervention, those connections can be maintained and damage from untreated mental health can be minimized.

Yet, all of this means someone has to reach out and accept the awaiting help. It is there. Should you or someone you know need to learn how to make connections in difficult situations, reach out. Violent routines can be stopped, if persons are willing to embody the love of God and point to help for others.

*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](mailto:cmhncc@yahoo.com).)*

## Angel Tree Ministry Coming in December

Please know that we have been blessed to receive the names of 25 children to provide gifts for this Christmas season. The children are nominated by a parent who is incarcerated. We will be asked to provide a gift of clothing and a game or toy for each of the children. The sign-up sheet to provide gifts will be available after Thanksgiving. The gifts will be given at our December 19 celebration party when Angel Tree, We Kids Rock and our church families come together to sing, make Christmas cards, decorate cookies and enjoy lunch together. Please save the date!

— Iva Boardman, Missions Co-Chair

## 17th Annual Interfaith Thanksgiving Basket Project & Potluck Dinner

**Sunday, November 22 from 4:30 to 6:30pm**

at Congregation Beth Emeth, 300 W. Lea Blvd., Wilm.

A great family event that has a big impact on the community! We will be working with friends from Christ Episcopal Church, Congregation Beth Emeth and Sikh Center of Delaware assembling bags with all the fixings for a Thanksgiving family dinner plus a voucher for a turkey. The bags are then given to social service organizations for distribution to families that they serve. Historically, about 120+ bags are filled, and the bags that Mt. Lebanon receives will be delivered to Neighborhood House in Southbridge. The following items are needed:

Canned Corn	Canned Peas
Canned Yams	Canned Green Beans
Instant Potato Flakes	Packaged Gravy
Canned Cranberry Sauce	Stuffing Mix
Any Dessert Mix	

*Please, no glass containers.*

### Don't be a Chicken! Sponsor a Turkey!

Your check for \$15 buys a voucher for a turkey. Make checks payable to Mt. Lebanon UMC and write Thanksgiving Basket on the memo line.

### Potluck Dinner

After assembling the bags, we sit down for a potluck dinner. Please make a dish to share such as main dish, salad or dessert. Out of respect for the dietary guidelines of our friends, potluck dishes should not contain shellfish, pork products or combine dairy products with meat. If you have questions, please see or call Bob Lathem (798-3170) or Iva Boardman (475-8744).

— Bob Lathem and Iva Boardman, Missions Co-Chairs

## Book Review

### Loved Back to Life by Sheila Walsh

Recently, a group of women from Mt. Lebanon attended the “Women of Faith” conference in Charlotte, N.C. It was a wonderful retreat and one of the best parts is getting to hear from inspiring speakers and then purchasing their books at the retreat. To share our experiences with the congregation, I wanted to bring some of these books back to our church library and write short reviews of the books to encourage others to pick them up. This is the first in that series.

Loved Back to Life is Sheila’s inspiring story of being a well known Christian musician and figure on the 700 club yet suffering from debilitating depression. At her lowest point, she chose to enter a mental hospital to help her get well. For those of us who have suffered or are suffering from depression it is an amazing look at how God cares for those who deal with this disease. Sheila takes us on her struggle to find the origins of her illness, and shows us how God through his Son Jesus and His word in the Bible helped her overcome her illness. It is not however, all sweetness and light. She explains the intensity and difficulty of working through issues with trained professionals and discusses how medications have also helped her.

Most of all, her message is one of hope; and that is a message that all of us regardless of our mental state can use. I would highly recommend this book if you are or have struggled with mental health concerns, but even if you’ve just struggled in life, this is a memoir you will enjoy. It is a reminder that God is with us during our worse times.

— Rebecca Byrd

### Youth Faith Quest Takes Aim!

On a beautiful sunny Sunday afternoon in October, our youth were recently treated to a live archery exhibition and illustration of the Christian faith. We learned how important rules are and why we have them. We learned how difficult it can be to “hit the mark” (let alone the target). We discovered how distractions get in our way of accurately aiming for the target. We saw and felt how powerful and helpful it is to have someone by our side instructing, guiding and encouraging us each time that we took our turns to shoot. Rev. Megan Shitama-Weston and Phil Weston, both staff members at Camp Pecometh, led us in a revealing conversation about how the Greek word for sin in the Bible comes from an archery term that means “to miss the mark.” How excellent it is when we are able to grasp faith life truths in such clear and concrete ways!

## CONAM Corner

### Excerpted from the UMC Committee on Native American Ministries

November is American Indian & Alaska Native Heritage Month. Heritage Month is a time to celebrate the rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of Native people. It's also an opportunity to highlight the important contributions of Native peoples and the shared histories between tribal nations and other communities.

Each November in America we celebrate the harvest festival of Thanksgiving. Over the years, much lore has evolved surrounding early Thanksgivings and feelings of brotherhood and good will between pilgrim settlers and the Native inhabitants of North America. Sadly, most of these stories are inaccurate at best, and serve to ignore or gloss over a broad history of atrocities. In our hearts, we cannot celebrate Thanksgiving Day in the way revisionist history teaches our school children. We still feel the pain and suffering of our ancestors as the pilgrims celebrated their thanksgivings by theft of our lands and the genocide of our peoples.

Still, Native Americans are grateful for all that nature provides, and many of us celebrate the Thanksgiving holiday in our own ways. Moreover, we give thanks every day as we greet the morning star in the eastern sky giving thanks to the Creator, our families, our ancestors and our survival.

— *Pastor Jennifer Kerby*

## Youth Faith Quest Learns about Buddhism

Sunday, Nov. 15 at 12:30pm in the Youth Room

We are delighted to report that our youth will have an amazing opportunity to learn about Buddhism from members of the Willow Branch Sangha (gathering) meets at nearby Church of the Loving Shepherd in West Chester, Pa. Members of the sangha will provide us with a time of sharing about Buddhism and mindfulness practice.

COMMENTS? CONCERNS? SUGGESTIONS?

Contact our Editor, Chris Portante, at:  
cportante@gmail.com or 302.750.7353

## WORSHIP HIGHLIGHTS

### SUNDAY, NOV. 1

#### *All Saints Sunday*

#### *Holy Communion*

Isaiah 25:6-9; Psalm 24;

Revelation 21:1-6a; John 11:32-44

#### *Stages of Grief*

### SUNDAY, NOV. 8

#### *Veterans Honoring Sunday*

Ruth 1-5 Psalm 91;

Hebrews 9:24-28; Mark 12:38-44

#### *Giving All*

### SUNDAY, NOV. 15

#### *Sunday Breakfast Mission*

*SBM Men's Choir, Guest Preacher Rev. Tom Laymon*

### SUNDAY, NOV. 22

#### *Service of Thanksgiving*

Joel 2:21-27; Psalm 126

1 Timothy 2:1-7; Matthew 6:25-33

#### *Now Thank We All Our God*

### SUNDAY, NOV. 29

#### *First Sunday of Advent*

Jeremiah 33:14-16; Psalm 25

1 Thessalonians 3:9-13; Luke 21:25-36

#### *Healing Service*

## November Servants

### Altar Guild

Nov. 1 Laurence Birkett

Nov. 8 Harry West

Nov. 15 Tracy Hopkins

Nov. 22 Julia Tulloch

### Ushers

Nov. 1 Kia Brabson, Donna Peterson

Nov. 8, 15 Becky Byrd, Chris Portante

Nov. 22, 29 Barbara Ewing, Kathy Neilson

### Reader

Nov. 1 Tim Page

Nov. 15 Rev. Laymon / UMM Sunday

### Fellowship Hall Helpers

Nov. 1 Joyce & Holly Dorman

Nov. 8 Marilyn Hetrick, Iva Boardman

Nov. 15 Donna Winans

# Annual Pasta Dinner & Silent Auction

Saturday, November 14 from 5-7pm

*Lasagna, Salad, Desserts*  
and a great Silent Auction!

You could go home with some great deals, including gift certificates, gift baskets and Eagles tickets!

**\$10 per person — Free for kids under 5**

Tickets will be available for purchase after Sunday service or by calling Becky Byrd at 690-4992

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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.