

The Lantern

November 2017

MOUNT LEBANON UNITED METHODIST CHURCH

WILMINGTON, DEL. | EST^d 1812



Worship Highlights

Sunday, November 5

All Saints Sunday

Holy Communion

Revelation 7:9-17; Psalm 34

1 John 3:1-3, Matthew 5:1-12

Pastor Don preaching

Sunday, November 12

Joshua 24:1-25; Psalm 78

1 Thessalonians 4:13-18

Matthew 25:1-13

Mr. Harry West preaching

Sunday, November 19

Judges 4:1-7; Psalm 123

1 Thessalonians, 5:1-11

Matthew 25:14-30

Pastor Jennifer preaching

Tuesday, November 21

Interfaith Thanksgiving

Worship at Brandywine

Community UMC, 7pm

Sunday, November 26

Native American Ministries

Sunday with guest worship

leaders Ragghi Rain and

Taunya Buecker



Sunday, Nov. 5, 2017!

Silent Auction and Pasta Dinner; Nov. 11

Don't miss out on this annual evening of fun and fund-raising! Invite your friends and family to join in the good food and fellowship that begins at 5:30pm. Auction items include Eagles tickets, Amtrack train tickets, restaurant and local shop gift certificates, special themed baskets and much more! A great way to get your holiday shopping done in one stop! Tickets are \$10/person; \$5 for children 6-12 and free for children 5 and under. A coffee and desert option is also available for \$3. Order tickets by calling the church office at 652-8411 or see Becky Byrd after worship any Sunday. *To donate items for the Silent Auction or for the White Elephant Table, please call Amy Furman at 479-7765 or Becky Byrd at 690-4992.*

Zumba; 1st & 3rd Mondays – 7:30pm

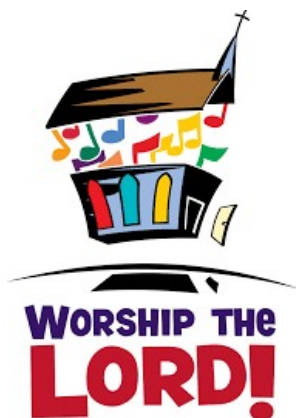
November 6 and 20. This wonderfully energetic exercise class has gotten off to a great start at Mt. Lebanon. Come to get in shape and to share your joy in Jesus with others new to this church. \$10/session.

Country Line Dancing; 2nd Mondays – 7pm

November 13. We continue this wonderful opportunity to share our faith with others while dancing the night away. Come even if you can't dance to help welcome those who may not have a church home! \$5.

Interfaith Thanksgiving Baskets; Nov. 19

Once again, we are blessed to join in this special event co-sponsored by the congregations of Beth Emeth, Christ Episcopal Church, the Sikh Temple of Delaware and the Islamic Society of Delaware. 4:30-6:30pm at Congregation Beth Emeth, 300 W. Lea Blvd, Wilmington to put together the baskets and join in a potluck meal. Details inside!



Acts of Justice for Children...

Child neglect is the most prevalent form of child maltreatment and is responsible for nearly 80% of U.S. child fatalities. Typically, Evidence Based Interventions (EBI) have been applied to help address and prevent child neglect. A study examining the role of collaboration in sustaining safe care found that the practice of E.B.I. significantly reduces child neglect recidivism rates. The study methods included eleven child welfare systems that focused on how they can operate within the context of public and private partnerships.

*Michelle Blosser,
Wednesday afternoon CD*



OCTOBER REFLECTIONS:

Our events included hosting fellowship hour and a fun fall hayride. We are working on continuing to decorate our new room. THANK YOU to all who made this amazing room our beautiful new home. We will be brainstorming ways to raise money for new seating in the upcoming months.

COMING UP...

In November we'll begin to focus on Angel Tree. We plan on sponsoring a child including a shopping trip and generating ideas for making and continuing contact. We also plan on visiting Cadia Rehab on November 26. We're working on updating our bulletin board. Please take a look as we make this area reflect our service, fun and fellowship.



MISSION NEWS AND UPDATES

Free Car Wash Update

Some 20 volunteers, over 20 cars washed, over 20 bags collected for Connections Community Mental Health Services and over \$200 raised for the church. Not bad for 2 hours of work!

Interfaith Thanksgiving Basket Justice Project and Potluck Dinner

Our goal is to package over 200 Thanksgiving dinners for those in need in our community, and then to share a potluck supper with our interfaith friends.

Contributions of items listed below are needed now through Sunday, Nov. 19 until 3pm and can be brought to the collection bin at the front of Fellowship Hall. **Cash donations are also needed to help purchase vouchers for turkeys - \$15 for each turkey you wish to donate.** Please mark your check or the brown pew envelopes "Thanksgiving Baskets" and place them in the offering plates or send them to the church office.

Canned corn

Canned green beans

Any dessert mix

Packaged gravy

Canned cranberry sauce

Stuffing mix

Canned yams

Instant potato flakes

Please bring a potluck dish to share for dinner on Nov. 19. Beverages will be provided. In respect for our friends' dietary requirements, dishes should not contain shellfish, pork or combine dairy products with meat. Questions? Please contact Iva Boardman at 475-8744.

It's A New Day in the City

At the invitation of our District Superintendent, Rev. Joseph Archie III, some twenty people from churches in our Wilmington District at this seminar in Washington D.C, including three from Mt. Lebanon. We'll be pending time in strengthening our partnership with our sister church Brandywine to further develop meaningful and appropriate ministries. The book "A New Day in the City" by Donna Claycomb Sokol and L. Roger Owens is available through your favorite online bookseller. We'll have a report to share on our return.

Angel Tree Ministry – coming soon!

We will post the names of our angels on November 12 to allow time to connect with families to get clothing sizes and toy gift ideas. Our Angel Tree party will be held on December 9 from 10-12 pm when we bring together our Angel Tree and Mt. Lebanon families and friends. The event is a fun-filled time for all, so please mark the date on your calendar. Please pray that we are able to stay connected with families from the past and continue to grow relationships with new families as we get to meet and spend time with them.



CONAM Corner

I was privileged to attend the Northeast Jurisdiction gathering of the ten UMC annual conference CONAMs in October and was impressed to learn of the vitality and variety of ministries that exist as well as the struggles facing Native people in each of these locales.

One event in particular stood out as a non-Native pastor led us in worship praising God for all of creation and using Chief Seattle's words to warn us of caring for that creation in word as well as deed. But then, he asked why the CONAMs spend so much time on social justice ministry and why not more on bringing Native people to Christ. It seems I hear that question often from non-Native Christians in one form or another.

Perhaps the best response comes in the words of a Seneca Chief by the name of Red Blanket: *You say that you are sent to instruct us on how to worship the Great Spirit...how shall we know what to believe, being so often deceived by the white people? We are told that you are preaching to white people in this place. These people are our neighbors, we are acquainted with them. We will wait a little while and see what effect your preaching has on them. If we find it does them good, makes them honest and less disposed to cheat Indians, we will consider again what you have to say.* The chasm of trust between the Native and non-Native community is wide; as is the chasm between word and deed within the Church.



On Saturday, October 7, twenty some faithful Mt. Lebanites gathered under the guidance of Rev. Jack Shitama to share our hopes and dreams for the future of our beloved church. Pastor Jack led us in conversations with each other about the bright spots of our church. Pastor Jennifer shared her sense of how we are called to continue in our commitment to growing in our walk as disciples of Jesus as we strengthen our worship, outreach and service ministries.

Now Pastor Jack has returned his observations and suggestions to Pastor Jennifer for the larger congregation to consider, pray over and decide how to move forward. He noticed two particular characteristics of those gathered; 1) the closeness among congregants and 2) the joy that we take in welcoming people who are different.

We are set to meet with Pastor Jack once again on Saturday, Dec. 2nd from 9:30-1:30 to discuss his observations and recommendations and finalize our plans forward for the new year of 2018. We hope you'll join in this continuing conversation and exciting time for our church.



**Tuesday, Nov. 21
7pm
Brandywine CUMC**

We have been invited to join with the Interfaith community of the Ninth Ward in Wilmington through our partnership with our sister church Brandywine Community UMC for a worship service giving thanks for all that God is, all that God has done and all that God is doing in the life of our community! Special music including a community choir will be a part of the evening along with sharings of reading, holy words, prayers and a message delivered by Rev. Jonathan Whitney. **YOU ARE INVITED!** And encouraged to come out to support a revival of the Spirit in the North Market St. community. Car-pooling from Mt. Lebanon will be available; please meet at church at 6:30pm.

CONAM Corner continued...

There has been a long, long history that continues into this day of non-Native people and the US government's mistreatment and deceitful dealings of Native people and agreements. The only way to overcome this long pattern of abuse and disrespect is by actions that give credibility to our words of support and love. I hope you will join us once again to listen and learn on Native American Sunday on Nov. 26.



Dear Diary
by Rev. Constance Hastings, MSCC, NCC
Daybreak Counseling Services

Psychotherapy or counseling has been referred to as the “talking cure” for over 150 years. It is based in the premise that mental health can be accessed through language, and thus it is not surprising that counseling often relies on expressive speech as a means of healing. An extension of this process is through journaling by which persons write about experiences and organize reflections on what has happened or been understood about their lives. Writing in a journal can promote a positive reorganization of how one thinks about her or his experience and has been demonstrated to greatly improve both mood and resulting behaviors. Generally, this is in keeping with cognitive theory that a person’s thinking has impact on how one feels and thus responds to those corresponding thoughts and feelings.

But for positive outcomes to be produced from journaling, persons sometimes require prompts which aid their responses. Both self-help programs and assigned reading or study materials which pose questions designed for written reflection have produced improvements in diverse areas as marriage enrichment, substance abuse, criminal behavior reversal, anxiety, depression and post-traumatic stress disorder. The practice supports the theory that persons using these questions change their thinking patterns and thus their behavior. Consequently, healing begins and is fostered by journaling that is centered on reflection which empowers change.

Interestingly, while this practice is found in clinicians’ offices, it is also often found within the study groups of churches. A good example is The Disciple Bible study program through daily Bible reading and blocks which offer space to make a personal written response. Even so, daily reading of Scripture is followed by a written reflection in a notebook entailing understanding and how one will apply this can be just as effective as a purchased study guide.

Thus, both mental and spiritual health are aided by journaling. One refers to the practice as a kind of intervention while the other describes it as a spiritual discipline. Either way, it is a gift from God.

“In the beginning was the Word...” John 1:1

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 United Methodist Church 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
cmhncc11@gmail.com.)*

Reflections...

It's hard to believe that November is right around the corner. The squirrels have been especially busy in our back yard these last few weeks; performing their aerial acrobatics and frenetic antics as they gather sustenance and work off energy before their winter's hibernation. Likewise, it seems that we are seeing an increase of activity and energy here at Mt. Lebanon. NOT so that we can hibernate come winter, but rather that we might continue our preparation for God's Holy Spirit to be set loose among us to rise up as God's people shining the light of the Good News of Jesus Christ. Our prayers for God's vision to be made clear are on their way to being answered!

New outreach ministries of Country Line Dancing and Zumba are awesome opportunities to connect with new people coming into this church that we love. Existing mission ministries with Family Promise, Brandywine Community UMC and Angel Tree are deepening our connections and extending opportunities for new ways of encountering Jesus in the lives of those we serve. Our Bible studies and Covenant Discipleship groups continue to challenge and call us to deeper places of authentic and vulnerable learning, sharing and loving God and one another. And our worship life together is steadily becoming both deeper and wider in its experience of God's Word and our being empowered to live out that Word in the weeks between.

I know that there are many of you are facing tremendous personal struggles in these days. Our national life is marked by continuing tragedies and disasters of growing proportions. Allow me to offer these simple but powerful words of scripture Galatians 6:8-10... *Those who plant only for their own benefit will harvest devastation from their selfishness, but those who plant for the benefit of the Spirit will harvest eternal life from the Spirit. Let's not get tired of doing good, because in time we'll have a harvest if we don't give up. So then, let's work for the good of all whenever we have an opportunity, and especially for those in the household of faith.*

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.