



Weekly Newsletter – Sunday July 26, 2026

Office hours: Mon / Wed / Fri 9:00am-3:00pm.
Contact info: office@greenbankcoc.org or 302-994-3800.

What Are You Feeding Your Mind?

We all understand the importance of watching what we eat. We know that a healthy diet helps us feel better, stay stronger, and avoid many health problems. But have we ever stopped to think about what we are feeding our minds?

Every day, our minds consume something. Through social media, television, music, podcasts, conversations, and the internet, we are constantly taking in information. The question isn't whether we're feeding our minds—it's **what** we're feeding them.

If we constantly fill our minds with anger, negativity, immorality, or worldly thinking, we shouldn't be surprised when those things begin to shape our attitudes and actions. On the other hand, when we regularly spend time in God's Word, our thinking begins to change. We become more patient, more loving, more forgiving, and more focused on the things that truly matter.

Paul wrote, *"Finally, brothers, whatever things are true, whatever things are honorable, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report... think about these things."* (Philippians 4:8)

Notice that Paul doesn't just tell us what to avoid; he tells us what to pursue. A healthy spiritual life doesn't happen by accident. It comes from intentionally filling our hearts and minds with things that honor God.

This week, take a moment to evaluate your spiritual diet. Ask yourself, **"What have I been feeding my mind?"** If the answer needs to change, today is a great day to begin replacing harmful influences with the truth of God's Word.

Just as our bodies become stronger with healthy food, our faith becomes stronger when our minds are nourished by God's truth.

Domingo

Praise and Prayer Request

Chrissi Parker: prayers for LeBron and I-for new opportunities for advancement for LeBron as his job isn't going well.

Benita Baines: prayers for the unsure road ahead and making sure God's will is followed.

Dawn Dorrell: Thank you for prayers, please continue, still healing.

Anna DaCunha: continue to keep George & Sherry in prayers. Pray for strength for Sherry.

Elisha Wall: continue prayers for my health and family health, new converts, those sick and shut in, those in leadership, for the spiritual growth of the church and those struggling with mental health.

Patty Conway: George, Sherry, Dawn D., Sharon, Toni, Chrissi & LeBron, Tina, Cathy Mac, Jean & Charlie.

Glenda Downs: thank you for continued prayers for my son, Isaac.

Monique Bernard: for my son, Savion, sister Kesha who is not feeling well, also for myself.

Virginia Clark: keep my sister and our families in prayer.

Joann Garvin: pray for Robin's thyroid condition.

Cathy Servas: for my friend for physical healing.

Sue Jones: Tina's next surgery is Sept 1st, please keep her in your prayers.

George Kirkland: George is at Encompass Rehab, continue to pray for George's health to improve and strength for Sherry.

Jan Adair, Liz Cox, Linda Crusco, Barbara Davis, Ed & Brenda Jones, Glen, Jones, Christy Mickowski, Bob & Penny Pennington and all who are sick, homebound or have limited mobility.

Greenbank church: Pray for godly wisdom and guidance for our elders, minister, deacons, and ministry leaders.

Greenbank missions: Eduar Morales (Oxford, PA), Chad Westerholm (Mozambique), Edmund Borfay (Liberia), Samuel Agbeta (Ghana), Camp Manatawny, Reflect Campus Missions/BHC. Cameroon Bible Camp (Cameroon)

If you have an item for prayer or praise, please email it to office@greenbankcoc.org for inclusion in our weekly list. To view previous prayer requests and those on our ongoing lists, please visit the [Weekly Bulletins](http://www.greenbankcoc.org) page on our website www.greenbankcoc.org.

Offer of Thanks

"We thank God as we are being blessed since last week with 14 baptisms made up of mostly teenagers. Thank you, as you helped those in need be able to attend and by God's grace this ended up in transferring them into Christ's Kingdom. May God be glorified. Simon"

Announcements and Events

Combined Worship Service & Fellowship Meal-August 2nd

We are looking forward to this time of worship, food and fellowship with our Hispanic brothers and sisters. Please bring your favorite cold cuts and cheese to share. Bread, condiments and chips will be provided. Invite a family member or friend to join us!

Family Fun Day-August 15th

Volunteers are needed to oversee activity booths such as the duck pond, ring toss, balloon pop and more. Please sign up at the Welcome Desk. If you have a canopy or tent, we can borrow or cans of spray paint to donate, see Anna DaCunha.

Volunteers Needed

Volunteers are needed to help fill backpacks on Wednesday, August 12th at 11:00 am in the Fellowship Hall. Please sign up at the Welcome Desk. See Fern Davis with any questions.

August Birthdays

2 – Dee Givens

3 – Fred Hughes, Stanley Bernard

5 – Ronal Galeano

6 – Susan Johnson

8 – Maria Gallegos

10 – Boyd Watson

14 – Yani Normand

16 – Jack Gaynor, Liz Reyes

17 – Victoria Austin

23 – Gifty Opoku

25 – Rebeca Reyes

26 – Lisa Reed

29 – Sadee McNeil

31 – Abiela Gulamali

August Anniversaries

6 – Theodore & Juanda Davis
14 – Jim & Yvette Curcio
21 – David & Stacey Toribio

Sunday Meeting Times

In-Person Bible Classes @ 9:30 a.m. – including a Spanish-speakers class.

In-Person Worship Services @ 10:30 a.m. – English & Spanish

The English service is livestreamed with 3 ways to connect:

- 1) Facebook Live:** <http://www.facebook.com/greenbankchurchofchrist>
- 2) Greenbank Website:** www.greenbankcoc.org Click on the Facebook Live tab on the menu bar at the top of the page. You will need to log in to Facebook to join the live feed.
- 3) Zoom:** Meeting ID: 862 5363 5838 Passcode: 123456; Phone In: (301) 715-8592

Bible Studies

Community – Wednesdays @ 10 am – led by Domingo Reyes. *(will resume in the Fall)*

English Mid-Week – Wednesdays @ 7pm – hybrid class (in person & online) on Facebook Live or Zoom: <https://zoom.us/j/98664842526?pwd=Rkp6Z3VYSGZpcjY4cXZWVjd1djNpQT09> *(online only June-August)*

Spanish Mid-Week – Thursdays @ 6:30pm at Greenbank. Contact Arturo Gallegos for information.

Ladies – 2nd Saturday each month @ 9am -hybrid class (in person & online) via Zoom – led by Crystal Reyes. Zoom <https://us02web.zoom.us/j/88946018992> or dial in (301) 715-8592. Enter Meeting ID 889 4601 8992. *(will resume in the Fall)*

Men – 3rd Saturday each month @ 10am at Greenbank led by Mark Ray.

Youth – Thursdays @ 6:30pm at Greenbank – led by Eileen Hence

SMALL GROUPS

Greenbank – 2nd & 4th Sundays @ 12:30 pm in the building after services– hosted by Kamal Wall

North Wilmington – 1st & 3rd Sundays @ 2pm – led by Mark Ray.

Married Couples – 1st Tuesday each month @ 7pm in the small chapel– led by Domingo & Crystal Reyes. *(will resume in the Fall)*

3 Ways to Give

- 1) In Person:** Place your offering in the collection plate as it is passed during our service.
- 2) By Mail:** Send your contribution to 511 Greenbank Road, Wilmington, DE 19808.
- 3) Online:** using our website, www.greenbankcoc.org, go to “Give” at the top of the page, scan the QR code or select “give online”. (Note: with PayPal there is a small fee assessed from each donation.)

Last Week: Attendance: 119 Contribution: \$4,226 Weekly Average: \$5,778 Weekly Budget: \$5,600