Weekly Newsletter – Sunday, January 18, 2026

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

How the Church Can Love Those With Mental Illness Author: Molly Howard (edited)

"Be completely humble and gentle; be patient, bearing with one another in love." — Ephesians 4:2 (NIV)

For those within the church who have not personally experienced mental illness, it can be difficult to understand the depth of the struggle others face. Even so, Scripture calls believers to respond with humility, patience, and love. The church plays an important role in creating a safe and supportive environment for those dealing with mental health challenges.

One essential step is avoiding stigma and stereotypes. Individuals living with mental illness often already carry significant emotional pain, and judgmental language or assumptions can intensify feelings of isolation. Likewise, offering simplistic spiritual solutions—such as telling someone to "pray more" or "just trust God"—can be harmful. Mental illness is not merely a spiritual weakness, and it cannot be resolved by faith alone.

Listening is a powerful act of care. Taking time to hear someone's experience communicates dignity and compassion. Those who struggle with mental illness possess valuable insight shaped by lived experience, and empathy helps them feel understood rather than dismissed.

Prayer remains an important expression of faith and support. While prayer should not be viewed as a cure, it is a meaningful way to bring burdens before God. Alongside prayer, genuine love—shown through regular check-ins, presence, and practical support—can provide encouragement and hope.

Finally, the church should encourage professional help when appropriate. Seeking counseling or medical support can be intimidating, and encouragement during that process demonstrates true care for a person's well-being and worth.

Praise and Prayer Request

Marlin Johnson Family: keep in prayer as they mourn the passing of Marlin.
Lisa Reed: keep the Reed and Dahlstrom families in prayer as we mourn the passing of Boyd's stepmom, Pamela.
Juanita Anderson: continue to pray for comfort, strength, and healing.
Tina Jones: upcoming surgery on January 22nd.
Aniqua Price: for strength and to stay aligned in Christ.
Cindy Peace: sister, Angie, who received a cancer diagnosis-for strength, successful surgery and recovery.
Taylor McPherson: friend Lindsey and her fiancé Drew, that they come to Christ. Also, prayers for myself as I am a little weary and overwhelmed with work/life tasks.
Benita Baines: continue to pray for Brad to find work and for his spirits to be uplifted.
Parker Family: Chrissi's upcoming surgery on 1/27, LeBron's ongoing health concerns, the Johnson family and Tina Jones' upcoming surgery.
Sherry Kirkland: George is still recuperating from his biopsy.
Jenn Ring: sister, Lorri and her family as her cancer has returned, for my family as we process this news, for our congregation and all who are sick.
Anna DaCunha: great aunt Leona (my mom's Aunt) is in the hospital and things are not looking good.

Patty Conway: Marcia, George, Sharon, Shawn, Chrissi, LeBron and Cathy S.
Tia Tunis: pray for my cousin Sadee.
Yani Normand: friend Danielle Rodriguez had a tumor removed and is awaiting pathology results.
Wilma Blue: brother is having health issues and Doris Welsh broke her ankle.
Dawn Dorrell: comfort, strength and healing.
Jan Adair, Betty Asbell, Linda Crusco, Christy Mickowski, Bob & Penny Pennington: all are 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.

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 page on our website www.greenbankcoc.org.

Announcements and Events

Sunday Youth Bible Classes

Bible classes are held every Sunday from 9:30 to 10:30 am for children from Pre-K through grade 12. The Cradle Roll class is designed for children ages 6 months to 2 years, those who can't sit up on their own should be brought to class in their car seats. Parents are encouraged to participate in Bible study and bring their children so the whole family can learn about God's word together.

Children's Church

Children ages 3 years old through 5th grade are invited to attend Children's Church during the morning sermon every 2nd and 4th Sunday.

January Sermon Series

Check out the video announcement for the "Purpose Is Not Optional" sermon series at https://www.greenbankcoc.org/special-sermon-series. Please share it with your family and friends on social media and invite them to come hear the message.

Greenbank Monthly Food Drive

This month we will be collecting hot and cold cereals (oatmeal, cheerios, corn flakes and raisin bran) and boxed shelf stable milk. Thanks to your generosity we donated the following to the Food Bank of DE: 414 individual granola/cereal snack bars, 72 snack boxes of raisins, 88 of fruit snack pouches and 12 additional cans of vegetables.

Winterfest 2026

For those making payments for the Winterfest trip, the next payment is due today, Jan. 18. The final payment needs to be received by Sunday, Feb. 8. If you need to make other arrangements, please speak with Lisa Reed. Also, all attendees need to plan to attend a pre-trip meeting on Sunday, Feb. 8 immediately following worship. We will meet in the small side of the chapel at the tables.

Basement Reno - Painters Needed

We anticipate being ready to paint the fellowship room and kitchen by early February after the back wall has been repaired and the rest of the flooring has been laid. We are looking for skilled painters to volunteer and someone to oversee and coordinate the painting crew. If you are willing to be a painter, and/or the coordinator, contact Lisa Reed.

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.

English Mid-Week – Wednesdays @ 7pm – hybrid class (in person & online) on Facebook Live or Zoom: https://zoom.us/j/98664842526?pwd=Rkp6Z3VYSGZpcjY4cXZWNjd1djNpQT09

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.

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.

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: 159 Contribution: 3,647 Weekly Average: $5,607 Weekly Budget: $5,577