



Weekly Newsletter – Sunday, May 25, 2025

Office hours: Mon / Wed / Fri 9:00am-3:00pm.

Contact info: office@greenbankcoc.org or 302-994-3800

“You Can’t Pour from an Empty Cup”

Hey Church Family,

Let’s talk about something real for a second—taking care of yourself. I know, some of us grew up thinking that was selfish. Like if you’re not constantly doing for others, you’re not being Christ-like. But that’s not what Jesus taught.

Remember when He said, “Love your neighbor as yourself” (Matt. 22:39)? That last part—as yourself—gets skipped over way too often. He didn’t say, “Love your neighbor instead of yourself.” He assumed we’d already know how to treat ourselves with care and then extend that same grace outward.

And Jesus practiced what He preached. He pulled away from the noise. He rested. He prayed alone. He didn’t heal every single person in every town. He didn’t say yes to every demand. He rested because He knew the mission was big, and you can’t do big things on an empty tank.

So if you’ve been running on fumes—physically, emotionally, spiritually—I just want to tell you: it’s okay to slow down. It’s not a sin to say no. It’s not a failure to take a breath. It’s not weakness to need help or time or quiet.

Self-care isn’t self-ish—it’s stewardship. You matter too. God knit you together, He dwells in you, and He wants you whole—not just busy.

Take care of the vessel. Not so you can do more, but so you can love well. From a full heart, not a fractured one.

Love y’all,

Domingo

Praise and Prayer Request

Dawn Dorrell: continue to keep in prayer.

Patty Conway: Richard & mom, Cathy Mac, Dawn D, Chrissi & LeBron, Kady and Taday.

Jessica Ice-Brons: having a knee procedure.

Mike Phillips: Friend of a friend M. Mims is having surgery.

Remember our members who are homebound due to serious illness or have limited mobility and are unable to attend.

Greenbank church: Godly guidance for our elders, minister and deacons as they lead our congregation.

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.

Offer of Thanks

From the Crusco Family: We are deeply grateful for your kindness and sympathy during our time of loss. Thank you to all for the cards and calls regarding Bobby. I appreciated it. Linda, John & Kinsley.

Announcements and Events

Bilingual Service & Fellowship Meal -June 1st

Join us for our Bilingual Service followed by a Potluck Fellowship meal. The theme is Under the Sea. Please bring a dish to share.

2025 Graduate Recognition

At the end of service on June 1st we will recognize our 2025 high school graduate Marcela Reyes and college graduates Kayla Abosch, Jason Christie, Francis Essieku, Gifty Opoku and Aniqua Price. A card box for Marcela will be available in the lobby where you can leave a congratulatory note and a small gift, if you choose. Desserts will be served at the Fellowship Meal to celebrate their accomplishments.

Basement Renovation-Kitchen Storage Clean Out

The first phase of work downstairs will begin soon, but first we need your help! Several serving dishes and crockpots have accumulated in the storage cabinets. Take a look to see if anything belongs to you, or if there is anything you want, and please take it home. Anything remaining in storage after Sunday, June 8th will be donated or discarded.

Lums Pond Picnic-Saturday, June 14th

The entrance fee for Delaware licensed vehicles is \$4.00. Out of state licensed vehicles are \$8.00. The fee will be covered for any Greenbank members attending the picnic. To receive an entrance ticket, you MUST sign up on the sheet in the lobby no later than Jun 1st. Tickets will be handed out on June 8th.

Sunday Meeting Times

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

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

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. (On break until October)

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

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

SMALL GROUPS

Bear/Newark – 2nd & 4th Sundays @ 2pm – hosted by George Kirkland/Walter Johnson

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

North Wilmington – 1st & 3rd Sundays @ 2pm – hosted by Mona Newsome.

Married Couples – 1st Tuesday each month @ 7pm in the teen room – led by Domingo & Crystal Reyes. (On break until October)

Teens – 1st Friday each month @ 7pm in the chapel – led by Domingo Reyes. (On break until October)

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:** PayPal has been set up on our website www.greenbankcoc.org. Click on the “Donate” button and follow the instructions. (Note: there is a small fee assessed from each donation.)

Last Week: Attendance: 181 Contribution: \$4,483 Weekly Average: \$5,217 Weekly Budget: \$5,443