



Weekly Newsletter – Sunday, April 12, 2026

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

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

To Honor Christ While Tempering Our Emotions

We must practice sober-mindedness—a belief that our feelings are valuable “gauges” but not the “guides” of our faith. This approach is often called Ordered Affections, where our love for God organizes and balances all other emotions.

Core Belief: Spirit and Truth

The central belief for this balance is worshipping in Spirit and Truth (John 4:24). While the Holy Spirit may move our hearts with deep feeling, those feelings must always align with the unchanging Truth found in the Bible.

How to Practice This Alignment

Take Thoughts Captive: When an emotion feels overwhelming, use 2 Corinthians 10:5 to “take it captive” by comparing it to God’s Word. If it contradicts Scripture, choose to act on Truth instead of the feeling.

View our emotions as signals that reveal what we value or believe. Ask, “Does this feeling reflect Christ’s heart?”

The “Pause Practice”: Before reacting from high emotion, pause to pray and repeat James 1:19: “Be quick to listen, slow to speak, and slow to become angry.”

Pour Out to God (Lament): Honor Christ by bringing raw emotions to Him in prayer, as in the Psalms of Lament. This allows the Spirit to temper our feelings while remaining honest.

Seek Fruit, Not Highs: Measure spiritual health by the Fruit of the Spirit (like self-control and peace) rather than emotional intensity.

Let truth lead emotion, not the other way around.

By Moises Phillips

(Edited for space)

Praise and Prayer Request

Aniqua Price: Praise-Thank you for loving us and sending your son Jesus Christ so that we can have a relationship with you.

Jessica Ice-Brons: Ari Abel-heart attack.

Taylor Frazier: prayers for Lindsay, Drew, Denise, Jami, Troy and Baseem that they come to Christ. Also, for my husband and I to have safe travels for our anniversary weekend.

Elisha Wall: pray for the sick and shut in, my family health, the Keever family in the recent passing of co-worker (Judy Keever) and others grieving a lost one.

Chrissi Parker: continued healing from my most recent surgery, pray for healing for LeBron and the Lord's continued blessing, favor and protection on our marriage and family.

Patty Conway: George & Sherry, Shawn & Tony, Dawn Dorrell, Chrissi & LeBron, Tina Jones, Barb B., Larry B and Christy M.

Brasfield family: prayers for Marc for upcoming shoulder surgery on April 16th. Pray for a successful procedure and speedy recovery.

Meshaya Faison: keep Terry Johnson, Madison Spearman, Denise Washington, Jayson Burton in prayer in seeking Jesus.

Martin Family: please pray for salvation in my family.

Ed & Brenda Jones: Ed is having back issues and Brenda is recovering from surgery for lung cancer.

David Hatfield: diagnosed with stage 4 lung cancer.

Mason Family: pray for all that need help and the United States.

Phillips Family: continue to pray for Bob Ginsbury, he is much better but not fully recovered.

Anna DaCunha: George Kirkland regaining strength.

Dawn Dorrell: my health, had an MRI on Tuesday.

Jenn Ring: prayers for my surgery on 3/31. Praying for my sister, Lorri, Chrissi Parker and George & Sherry Kirkland. May God bless and heal all of them.

Toni Watson: pray with us for more souls to be saved.

Morgan Frazier: blessings over family and business, school and health and Baseem to come to Christ.

Glenda Downs: pray for my son, SSGT Isaac Watkins, who serves our country in the USAF.

Nada Harris: my son, Eric Boyd, to find a job.

Moises Phillips: prayers for deliverance and protection.

Jan Adair, Betty Asbell, Liz Cox, Linda Crusco, Barbara Davis, Ed & Brenda 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.

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

Tina Jones: “Dear Church family, thank you so much for your love, prayers, meals, and gift cards you provided during my recovery. I know I still have a journey ahead of me still. I still have 2 more surgeries, but I’m ok because God has me covered. Your kindness meant more than words can express and was such a blessing to me and my family.”

Announcements and Events

Special Collection-Basement Renovations

The basement renovations have made great progress, but some work still needs to be finished. This month, we are holding a special collection to help pay for the remaining projects. If you'd like to contribute, please write checks to Greenbank Church of Christ with "Building Renovations" in the memo. Special contribution envelopes for cash donations can be found on the welcome table in the foyer.

Greenbank Monthly Food Drive

Thanks to your generosity, we donated 75 canned meats and 28 containers of miscellaneous food items in March. This month we will be collecting grains and pasta sauce (brown and white rice, pasta and pasta sauce and boxed macaroni and cheese). Thank you for your continued support of the Food Bank of Delaware.

Game Night-Friday, April 17th.

The Fellowship committee will host game night at 6pm in the Fellowship room. We will play a variety of board games, dominoes, and card games. There will also be a painting session led by Chrissi Parker. We look forward to enjoying the time together and getting to know each other.

Church Workday – Saturday, April 25th

Please join us at 9:00 am to help with building projects. We appreciate any assistance in keeping our building and grounds clean. If you have questions, contact Kamal Wall. Thank you in advance for your support.

Craft Class: Clay Candle holder-Friday, April 24th.

The fellowship committee invites you to join us for a candle holder-making session on Friday, April 24th. The group will gather at the building at 5:30 PM to carpool to the venue. Cost is \$15 per person and spots are limited. For questions or to sign up, please contact Anna DaCunha.

Ladies Luncheon-Saturday, May 9th

The Ladies' luncheon is scheduled for Saturday, May 9th at 10:00. This year, the theme is "Journey with Jesus," and our speaker will be Sis. Susan Johnson. If you plan to attend, please sign your name on the sign-up sheet posted on the bulletin board in the foyer.

SAVE THE DATE-Fellowship Events

Mark your calendar for the following events (more details to come):

5/30 Church Annual Picnic

6/13 Scavenger Hunt

8/15 Family Fun Day

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: 190 Contribution: \$5,493 Weekly Average: \$5,493 Weekly Budget: \$5,600