



The Looking Tree

Love lives here, Love flows from here...

November 2015

Hello Members and Friends of Head of Christiana,



ALL SAINTS' SUNDAY TRUMPS THE HIGHER CHURCH

Too often I hear Presbytery and General Assembly of the Presbyterian Church referred to as "the higher church." That is usually accompanied with a sense of scorn, indicating they are not of us. We, the benighted, need not pay them any heed. Simply tolerate them. They don't represent us. They certainly don't represent me!

For Presbyterians, however, there is no "higher church." There is no hierarchy. No pope or bishops or curia. There is only **WE**. And Jesus Christ, our Lord. It is together that we seek to discern and follow Christ's call. Our Session, Presbytery, and General Assembly are **US**.

This wildly inclusionary body, our church, is seen and celebrated most gloriously on ALL SAINTS SUNDAY; this Sunday, November 1. On All Saints' Sunday, we remember those who through the ages have faithfully served the Lord. Our worship reminds us that we are part of one continuing, living community of saints. In our All Saints' worship we express our gratitude for all who in days of darkness kept the faith, for those who have taken the gospel to the ends of the earth, for prophetic voices who have called the church to be faithful in life and service and for all who have witnessed to God's justice and peace in every nation.

To rejoice with all the faithful of every generation expands our awareness of a great company of witnesses. It lifts us out of a preoccupation with our own immediate situation and the discouragements of the present. In the knowledge that others have persevered, we are encouraged to endure against all odds. Reading Hebrews 12 is a good way to prepare for All Saints' Sunday. Reminded that God accompanied the faithful of the past, we are reassured that God is with us today, moving us and all creation toward the fulfillment of God's reign.

Here at Head of Christiana we will continue our All Saints' tradition, lighting candles celebrating the life and witness of those dear to us who have died during the past 12 months. In addition, the liturgy will include the opportunity to light candles in memory of those who have died in previous years.

During our All Saints' worship, we will sing "For All the Saints" (who from their labors rest), and also "I Sing a Song of the Saints of God." In addition, we will celebrate the Sacrament of the Lord's Supper.

Grace to you, and peace,

Bob

POTLUCK SUPPER/HYMN SING

Jeanne Hastings



Come join us for an evening full of good food, good song, and good company! Bring a dish to share and enjoy the hymn sing after supper.
Saturday, November 7 at 5:30pm



DOWNES ELEMENTARY

Mark Mankin

On Tuesday, September 22nd, Mark and Mary Jo Mankin packed up three large boxes of school supplies that were accumulating in the Narthex from generous HoC members, and headed over to John R. Downes Elementary School to deliver them.

The heavy and overflowing boxes contained items from paper to Handi-wipes and everything in between, to help students get off on the right track for the new school year.

They were met outside the school by Trish Prettyman, Downes Principal, who was overwhelmed by the response to their "Wish List" for supplies, and mentioned that she had just requested help from the District, but now felt assured that she would get at least some the much-needed supplies. She wanted us to express to the HoC congregation her enormous gratitude for donating such a large amount of supplies since budgets are tight, and she wasn't sure what degree of help would be forthcoming from the District. Those donated supplies are a huge help and are greatly appreciated.

Thank you all for your heartfelt generosity and continued support for the children at Downes Elementary.



GIRL SCOUTS NEWS

Sarah Metcalf, Troop 969

Thank you to all who assisted me in earning my Silver Award in Girl Scouts. I collected 100's of books for a FREE library that is up at Glasgow Park by the playground. I was also able to obtain multicultural books written in French, Spanish and Japanese. Please visit it, use it, and continue to place books in it, and enjoy the wonderful outdoors as you read. Thanks again to everyone for all your support, kind words and always encouraging me to do my best! I will be receiving my Silver Award on January 24th at the "On My Honor Ceremony."



I already have an idea about earning my next award — the Gold.

MARK YOUR CALENDAR...COME AND ENJOY...

Girl Scout Troop 969 is hosting a **Vendor's Craft Fair** at Head of Christiana PC on **Saturday, November 7th from 9am until 2pm.**

Assorted vendors, and the Girl Scouts will be on hand selling various arts and crafts and food items. Please plan on coming...Christmas is close at hand and it's a good place to find special hand-made items.

If you are a vendor and want to purchase table space, contact Michelle Metcalf at 302.740.7459 or email her at michmet@comcast.net.

This is a fund-raiser for our Girl Scouts in Troop 969 to go to Europe to visit historic Girl Scout sites there. Please come support them in any way you can. Looking forward to seeing you there. Thank you!



GETTING TO KNOW YOU

Meet Sophia Marianiello

Sophia Marianiello was born on a Thursday and first came to Head of Christiana Church the following Sunday. She has been living in Newark, Delaware with her parents and three older siblings and attending Head of Christiana for seventeen years since that very first Sunday.

Sophia went to Montessori Preschool, Downes Elementary School, and Newark Charter School in her earlier years. During her time at Newark Charter, she made an appearance on Kids Jeopardy! and competed in the National Geographic Bee, meeting Alex Trebek not once, but twice!!! At her middle-school graduation, she won the school award for scholarship.

Sophia is currently a senior at Newark High School. Thanks to the Cambridge Program and many AP and Honors classes, she is currently ranked at the top of her class. In addition to her academics, Sophia belongs to the drama club and the improv comedy club at Newark.

Sophia plans to study mechanical and possibly biomedical engineering in college, with the University of Delaware at the top of her list of prospective colleges. Her engineering internship at the university last summer went a long way to confirm these plans.



FROM THE PARISH NURSE

Pat Undercuffler

“Being positive in a negative situation is not naïve. It is leadership.”

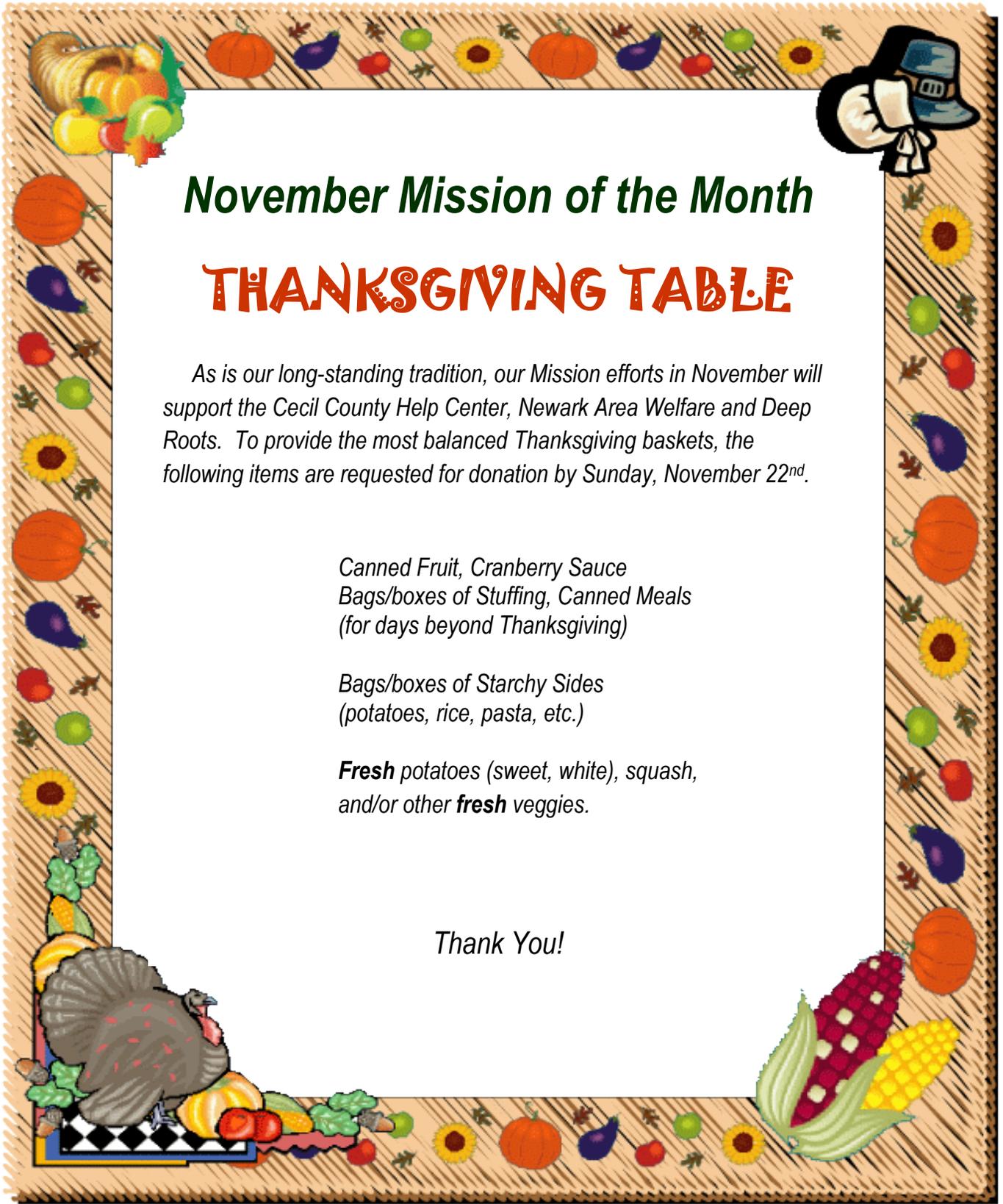
Ralph S. Marston, Jr. (author and publisher of the Daily Motivator website)

Nursing manuals talk a lot about stress – long hours, rotating shifts (presenting sleep problems), inadequate staffing, and pressures in an emotionally and physically demanding field. The help that is given along with the problems is dealing with the negative.

People tend to focus on the negative. It is explained that we got that tendency from our ancestors. Faced with danger, they had a “fight or flight” instinct. We also look for the “dangers” about us — “Will the weather hold?”—“Can I make the paycheck stretch?”—“What is wrong with the motor?”—“Will she get better from this illness?” Too much long-term stress can heighten our cardiovascular response and cause additional stress.

Fortunately, research shows that accumulating positive emotions helps us to overcome the effects of our stress. Being positive is not about happiness and smiles. It’s developing the whole range of positive emotions. There are some ways to move past a survival state and achieve new satisfaction.

1. **Writing:** identify three good things daily. We start to enjoy these, and sometimes just take a bit of time to see what is really great going on about us.
2. **Social connections** are necessary for people to flourish. Not just adding people we are connected to, but making high-quality connections. Isn’t that what we value about our church friends? Maybe this is the first reason to ask others to join us at Head of Christiana Presbyterian Church.
3. **Engage in random acts of kindness.** Research shows this engagement improves mental health and reduces stress levels.
4. **Recognize and applaud each other’s strengths.** Aren’t we amazing?
5. **Increasing gratitude**, and identifying what we are grateful for with others helps us and the people around us.
6. **Engaging in enjoyable activities**—going for a meal, a ball game, an activity together—has shown to increase positive emotions and happiness. Proof positive are the many gatherings we have at our church, and the laughter present.



November Mission of the Month

THANKSGIVING TABLE

As is our long-standing tradition, our Mission efforts in November will support the Cecil County Help Center, Newark Area Welfare and Deep Roots. To provide the most balanced Thanksgiving baskets, the following items are requested for donation by Sunday, November 22nd.

*Canned Fruit, Cranberry Sauce
Bags/boxes of Stuffing, Canned Meals
(for days beyond Thanksgiving)*

*Bags/boxes of Starchy Sides
(potatoes, rice, pasta, etc.)*

***Fresh** potatoes (sweet, white), squash,
and/or other **fresh** veggies.*

Thank You!



"Hoppy"

THE "HOP" EVENT

OCTOBER 13, 2015

Fort McHenry

Alex Oakes, HOP Event Coordinator, Outreach Commission Chair

In looking back at September's HOP Event picture, one thing really stands out — every person is wearing shorts! What a difference one month can make! There weren't any shorts visible in the October HOP pictures, but nonetheless, the sun chased the rain away and it was a fine day for a visit to Fort McHenry in Baltimore. We were fortunate enough to be there as some classic sailing ships were sailing in the harbor, one of which, the topsail schooner *Sultana*, out of Chestertown, Md. was impertinent enough to fire a cannon in our direction. Talk about cheeky realism!



There were no casualties, so we were able to complete our tour of the historic fort and then retreat to the Rusty Scupper Restaurant for lunch. It was a good day...but then again, any day with good friends is a good day. Especially if they're Happy Older Presbyterians! *Next month: November 10th — Rockwood Mansion in Wilmington.*



SCHOLARSHIP WINNER

submitted by Lucy Marianiello

On October 8, 2015 the News Journal ran the following article...

"Newark High School congratulates Thomas Kitson and **Sophia Marianiello**, who have been recognized as National Merit Scholarship semi-finalists.

They now have an opportunity to advance to finalist. The high school also has three National Merit Scholarship commended scholars: Matthew Gardner, Halim Hamroun and Josh Zalewski. These students will become candidates for special scholarships sponsored by corporations and businesses."

Congratulations Sophia!!! What an honor! What an achievement! You go, girl!!!

DONATE A TURKEY/CANNED GOODS

Rosi White & Judie Alwine

The Newark Area Welfare Committee's Holiday Food Box Program is on! Your help is requested in acquiring frozen turkeys and/or non-perishable food for the estimated 400+ food boxes we expect to assemble for local families in need this season. Our goal is for the centerpiece of each box filled with canned goods and other non-perishable food will be a nice 10-15lb frozen turkey.

Local grocery stores have their lowest prices and coupon campaigns before Thanksgiving. Please pledge a turkey and/or canned goods soon by taking advantage of the November bargains. You can store the non-perishable food items and/or frozen turkey in your home, or you can contact either Rosi White at 302.731.1573 or Judie Alwine at 302.738.4239 and they will be happy to store it for you.

If you purchase and store a turkey, please bring it to First Presbyterian Church of Newark, 292 West Main Street between 8:30am and 9:30am on Saturday, December 19th.

If you are collecting non-perishable food for this program, please deliver it to First Presbyterian Church by 1:00pm on Thursday, December 17th OR you can simply contact Rosi or Judie and they will pick it up .

If you would like to volunteer with sorting, assembling or assisting with pick up, please volunteer for one time slot only (see below). We have numerous volunteers and would like to give everyone a chance to help with this worthwhile cause.

If you would like to make a monetary donation to this project, please mail your check made out to: Newark Area Welfare Committee, PO Box 951, Newark DE 19715-0951. You can also donate online at their secure website at www.newarkareawelfare.org

Cut here and give bottom form to Rosi or Judie

MY / OUR PLEDGE

Name: _____ Phone #: _____

Address: _____ Email: _____

PLEASE CHECK YOUR PREFERENCES

- Will bring a turkey to First Presbyterian Church-Newark between 8:30-9:30am Saturday, Dec. 19th
- Will bring non-perishable food to First Presbyterian Church-Newark by 1:00pm Thursday, Dec. 17th
- Would like to arrange storage/pickup for our donation: Turkey Non-perishable/Canned goods items
- Please accept my/our monetary donation enclosed: \$25.00 \$50.00 \$100.00 Other \$ _____
- Want to volunteer: First Presbyterian Church-Newark (CHECK ONE ONLY)
 - December 17th — Sorting food 9:00am-11:00am or 12:00pm - 2:00pm
 - December 18th — Assembling food into boxes 9:00am-11:00am or 12:00pm - 2:00pm
 - December 19th — Clients pick up food 9:00am-11:00am or 12:00pm - 2:00pm

HOC 2015 FALL NATURE WALK



Gathering at Kniskern's



First a little snack...



Starting out...



Beautiful day for a nature walk.



Great day to be with friends



Hunting for salamanders



Looking for something slimy...



Catch of the day!



Nicole's having fun!



Grownups supervise while the kids look for critters



Abby got a salamander souvenir

HOC 2015 FALL NATURE WALK



Waiting for slowpokes



Gathering on the bridge



Yay! They made it to the summit!



Admiring the view from the bridge



A little snack for the road...



Ahhhhh...a well-earned rest!

HOC CALENDAR — November Happenings

Sunday	Nov	1	2:00am	Daylight Saving Time ends (Turn clocks back Sat. night)
Sunday	Nov	1	11:00am	All Saints Day
Monday	Nov	2	7:00pm	Admin and Finance Commission
Tuesday	Nov	3	6:00pm	Mission Commission
Wednesday	Nov	4	1:00pm	Worship Commission
Wednesday	Nov	4	2:30pm	Care and Fellowship Commission
Thursday	Nov	5	7:00pm	Covered Bridge Farms using Chapel Room
Saturday	Nov	7	9:00am	Girl Scout's Vendor's Craft Fair
Saturday	Nov	7	5:30pm	Potluck Supper / Hymn Sing
Monday	Nov	9	6:30pm	Session
Tuesday	Nov	10		NEWSLETTER DEADLINE (for Dec.- early publication because of holidays)
Wednesday	Nov	11	11:00am	Outreach Commission
Thursday	Nov	11	10:00am	HOP Trip to Rockwood Mansion
Friday	Nov	13	12:00pm	Hope Dining Room
Friday	Nov	13	5:30pm-12a	Phi Sigma Pi using HoC facilities (all rooms)
Wednesday	Nov	18	11:00am	Outreach Commission
Sunday	Nov	22	11:00am	Lyle Dykstra, guest preacher
Tuesday	Nov	24	7:30pm	Interfaith Thanksgiving Service at Calvary Baptist Church
Wednesday	Nov	25	11:30am	Nifty-Wifty @ Wesley's
Thursday	Nov	26		HAPPY THANKSGIVING



CHOIR PRACTICE — THURSDAY — 7:30PM



Girl Scouts®



SATURDAY, NOVEMBER 7

9AM - 2PM

**THE GIRL SCOUTS
AND ASSORTED VENDORS
CRAFT FAIR IN HOC
CHAPEL ROOM.
PLEASE COME AND ENJOY.**



November Birthdays



Nov	2	Andre Marianiello
Nov	11	Dick Benson
Nov	13	Melissa Witt
Nov	19	Jerry Cole
Nov	23	Granville McVey
Nov	26	Linda Dunn
Nov	28	Landon Gil
Nov	29	Lillian Crispin